



Take Five!: Staying Alert at Home and School

Mary Sue Williams, Sherry Shellenberger

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This book was written for parents and teachers, providing activities that are helpful to keep children alert at home and school. Many therapists recommend these low budget, easy-to-use activities. Teachers, parents, and therapists will love the quick movement breaks and other suggestions to expand their repertoire of self-regulation strategies for use in a variety of settings. This book does not teach children about their engine levels, but it is organized around the five ways to change how alert we feel.

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Take Five!: Staying Alert at Home and School can be one of your beginning books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort that will put every word into satisfaction arrangement in writing Take Five!: Staying Alert at Home and School however doesn't forget the main level, giving the reader the hottest and also based confirm resource information that maybe you can be one among it. This great information can drawn you into fresh stage of crucial contemplating.

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