



Handout # 6: Useful OT Resources:

The Sensory Integration Network:

<http://www.sensoryintegration.org.uk/>

The Zones of Regulation:

<http://www.zonesofregulation.com/index.html>

The Alert Programme:

<http://www.alertprogram.com/>

Stickids: Muscles, Motion 'n Touch:

<http://www.stickids.com/>

Links to YouTube Videos giving an introduction to understanding sensory processing:

A Child's View of Sensory Processing

<https://www.youtube.com/watch?v=D1G5ssZIVUw>

Brain Highways: The Proprioceptive System

<https://www.youtube.com/watch?v=b2iOliN3fAE>

Brain Highways: The Vestibular System

<https://www.youtube.com/watch?v=pEbILhUc1Pc>