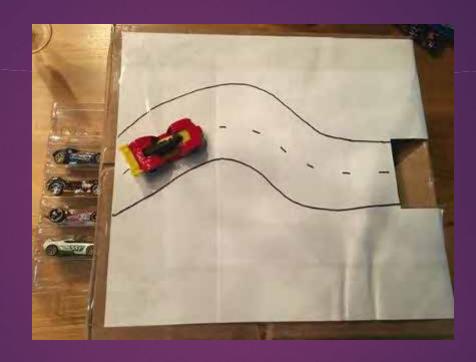
#### FREE PLAY











# QUIET TIME/ NAP TIME







## QUIET TIME/ NAP TIME

















#### GO OUTSIDE









#### ART, FINE MOTOR, AND MESSY PLAY









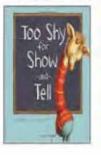
## VISITING FRIENDS AND RELATIVES





#### SOCIAL STORIES

#### FOR PRIMARY STUDENTS







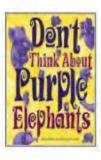
















## LIMIT SCREEN TIME







The Lotus Tree Sensory Integration Center



https://asensorylife.com/sensoryhow-to-videos.html



# WATCH WAIT AND WONDER



#### References:

Berceli, D. (2005). Trauma releasing exercises (TRE): a revolutionary new method for stress/trauma recovery. North Charleston, SC: BookSurge.

Levine, P. (2014). Getting to the Root of Trauma: Why It's Critical to Understand the Role of Memory in Trauma Therapy [Webinar]. In NICABM Rethinking Trauma Webinar Series. Retrieved from http://www.nicabm.com

Ogden, P., Minton, K., & Pain, C. (2006). Trauma and the Body: A sensorimotor approach to psychotherapy, NY: W.W. Norton.

an der Kolk, B. (2003). The neurobiology of childhood trauma and abuse. Child & Adolescent Psychiatric Clinics of North America, 12, 293-317.

van der Kolk, B. (2014). The Body Keeps the Score: Brain, Mind and the Body in Healing Trauma, NY: Viking



References:

Voss, Angie. 2020. A sensory life. June 28, 2020 <asensorylife.com>

