



SensoryWorks™

Creating sanctuaries within.

By the end of this course the learner will be able to:

- 1) name the 8 senses
- 2) define each sense and how it operates in the brain and body
- 3) list 3 strategies for alerting the brain and body
- 4) list 3 strategies for calming the brain and body
- 5) develop a personal sensory tool kit
- 6) know how to use a sensory tool kit and apply to a variety of contexts and settings
- 7) develop a sensory diet and apply to a variety of contexts and settings
- 8) list the 3 steps needed to identify alertness level and adjust that level as needed for task at hand
- 9) explain how the 8 senses contribute to self-regulation