

Website [www.integratedtreatmentservices.co.uk](http://www.integratedtreatmentservices.co.uk) Email [info@integratedtreatments.co.uk](mailto:info@integratedtreatments.co.uk)

The ALERT programme uses the “How does your engine run” methodology to help young persons to self regulate their behaviours. AP promotes awareness of how we regulate our arousal states and encourages the use of sensorimotor strategies to manage our levels of alertness. Knowledge of self-regulation and a repertoire of strategies enhance our abilities to learn, interact with others, and work or play within our environment in addition to building self-esteem, self-confidence, and self-monitoring skills. The programme supports children, teachers, parents, and therapists to choose appropriate strategies to change or maintain states of alertness.

***“If your body is like a car engine, sometimes it runs on high, sometimes it runs on low, and sometimes it runs just right.”***

**You can print out the below speedometer and attach the arrow with a split pin**

*NB. it will all work better if laminated*

