

# Sensory Strategy Information

## **Body Scanning/Visualization**

Charlesworth, E. *Scanning Relaxation* [CD]

De Anda, D. (2002). *Stress management for adolescents: A cognitive-behavioral program*. Champaign: Research Press Publishers.

Pincus, D. (2001). *I Can Relax* [CD]. The Child Anxiety Network.

*Pulse Entertainment CD Series: Background*. Retrieved November 26, 2007, from <http://www.asperger-institute.com/products.htm>.

## **Calming Fabrics**

Adams, B.W. and Moghaddam, B. (2000). Tactile stimulation activities dopamine release in the lateral septum. *Brain Res.* Vol 858, 177-180.

Inoue, M., Katsumi, Y., Hayashi, T., Ishizu, K., Hashikawa, K., Saji, H., Fukuyama, H. (2004). Sensory stimulation accelerates dopamine release in the basal ganglia [Electronic Version]. *Science Direct*, Vol 1026, 179-184. Retrieved November 13, 2007, from <http://www.sciencedirect.com/science.html>

## **Calming Scents**

*Alternative Therapies: Aromatherapy*. (n.d). Retrieved October 5, 2007, from <http://healthylibrary.epnet.com>

Moss, M., Cook, J., Wesnes, K., Duckett, P., (2003). Aromas of Rosemary and Lavender Essential Oils Differentially affect Cognition and Mood in Healthy Adults. *International Journal of Neuroscience*, 113 (1), 15 – 38.

Sadiq, A.J.(2007). Attention-deficit/Hyperactivity Disorder and Integrative Approaches. *Psychiatric Annals*. Vol. 37, Iss. 9, p. 630-638

\*reviews diet, aromatherapy, massage, yoga, meditation, music therapy

## **Deep Breathing**

Lewis, D. (2004). *Free Your Breath, Free Your Life: How Conscious Breathing Can Relieve Stress, Increase Vitality, and Help You Live More Fully*. Shambhala

Hendricks, G. (1995). *Conscious Breathing: Breathwork for Health, Stress Release, and Personal Mastery*. Bantam

[www.wiltshirehumangivens.org/therapy/breathing.html](http://www.wiltshirehumangivens.org/therapy/breathing.html)

## **Deep Pressure**

Edelson, S.M., Goldberg Edelson, M., Kerr, D.C.R. & Grandin, T. (1999). Behavioral and physiological effects of deep pressure on children with autism: A pilot study evaluating the efficacy of Grandin's hug machine. *American Journal of Occupational Therapy*, 53 (2), 145-151.

Grandin, T.(1992). Calming effects of Deep Touch Pressure in Patients with Autistic Disorder, College Students, and Animals. *Journal of Child and Adolescent Psychopharmacology*, 2, (1). Retrieved November 13, 2007, from <http://www.grandin.com/inc/squeeze.html>.

Wall push-ups website link:

<http://www.myfit.ca/exercisedatabase/viewanexercise.asp?table=exercises&ID=77>

Wall slide website link: <http://www.pilateskingdom.com/content/view/33/43/>

## **Laughter**

Beck, M. (2003). *The joy diet: 10 Daily practices for a happier life*. New York: Crown Publishers

Brain, M. *How laughter works*. Retrieved November 26, 2007, from <http://howstuffworks.com/laughter1.htm>.

*Humor*. Retrieved November 26, 2007, from [http://holisticonline.com/Humor\\_Therapy/humor\\_therapy\\_benefits.htm](http://holisticonline.com/Humor_Therapy/humor_therapy_benefits.htm).

## **Massagers**

Escalona, A., Field,T., Singer-Strunck,R., Cullen,C. & Hartshorn,K.(2001). Brief Report: Improvements in the Behavior of Children with Autism Following Massage Therapy. *Journal of Autism and Developmental Disorders*. Vol. 31, Iss. 5, p. 513-516

Jorm,A.F., Allen,N.B., O'Donnell,C.P., Parslow,R.A. (2006). Effectiveness of complementary and self-help treatments for depression in children and adolescents.

*Medical Journal of Australia*. . Vol. 185, Iss. 7, p. 368-72

\*reviews light therapy, massage, diet, art therapy, exercise, distraction techniques

Sadiq, A.J.(2007). Attention-deficit/Hyperactivity Disorder and Integrative Approaches.

*Psychiatric Annals*. Vol. 37, Iss. 9, p. 630-638

\*reviews diet, aromatherapy, massage, yoga, meditation, music therapy

## **Music**

Coyne, N., Dwyer, M., Kennedy, M., Petter, N. (2000). *The Effects of Systematic Implementation of Music on Behavior and Performance of the Special Needs Student*. Masters Action Research Project. Saint Xavier University.

Griffin, M. (2006). *Background Music and the Learning Environment: Borrowing from other disciplines*. Master of Education Research Project. Unpublished. University of Adelaide.

*Pulse Entertainment CD Series: Background.* Retrieved November 26, 2007, from <http://www.asperger-institute.com/products.htm>.

*The Mozart Effect.* Retrieved November 26, 2007, from <http://www.childrengroup.com/sections/mozart/whatis.htm>.

## **Stress Balls**

Adams, B.W. and Moghaddam, B. (2000). Tactile stimulation activities dopamine release in the lateral septum. *Brain Res.* Vol 858, 177-180.

*Fidgeting Children “learn more”.* Retrieved November 13, 2007 from <http://newsvote.bbc.co.uk/mpapps/pagetools/print/news.bbc.co.uk/1/hi/education/4437171.stm>.

Inoue, M., Katsumi, Y., Hayashi, T., Ishizu, K., Hashikawa, K., Saji, H., Fukuyama, H. (2004). Sensory stimulation accelerates dopamine release in the basal ganglia [Electronic Version]. *Science Direct*, Vol 1026, 179-184. Retrieved November 13, 2007, from <http://www.sciencedirect.com/science.html>

## **Yoga**

Edwards, V.D. & Horneir, J. (1991). A Stress Management Program for Elementary and Special-Population Children. *Journal of Physical Education, Recreation & Dance.* Vol. 62, Iss. 2, p. 61-64

Gallagher, B., Sabel, R. (2007, October 22). Restorative Yoga – An Integrative Approach To Promote Occupational Performance. *OT Practice*, 16-21.

Hewitt, J. (2007). Healthy Body, Healthy Mind – Finding the Balance: Therapeutic Yoga [Electronic version]. *Kids Enabled – A Publication for Parents of Children with Learning Differences.* Retrieved October 3, 2007, from <http://www.kidsenabled.com/articles/healthybodyhealthymind.html>

*Yoga Calm for Children: Educating, Heart, Mind and Body* (n.d.). Retrieved October 3, 2007, from <http://www.yogacalm.org>.

Zahnow, D., December 2003. *Yoga Based Treatment Approach in Occupational Therapy.* Retrieved September 17, 2007, from <http://www2.ups.edu/ot/evidence/2003/Zahnow.htm>.

[www.yogajournal.com](http://www.yogajournal.com)

## **Weighted Materials (see: Deep Pressure)**

[www.Flaghouse.com](http://www.Flaghouse.com) – Weighted blankets/weighted lap pads

[www.schoolspecialty.com](http://www.schoolspecialty.com) – Weighted blankets/weighted lap pads

[www.sammonspreston.com](http://www.sammonspreston.com) – Weighted blankets/weighted lap pads

\*\*Searching the internet will likely give you more options and/or directions to make your own weighted materials for significantly less money.

