ANISHINABEK
EDUCATION SYSTEM



***References and Resources Digital Toolkit***

*Elementary to Highschool*

*Last Updated: February 2026*

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# Elopement Prevention and Safety Resources

**Recorded session available in the KEB Virtual Learning Environment**

Access path: KEB Resources → Professional Development Recordings and Presentation Slides → Special Education → *Elopement or Running Away*

**Helpful Websites and Safety Resources:**

- National Autism Association - Big Red Safety Box
  *Toolkit designed to help families and educators prevent and respond to wandering*
- National Autism Association - Wandering Resources (Be REDy Booklet)
  *A collection of safety materials focused on prevention and emergency response*
- Centers for Disease Control and Prevention - Wandering & Children with Disabilities
  *Provides research-based guidance on the causes of wandering, associated risk factors, prevention strategies, water safety, and creating effective family safety plans*
- Autism Speaks' Safety Kit
  *A downloadable safety toolkit that includes customizable resources for families and schools*

# Motor Skills

**Developmental Milestones**

- Centre for Disease Control and Prevention: *CDC's Developmental Milestones*
  *Research-based developmental milestone checklists and guidance for identifying potential developmental concerns early*
- Can Child: *Children with DCD at Home at School and in the Community*
  *Strategic booklet offering strategies to support children with Developmental Coordination Disorder (DCD) across different environments*
- Develop Learn Grow – Fine motor and writing articles
  *Evidence-informed articles and practical strategies to support fine motor skill development and handwriting readiness.*

- Develop Learn Grow – Sensory learning and brain breaks articles
  *Articles and activity ideas focused on sensory regulation, movement breaks, and supporting attention and learning.*

- Move and Play Pediatric Therapy: *Low Muscle Tone – what is it, and what does it mean for my child?*
  *An overview of low muscle tone, how it presents, and considerations for supporting children at home and school.*

## Cognitive Skills Additional Resources

**Helpful Websites:**

- Harvard University - Center on the Developing Child: *Activities guide: Enhancing and practicing executive function skills with children from infancy to adolescence*.
  A research-informed guide offering practical activities to strengthen executive functioning skills across developmental stages.
- Life Skills Advocate: *Executive functioning 101 resource hub*.
  An overview of executive functioning skills, including explanations, strategies, and support tools for home and school
- Life Skills Advocate: *Executive function skills by age*.
  A developmental breakdown outlining what executive functioning skills typically look like at different ages and how to support growth
- Smart but Scattered resources – *Printable Resources and Handouts* A collection of downloadable handouts and practical templates to support executive functioning skill development

***Books***

- Smart but Scattered: The Revolutionary Approach to Helping Kids Reach Their Potential
  Peg Dawson and Richard Guare (2009)
  A foundational guide to understanding executive functioning challenges and practical strategies for building skills at home and school.

- The Executive Functioning Workbook for Teens
  Sharon A Hansen (2013)
  A structured workbook designed to help adolescents strengthen organization, time management, and self-regulationm

# Sensory Processing

**Helpful Resources**

***Videos:***

- Brain Highways: *The Proprioceptive System*
  An overview of the proprioceptive system and how it supports body awareness, movement, and regulation.
  https://www.youtube.com/watch?v=b2iOliN3fAE

***Websites:***

- Aide Canada: *Sensory Processing Differences Toolkit*, by Dr. Fakhri Shafai, Moira Peña, Elsbeth Dodman.
  A comprehensive toolkit outlining sensory processing differences, practical strategies, and support considerations.
- Child Mind Institute: *How Sensory Processing Issues Affect Kids in School*.
  Explains how sensory differences impact learning, behaviour, and classroom participation, with practical guidance for support.
- STAR Institute: *Resources for Parents and Professionals*.
  A collection of articles, tools, and educational materials related to sensory health.
- STAR Institute: *Your Eight Senses*.
  Explains the eight sensory systems and how they influence regulation, behaviour, and daily functioning.
- For more information about how each sensory system works, you can visit https://sensoryhealth.org/basic/your-8-senses#f8

***Books:***

- *Building Bridges Through Sensory Integration, 3rd Edition: Therapy for Children With Autism And Other Pervasive Developmental Disorders* (2015).
  Paula Aquilla, Ellen Yack & Shirley Sutton.
  A practical guide to sensory integration principles and therapeutic approaches for supporting children with sensory processing challenges.

# Self-Regulation

***Videos:***

- Co-regulation In Action Video Series
  An introductory video explaining the foundations of co-regulation and how adults can support children in managing big emotions.
  Co-Regulation in Action Video Series: Introduction (youtube.com)
  https://www.youtube.com/watch?v=3fW1l30Y1E4

***Helpful Websites:***

- Harvard Health: *Co-regulation: Helping children and teens navigate big emotions*.
  Explores how co-regulation supports emotional development and practical ways adults can model and guide regulation skills.
- The MEHRIT Centre: Self-Regulation 101
  An introduction to Dr. Stuart Shanker's Self-Reg framework, including stress behaviour concepts and regulation strategies.
- The Whole-Brain Child handouts from Dr. Dan Siegel
  Downloadable handouts supporting emotional regulation and brain-based parenting and teaching strategies.
- Zones of Regulation: *Learn more about the zones*.
  An overview of the Zones framework and how it supports emotional awareness and self-regulation.

***Sample Self-Regulation Programs:***

- Social Thinking programs, by Michelle Garcia Winner, including You Are a Social Detective, The Incredible Flexible You, We Thinkers, and Superflex Programs.
  https://www.socialthinking.com/
- The Alert Program, by Williams, M.S. & Shellenberger, S. (1995). For more information, visit:
  A program designed to help children recognize and adjust their level of alertness.
- The Incredible 5 Point Scale, by Kari Dunn Baron. For more information, visit:
  A visual scale framework to support emotional regulation and behavioural understanding.
- The Zones of Regulation, by Leah Kuypers (2011). For more information visit:
  A curriculum framework designed to teach self-regulation and emotional control.

***Books:***

- Calm, Alert and Learning, by Stuart Shanker (2013).
- Self-Reg: How to help your child (and you) break the stress cycle and successfully engage with life, by Stuart Shanker (2016).
- The Whole-Brain Child, by Daniel Siegel and Tina Payne Bryson (2012).
- The Zones of Regulation (manual), by Leah Kuypers (2011).

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