



**Autism Awareness
Centre Inc.** *believe in change*

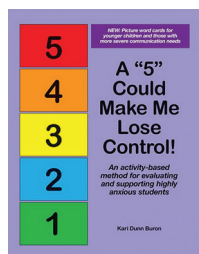


2019-2020 RESOURCE SAMPLER

Explore cutting edge resources, training, conferences, products and books available in Autism Awareness Centre's online catalogue of over 850 titles.

Leading trainer of the Low Arousal Approach, a non aversive approach to challenging behaviour, as well as Canada's foremost provider of Autism Conferences.

www.autismawarenesscentre.com



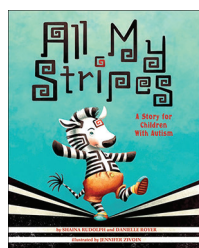
A 5 Could Make Me Lose Control! An Activity-Based Method for Evaluating and Supporting Highly Anxious Students

By Kari Dunn Buron

Price: \$38.95

Code: F165

This unique hands-on activity helps students who are highly anxious cope with their stress by systematizing social and emotional information. Using this self-contained product, the student literally sorts cards describing highly stressful situations into colorful pockets designating stress levels, ranging from 5-1, as a first step in changing the way he thinks about and responds to emotions such as anxiety, sadness and anger. A laminated erasable page and blank cards enable parents and teachers to individualize this innovative program.



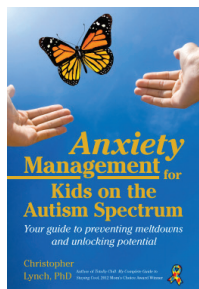
All My Stripes - A Story for Children with Autism

By Shaina Rudolph

Price: \$13.95

Code: A745

Preschool - Kindergartener Zane shares his sadness about feeling different with his wise and gentle mother. It has been a frustrating day in which Zane has been teased for his various sensory-processing challenges and confused by idiomatic expressions he understands as literal. His mother gently reassures him that, like every zebra, he has many stripes: yes, he has an autism stripe, and he also has stripes indicating his caring nature, his honesty, his curiosity, and more.



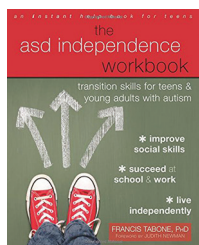
Anxiety Management for Kids on the Autism Spectrum: Your Guide to Preventing Meltdowns and Unlocking Potential

By Christopher Lynch

Price: \$23.95

Code: A945

The anxiety levels commonly found in children with autism affect social skills, memory, learning, and attention span—and often lead to meltdowns. Those who live or work with kids on the spectrum are acutely aware of how disruptive anxiety can be. However, we are rarely provided with clear guidance on how to manage this anxiety. This book bridges that gap.



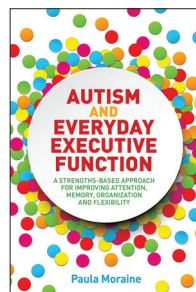
The ASD Independence Workbook - Transition Skills for Teens and Young Adults with Autism

By Francis Tabone, PhD

Price: \$25.95

Code: A885

This easy-to-follow and engaging workbook is designed to help young adults ages fourteen and up develop invaluable communication skills and practice with interactions they would encounter in everyday life. Teens will also find information on topics that are imperative for a successful transition into adulthood—including health and safety, self-care, and more. This unique book not only focuses on what adaptive skills are needed in the real world, but also gives teens with ASD the ability to practice these skills, either independently or with a teacher/caregiver.



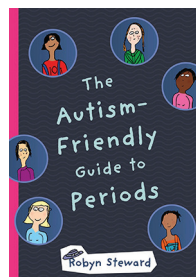
Autism and Everyday Executive Function - A Strengths-Based Approach for Improving Attention, Memory, Organization and Flexibility

By Paula Moraine

Price: \$30.95

Code: A765

Outlining eight 'Autism Access Points', this book is a helpful guide to understanding, accessing and strengthening executive function skills in individuals with Autism Spectrum Disorder (ASD). Supportive and user friendly, the ideas in this book provide a roadmap to developing essential organizational and planning skills.



