

The Autistic Child's Guide - ELementary version: spark*EL: Self-regulation Program of Awareness and Resilience in Kids in middle childhood to early adolescence

By Dr. E. Heather MacKenzie



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THE AUTISTIC CHILD'S GUIDE Elementary version presents spark*EL, Selfregulation Program of Awareness and Resilience in Kids for children in middle childhood to early adolescence. spark*EL is an upward extension of spark*, an evidence-based program that teaches children how to manage and regulate their behavior, thinking and emotions more effectively. Based on well-researched theory, current neurology, extensive clinical practice and spark* -specific research, this groundbreaking program helps children 9 to 14 years of age learn how and when to control their bodies, thinking and reactions to things that happen around them. They also learn when they can let loose and not worry about self-regulating, spark*EL is comprehensive, practical and systematic and provides all information and resources needed to implement the program successfully. This book contains 23 step-by-step lessons that can be implemented by teachers, therapists, assistants and parents. All resources and materials are available on the spark* website: www.spark-kids.ca



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