



## 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	Description	Vendor/Company
Ayres Sensory Integration®	Ages: Infant to Adult  Direct therapy services provided by an occupational therapist, certified in Ayres Sensory Integration®. Uses principles of ASI as developed by A. Jean Ayres PhD, OTR. Intervention is characterized by playful and child-directed therapy that improves praxis, sensory integration, and modulation.	Ayres Sensory Integration® <a href="http://ot.usc.edu/academics/continuing-education/sensory-integration">http://ot.usc.edu/academics/continuing-education/sensory-integration</a>
Blue Guy Explains Sensory Craving	Grades: K to 5  Printable Story/eBook helps children learn how to proactively regulate their sensory needs.	Brainworks <a href="http://www.sensationalbrain.com/">http://www.sensationalbrain.com/</a>
BrainGym	Ages: Child to Adult  Book and program available to teach 26 movements that individuals learn to use. Empirically-based theory that uses movement to encourage learning.	BrainGym <a href="http://www.braingym.org/">http://www.braingym.org/</a>
Brainworks	Ages: Child to Adult  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.	Brainworks <a href="http://www.sensationalbrain.com/">http://www.sensationalbrain.com/</a>
Building Bridges Through Sensory Integration	Ages: K to 12  Gives strategies for dealing with daily challenges, including managing behaviors, improving muscle tone, developing social skills, selecting sensory diets.	Building Bridges <a href="http://www.therapro.com">http://www.therapro.com</a>

Resource	Description	Vendor/Company
<p>Drive-Thru Menu</p>	<p>Grades: K to 5</p> <p>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.</p>	<p>Drive-Thru Menu  <a href="http://www.therapro.com">http://www.therapro.com</a></p>
<p>INTEROCEPTION The Eighth Sensory System</p>	<p>Grades: 3 to 12</p> <p>Describes the link between interoception – how to label how something feels internally – and the skills of self-awareness, self-regulation, problem solving and others.</p>	<p>INTEROCEPTION  <a href="http://www.aapcpublishing.net">http://www.aapcpublishing.net</a></p>
<p>In-Sync Activity Cards</p> <p>101 Activities for Kids in Tight Spaces</p>	<p>Ages: Child to Adult</p> <p>Activity cards, developed by the author of <i>Out-of-Sync Child</i>, to help children with sensory processing differences to self-regulate.</p> <p>Other products are also available online, including the books <i>Answers to Questions Teachers Ask About Sensory Integration</i>, <i>The Out-of-Sync Child</i>, <i>The Out-of-Sync Child Has Fun</i>, and <i>101 Activities for Kids in Tight Spaces</i>.</p>	<p>Out-of-Sync-Child  <a href="http://out-of-sync-child.com/">http://out-of-sync-child.com/</a></p>
<p>Learn to Move, Move to Learn: Sensorimotor Early Childhood Activity Themes</p>	<p>Ages: Early Childhood</p> <p>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.</p>	<p>AAPC Publishing  <a href="http://www.aapcpublishing.net">http://www.aapcpublishing.net</a></p>

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Minds-In-Motion	Ages: 3 to 18  Program developed by a reading specialist using clinical data and a machine created for the astronauts by NASA. Is designed to stimulate visual and auditory processing. Also addresses motor skills.	Minds-In-Motion <a href="http://mimlearning.com/">http://mimlearning.com/</a>
SenseAbilities: Understanding Sensory Integration	Ages: 5 to 12  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.	Pro Ed, Inc. <a href="http://www.proedinc.com">http://www.proedinc.com</a>
The Sensory Detective Curriculum	Grades: K to 5  Lessons about sensory processing and how it supports attention, focus and regulation skills.	Future Horizons <a href="http://fhautism.com/">http://fhautism.com/</a>
SticKids™	Grades: Pre-K to 12+  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.	SticKids™ <a href="http://www.stickids.com">http://www.stickids.com</a>
The ALERT Program	Grades: K to 12  This self-regulation program explains to students how to manage their levels of alertness through sensorimotor strategies.	The Alert Program <a href="http://www.therapro.com">http://www.therapro.com</a>

Resource	Description	Vendor/Company
The ASD Nest Model	<p align="center">Grades: K to 12</p> <p>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</p>	<p align="center">The ASD Nest Model  <a href="http://www.aapcpublishing.net">http://www.aapcpublishing.net</a></p>
The ECLIPSE Model	<p align="center">Grades: 3 to 12</p> <p>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</p>	<p align="center">The ECLIPSE model  <a href="http://www.aapcpublishing.net">http://www.aapcpublishing.net</a></p>
The MINDUP Curriculum	<p align="center">Grades: Pre-K to 2  Grades: 3 to 5  Grades: 6 to 8</p> <p>Each grade level curriculum has several strategies that help students with attention, self-regulation, and stress reduction skills and develop a positive mind-set.</p>	<p align="center">The Scholastic Store  <a href="https://store.scholastic.com">https://store.scholastic.com</a></p>
Tools of the Mind Curriculum	<p align="center">Grades: Pre-K to K</p> <p>Tools of the Mind gives teachers and therapists an abundance of tools to develop make-believe play, self-regulation, and executive functioning skills.</p>	<p align="center">Lakeshore Learning  <a href="http://www.lakeshorelearning.com">http://www.lakeshorelearning.com</a></p>