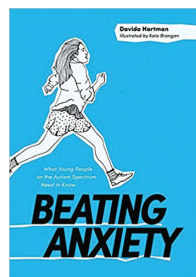
The Autism-Friendly Guide to Periods

By Robyn Steward

Price: \$19.95

Code: A925

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain.



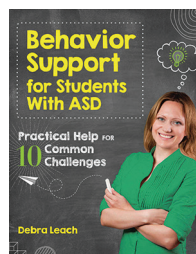
Beating Anxiety - What Young People on the Autism Spectrum Need to Know

By Davida Hartman, Illustrated by Kate Brangan

Price: \$25.95

Code: B250

This illustrated book will help you to identify what makes you anxious, and contains heaps of activities to calm your body and mind, stop unhealthy anxiety building up and head off anxious feelings in the future. Did you know that giving your anxiety a silly name (like Dr. Dread!) will give you power over it? That pretending you are a jellyfish can make your body feel better? Suitable for ages 8 - 14.



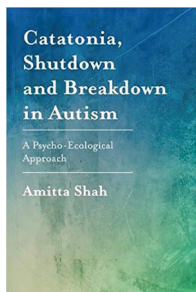
Behavior Support for Students with ASD - Practical Help for 10 Common Challenges

By Debra Leach Ed.D., BCBA

Price: \$55.95

Code: B265

When students with autism spectrum disorder (ASD) engage in challenging behavior, how can teachers best respond? This practical guidebook shows you how to address ten of the most common classroom behavior challenges—from following directions to handling transitions—with skill, insight, and compassion.



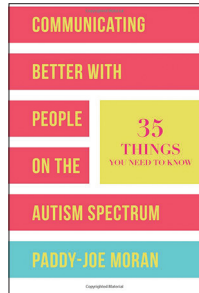
Catatonia, Shutdown and Breakdown in Autism - A Psycho-Ecological Approach

By Dr. Amitta Shah

Price: \$39.95

Code: C390

This ground-breaking book provides the first detailed clinical analysis of the various manifestations of catatonia, shutdown and breakdown in autistic individuals, with a new assessment framework (ACE-S) and guidance on intervention and management strategies using a psycho-ecological approach. Based on Dr. Amitta Shah's lifetime of clinical experience in Autism Spectrum Disorders, and her research in collaboration with Dr. Lorna Wing, this much needed book will be a valuable resource for professionals, autistic individuals and their families and carers.

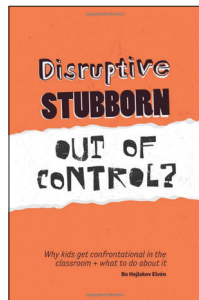


Communicating Better with People on the Autism Spectrum

By Paddy-Joe Moran

Price: \$13.95 Code: C365

Covering verbal and non-verbal communication, Paddy-Joe Moran presents 35 simple tips and strategies to help professionals improve their communication and relationships with individuals on the autism spectrum.

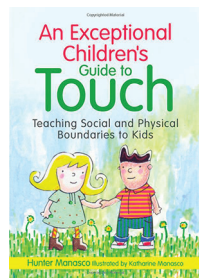


Disruptive, Stubborn, Out of Control? Why Kids Get Confrontational in the Classroom, and What to do About it

By Bo Hejlskov Elvén

Price: \$19.95 Code: D220

One of the biggest challenges in the classroom is trying to teach when students act in unexpected and annoying ways. Based on the psychology of how children and people act, this book offers practical strategies for understanding why your students are behaving in the way they are, and how to react in a way that restores peace and harmony in the classroom.

