

Sensory Curriculum for Individuals on the Autism Spectrum

Updated by Amy Moore Gaffney, M.A., CCC-SLP
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Incorporating sensory strategies into the classroom requires educators to be aware of the needs of each individual. Sensory programming should ideally be overseen by an occupational therapist. It is important to use sensory strategies that are successful, and research based and to be aware of what type of evidence exists regarding strategies chosen whenever possible.

Below is a listing of some examples of the available sensory programs that can be used to assist individuals. In addition to these programs, please be aware that there are many other supplemental programs, books, strategies, and resources that are not included but are available. Many of these resources can be accessed by Indiana residents via the Library at the Indiana Institute on Disability and Community. Inclusion on this list does not imply endorsement of any one program.

Resource List

The ALERT Program

- Grades: K to 12
- Description: This self-regulation program explains to students how to manage their levels of alertness through sensorimotor strategies.
- Vendor/Company: Therapro
- <https://www.therapro.com>

Brainworks

- Grades: Child to Adult
- Description: An online tool, printable materials, and an app to assist therapists, teachers, and parents in visually creating a sensory diet. Developed to help teach individuals how to self-regulate.
- Vendor/Company: Brainworks
- <https://sensationalbrain.com/>

A Buffet of Sensory Interventions

- Grades: 6 to 12
- Description: Interventions emphasize the importance of fostering independence, self-advocacy, and self-regulation as a way for teens with Autism to take ownership of their sensory needs. The book uses simple terminology and illustration to explain sensory basics, describe sensory systems, discuss challenges, and to help develop daily interventions.
- Vendor/Company: AAPC Publishing
- <https://aapcautismbooks.com/>

Building Bridges Through Sensory Integration

- Grades: K to 12

- Description: Gives strategies for dealing with daily challenges, including managing behaviors, improving muscle tone, developing social skills, selecting sensory diets.
- Vendor/Company: Sensory World
- <https://sensoryworld.com/>

Drive-Thru Menu

- Grades: K to 5
- Description: Program, developed by an OT to provide engaging and meaningful exercises in situations where time is limited. Includes two posters with 10 exercises and a Leader's Manual. Designed to help children get sensory input in order to accomplish their daily tasks in the classroom. Menus include activities for attention, strength, relaxation, and stress.
- Vendor/Company: Therapro
- <https://www.therapro.com>

The ECLIPSE Model

- Grades: 3 to 12
- Description: Provides step-by-step lessons for teaching the 4 difficult areas of self-regulation, executive function, attribution, and sensory awareness to high-functioning students with autism.
- Vendor/Company: AAPC Publishing
- <https://www.barnesandnoble.com>

The Incredible-5 Point Scale

- Grades: Pre-K to 12+
- Description: The Incredible 5-Point Scale is a visual tool that can be combined with other resources, such as *A 5 is Against the Law* or *When My Worries Get Too Big*, to teach self-awareness and management.
- Vendor/Company: AAPC Publishing
- <https://www.amazon.com>

The In-Sync Activity Cards and Book

- Grades: Pre-K to 6
- Description: 50 Activities are divided into beginner, intermediate, and advanced activities. Each activity tells you why and how it works, what you need for it, and ways to make it more challenging. There are also tips about what to look for to make sure that child is getting the most out of the activity.
- Vendor/Company: Sensory World
- <https://sensoryworld.com/>

INTEROCEPTION The Eighth Sensory System

- Grades: 3 to 12
- Description: Describes the link between interoception – how to label how something feels internally – and the skills of self-awareness, self-regulation, problem solving and others.
- Vendor/Company: AAPC Publishing
- <https://aapcautismbooks.com/>

Interoception Curriculum and Activity Cards

- Grades: Pre-K to 12+
- Description: A Step-by-Step Guide to Developing Mindful Self-Regulation. Includes downloadable instructional materials. The curriculum consists of 25 lessons, divided into three sections: Body Lessons, Emotion Lessons, Action Lessons
- Vendor/Company: Kelly Mahler

- <https://www.kelly-mahler.com>

Learn to Have Fun with Your Senses: The Sensory Avider’s Survival Guide

- Grades: Pre-K to 8
- Description: This book has lots of colorful pages and is full of illustrations. It can be used as a self-help book for older children. Each chapter has checklists and quizzes for the children to complete. It includes activities to teach and practice concepts.
- Vendor/Company: Future Horizons
- <https://fhautism.com/>

Learn to Move, Move to Learn: Sensorimotor Early Childhood Activity Themes

- Grades: Early Childhood
- Description: Written based on Ayres Sensory Integration®. Program developed by a school-based occupational therapist. Theme lessons include warm up, sensory system activities, and a cool down. Follow up activities involve fine motor skills.
- Vendor/Company: AAPC Publishing
- <https://aapcautismbooks.com/>

The Sensory Detective Curriculum

- Grades: K to 5
- Description: Lessons about sensory processing and how it supports attention, focus and regulation skills.
- Vendor/Company: Future Horizons
- <https://fhautism.com>

Sensory Yoga For Kids

- Grades: Childhood
- Description: This book demonstrates how to get kids started with yoga by explaining how to use yoga to increase body awareness and fine tune coordination skills.
- Vendor/Company: Sensory World
- <https://sensoryworld.com/>

SticKids™

- Grades: Pre-K to 12+
- Description: Software program that uses a top-down approach and teaches learning frameworks to help individuals develop cognitive compensation strategies to improve sensory processing and sensory modulation. Printable pictures and programs can be individualized and used in a variety of settings, such as classroom, home, or clinic.
- Vendor/Company: SticKids™
- <https://www.stickids.com/>

Toilet Training for Individuals with Autism or other Developmental Issues 2nd Edition

- Grades: Childhood
- Description: This book offers a roadmap that utilizes visual cues, Social narratives, repetition, and rewards. It discusses working as a team with your child’s school. Topics addressed include transitioning from diapers to underwear, stopping “repeat flushing,” monitoring fluid intake, and coping with a noisy bathroom.
- Vendor/Company: Future Horizons
- <https://fhautism.com>

The Zones of Regulation[®]

- Grades: Pre-K to 12+
- Description: This curriculum teaches students how to regulate their action and increase self-control and problem-solving abilities.
- Vendor/Company: Social Thinking[®]
- <https://www.socialthinking.com>