

VARIETY SHINE INTENSIVE PROGRAM

JANUARY 2020



Alert Program – to help children self-regulate their emotions and control their behaviour

7-14 Years

The Alert Program helps children learn to identify, monitor, maintain and change their level of alertness to help them self-regulate their emotions and control their behaviour.

The program helps children recognise and use self-regulation strategies using parts of Take Five Alert, Zones of Regulation, Exploring Feelings-Managing Anger, Tools for Getting Along, Navigating the Social World, Sensory Activities/Programs (Sensory Diets), Yoga & Pilates, Whole Body Listening, Emotional Freedom Techniques, Social Stories, and Social Restoratives. The program initiatives utilise a range of activities including art, dance, drama, music, and physical education and exercise.

RUNS AS

This program can be run individually or in small groups. Each participant works on self-regulation and makes materials that help them self-regulate. These materials can be used at home and school and become part of the student's "emotional toolbox".

REQUIREMENTS

We prefer a previous Sensory Assessment or to have some idea of your child's specific problems with self-regulation.

Please provide information regarding all four of the following:

- What is their behaviour that is problematic?
- How often do they have the problem?
- What is being done at school and home to help them regulate their behaviour?
- What has been successful?

TEAM

Occupational Therapists, Speech-Language Interventionists, with input from our Psychologists.

Please note, the Alert Program is unable to accept students with major mental health problems or behaviour difficulties.

To see more about our **eligibility criteria**, please visit the [Variety SHINE Intensive Program Eligibility Page](#).

For further information please visit the [Variety SHINE Intensive Program 2020 Application Form](#).