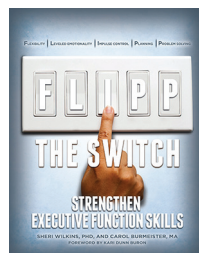


An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids

By Hunter Manasco

Price: \$23.95 Code: E205

The rules of physical contact can be tricky to grasp and children with special needs are at a heightened risk of abuse. This friendly picture book explains in simple terms how to tell the difference between acceptable and inappropriate touch, thereby helping the child with special needs stay safe.

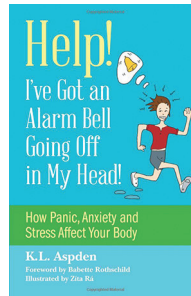


FLIPP The Switch: Strengthen Executive Function Skills

By Sheri Wilkins and Carol Burmeister

Price: \$34.95 Code: F265

This practical book written for parents and educators by parents and educators. The target audience is anyone who works with young people aged 3-22 who are disorganized, inflexible, impulsive, and who struggle with planning or problem solving. Readers will learn about executive function (EF) and how EF skills contribute to success in school, at home, and in work environments. Most importantly, readers will receive specific instructions, templates, and how-to scenarios for 25 strategies, five strategies for each of the five FLIPP components – flexibility, leveled emotionality, impulse control, planning, and problem solving.

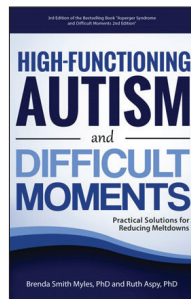


Help! I've Got an Alarm Bell Going Off in My Head! How Panic, Anxiety and Stress Affect Your Body

By K.L. Aspden, Illustrated by Zita Ra

Price: \$13.95 Code: H315

An illustrated book for children aged 9-11 that explores the science behind our bodies' fight, flight or freeze reactions. With activities to help manage anxiety and keep the nervous system healthy, the book is an incomparable resource for anyone supporting children who are easily angered or anxious including parents, carers and teachers.

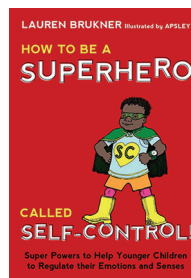


High-Functioning Autism and Difficult Moments - Practical Solutions for Reducing Meltdowns, 3rd. Ed.

By Brenda Smith Myles and Ruth Aspy

Price: \$30.95 Code: H325

This book offers tried-and-true solutions to minimize and circumvent the often frightening circumstances that surround the rage cycle, not only for the child with high-functioning autism, but others in the environment as well. A highly practical and user-friendly resource, *High-Functioning Autism and Difficult Moments* focuses on the reactions of the adults around the child.



How to Be a Superhero Called Self-Control!

By Lauren Brukner

Price: \$22.95 Code: H320

Narrated by a superhero called Self-Control, this illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties, aged approximately 4 to 7 years, to master self-control.

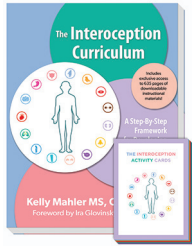


The Incredible 5-Point Scale – Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses (2nd Ed.)

By Kari Dunn Buron and Mitzi Curtis

Price: \$27.95 Code: I135

Using the same practical and user-friendly format as the first edition, Buron and Curtis let readers benefit from work done with the scales over the past 10 years, to result in refinements to the original scales, now considered "classics" in homes and classrooms across the country and abroad, as well as lots of new scales specifically designed for two groups of individuals: young children and those with more classic presentations of autism, including expanded use of the Anxiety Curve. Another welcome addition is a list of goals and objectives related to incorporating scales in students' IEPs. Also, a free CD includes blank scales, small portable scales and worksheets for easy duplication. As in their other writings, the authors emphasize the importance of self-management and self-regulation, two evidence-based practices.



