



Sensory Curriculum for Individuals on the Autism Spectrum

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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: 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 <http://www.aapcpublishing.net>

Resource: Blue Guy Explains Sensory Craving

Grades: K to 5

Description: Printable Story/eBook helps children learn how to proactively regulate their sensory needs.

Vendor/Company: Brainworks <http://www.sensationalbrain.com/>

Resource: BrainGym

Grades: Child to Adult

Description: Book and program available to teach 26 movements that individuals learn to use. Empirically based theory that uses movement to encourage learning.

Vendor/Company: BrainGym <http://www.braingym.org/>

Resource: 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 <http://www.sensationalbrain.com/>

Resource: 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/>

Resource: 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 <http://www.therapro.com>

Resource: 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/>

Resource: 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 <http://www.aapcpublishing.net>

Resource: 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 3 sections: Body Lessons, Emotion Lessons, Action Lessons

Vendor/Company: Kelly Mahler <https://www.kelly-mahler.com>

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

Grades: PreK 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 <http://fhautism.com/>

Resource: 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 <http://www.aapcpublishing.net>

Resource: SenseAbilities: Understanding Sensory Integration

Grades: 5 to 12

Description: This kit is designed to educate parents and teachers about sensory integration. Suggests therapeutic techniques and includes helpful ideas for adapting the home and school environment.

Vendor/Company: Pro Ed, Inc. <http://www.proedinc.com>

Resource: 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 <http://fhautism.com>

Resource: 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/>

Resource: 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™ <http://www.stickids.com/>

Resource: 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 <http://www.therapro.com>

Resource: The ASD Nest Model

Grades: K to 12

Description: This evidence-based program serves as a framework for inclusion for high functioning with autism. Combines strategies that address several difficult areas including; sensory functioning, social relatedness, self-regulation, managing anxiety, and selective cognitive problems.

Vendor/Company: AAPC Publishing <http://www.aapcpublishing.net>

Resource: 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 <http://www.aapcpublishing.net>

Resource: 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 <http://fhautism.com>

Resource: Tools of the Mind Curriculum

Grades: Pre-K to K

Description: Tools of the Mind gives teachers and therapists an abundance of tools to develop make-believe play, self-regulation, and executive functioning skills.

Vendor/Company: Lakeshore Learning <http://www.lakeshorelearning.com>