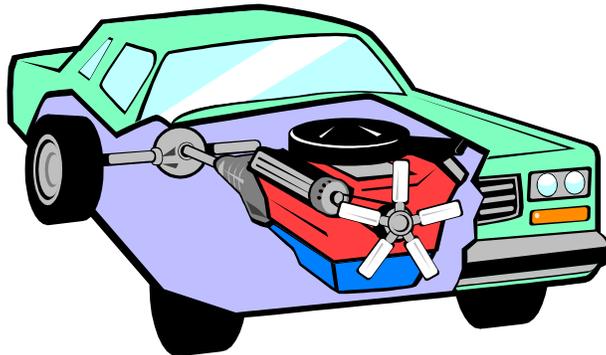
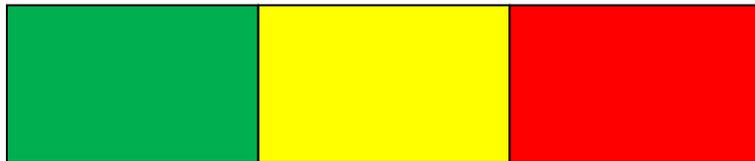


My Body IS Like an ENGINE



**Sensory/Social Stories For Enjoyment Of Life Events
And Activities**

K.I.D.S. Therapy Associates, Inc.



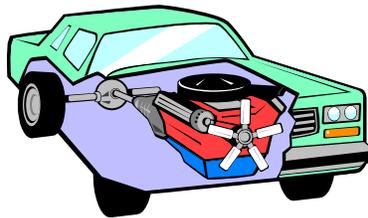
My Body Is Like An Engine

Sometimes It Is **Too High**, **Just Right**, or **Too Low**

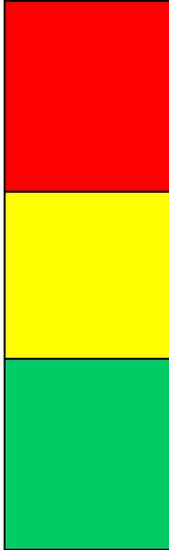
I Want My Engine To Be **Just Right** So I Can Have Expected Behavior!



Sometimes I feel frustrated or mad. When I feel this way, my engine is **Too High**. I can do many things to make my engine feel **Just Right**. I like to feel good and do good work.



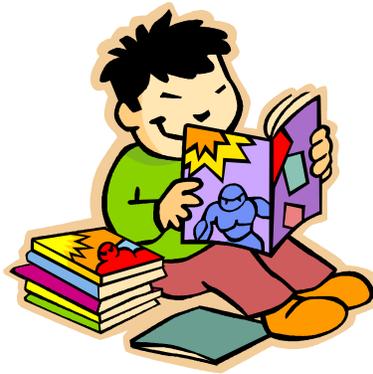
My engine is like a car. It can run **Too Fast (high)** or **Too Slow (low)**. I like it best when it is running **Just Right**.



When my engine is **High**, I feel mad, angry, or frustrated. I am too excited to pay attention.

When my engine is **Just Right**, I feel happy. I listen to my teacher and I play nicely with my friends.

When my engine is **Low**, I feel tired and sleepy. Sometimes I put my head down. It is hard to pay attention.



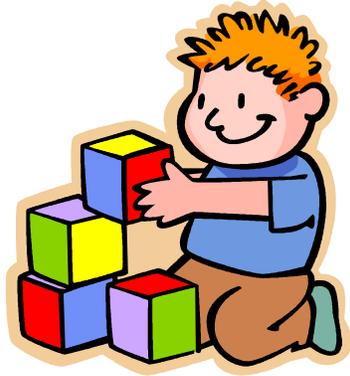
I like to read. Books make me feel better. I can choose a book to read to make my engine **Just Right**.



I wasn't feeling **Just Right**, so I wanted to listen to music. My favorite songs made me feel **Just Right** again.



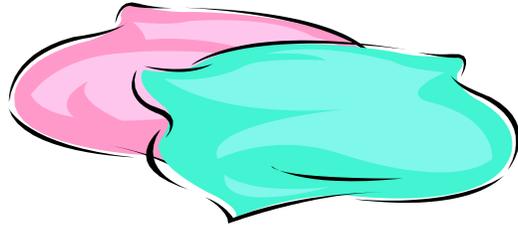
Drinking water or a favorite drink makes my engine feel better. After I take a drink, I can then go back to my work.



I like to earn coins so that I can play with toys I like.
This helps me want to do my work in class.



If I am mad or feeling too busy to sit and do my work, I
can go and jump on the trampoline and into the pillows.



I like to roll and push into the pillows. It makes me feel better. I can then go back to my work.



I like to play on the computer. After computer time, I go back to class and listen to my teachers or do my work.



I like to run, play ball, climb, and swing. After exercise, I can go back to class and listen at circle time.



Swinging on the playground is fun. I take turns with my friends. When I push one of my friends, I am careful. Recess is a time to play nicely with my friends.



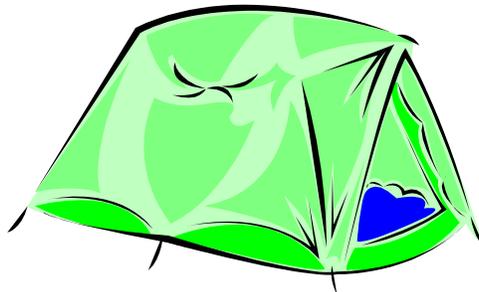
Sometimes I need to take a walk. I can ask to walk around my school and playground. When I am done, I feel like going back to class. I then can sit and do my work.



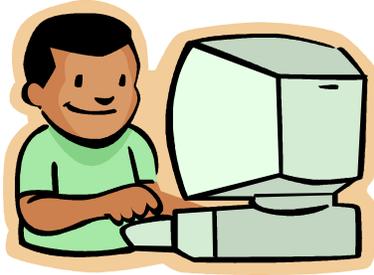
Eating crunchy foods at my snacktime sometimes helps me sit more quietly at circle time and listen to my teacher. I can ask for one of these at snacktime if I need it to pay attention.



We do exercise every day. Exercise is good for me. It is important for me to do my exercises with my friends or my teacher so that I can go back to class and be a good worker and a good listener.



Sometimes I need a Quiet Place to go to calm down. I can go inside the tent or go sit on the bean bag chair to read. After a few minutes of quiet play, I am ready to go back and do my work.



I like to play on the computer. We have fun programs at school. After computer time, I go back to class and listen to my teachers.



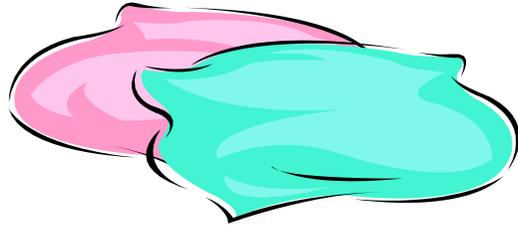
Friends are important. I need to be nice to my friends. When I am angry, I need to use my words to tell them how I feel. Yelling and hitting friends is not okay.



I can also take three deep breaths, count to ten and think nice thoughts when I am mad. Then I feel okay.



Jumping rope is fun. I can jump over a rope many times. It makes me feel good. I can then go back and do my work.



Pillows are soft. Sometimes I choose to jump in them, crash into them, and crawl under them. This makes my engine feel **Just Right**.

I like to use my strategies so that my engine feels **Just Right**. When my engine is **Just Right**, I will have expected behaviors and I will feel proud of myself. My teachers will feel proud of me too!