



# Hands-On Activities for Children with Autism & Sensory Disorders

*Teresa Garland*

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## **Hands-On Activities for Children with Autism & Sensory Disorders** Teresa Garland

Innovative, practical and fun activities for children with autism and sensory disorders.

Following a step-by-step recipe format, Teresa Garland, MOT, OTR/L provides nearly 200 activities and interventions to help children with their sensory needs. This highly detailed, illustrated and accessible guide is a rich resource for any therapist, teacher or parent.

Crafts, recipes, music and exercises for the clinic, classroom or home

A multi-sensory enrichment program for children with autism

Gradual exposure activities for children who can't tolerate sensory input

Sensory immersion activities to desensitize the child to touch, taste and sound

Reduce stress and anxiety with physical exercises and reframing strategies

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