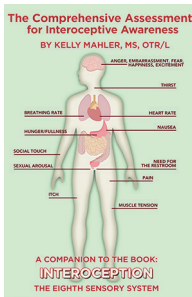
The Interoception Curriculum Bundle (Curriculum Book and Cards)

By Kelly Mahler

Price: \$279.95

Code: I310

Interoception is the ability to notice and connect bodily sensations with emotions. Research states that interoception is an important factor to the development of effective self-regulation skills. In *The Interoception Curriculum*, Kelly Mahler outlines a systematic, guided process that professionals can use to develop and build interoceptive awareness in their clients using evidenced-based principals.



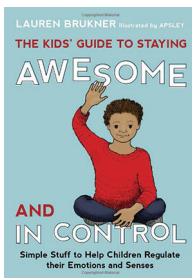
Interoception: The Eighth Sensory System

By Kelly Mahler

Price: \$41.95

Code: I270

Many people take it for granted, but one of the most important skills we have is being able to understand signals from our body. How you know if you're hungry, thirsty, tired, etc. are key abilities to live a healthy life. These are also skills that those with autism spectrum disorder tend to lack. Kelly Mahler's newest book gives professionals and parents a new way to consider teaching these talents to individuals with ASD. She describes the clear link between interoception and many important skills such as self-awareness, self-regulation, problem solving, intuition, and many more.



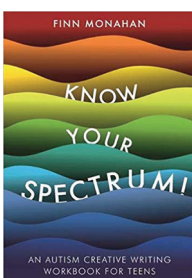
The Kids' Guide to Staying Awesome and In Control - Simple Stuff to Help Children Regulate their Emotions and Senses

By Lauren Brukner

Price: \$22.95

Code: K130

From breathing exercises and pressure holds to noise-reducing headphones and gum, this illustrated book is packed with simple strategies and tools to help children with emotional and sensory regulation difficulties aged approximately 7 to 14 years to stay cool, calm and in control.



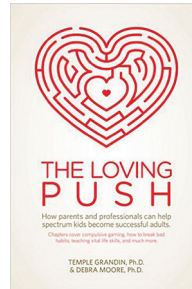
Know Your Spectrum! An Autism Creative Writing Workbook for Teens

By Finn Monahan

Price: \$31.95

Code: K135

Using creative writing activities, this book helps teenagers to identify connections between events and their emotions - which can be difficult for people with autism - while improving their writing skills through fun activities. A range of examples of poetry and short stories are included to make each activity accessible to all levels and to show how writing narrative and poems can help support personal reflection.



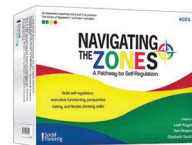
The Loving Push

By Temple Grandin, Ph.D. and Debra Moore, Ph.D.

Price: \$27.95

Code: L270

Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out what steps you can take to restore your child's hope and motivation, and what you must avoid. Eight life stories told by people on the autism spectrum, including chapters on subjects like how to get kids off their computers, how to build on their strengths and get back to caring about their lives, and how to find a path to a successful, meaningful life make this a "must-read book."



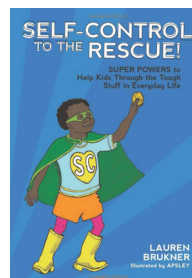
Navigating The Zones

By Leah Kuypers, Terri Rossman, Elizabeth Sautter

Price: \$76.95

Code: N205

Navigating The Zones is an interactive teaching tool designed to extend Leah Kuypers' original teachings as described in the book *The Zones of Regulation*. It engages participants in a problem-solving process at the heart of emotional self-regulation—while learning and collaborating along the way. Suitable for ages 8 - young adult.



Self-Control to the Rescue! Super Powers to Help Kids Through the Tough Stuff in Everyday Life

By Lauren Brukner, Illustrated by Apsley

Price: \$22.95

Code: S890

Focusing on specific times of the day that present particular challenges, the book uses illustrations and simple language to describe breathing exercises, stretching, and visualization techniques to help children aged 4-7 keep calm and in control. Suitable for all children, but especially those with sensory and emotional regulation difficulties, this is an accessible guide with extra tips and resources for parents, educators or therapists.



Should I or Shouldn't I? What Would Others Think™? (Elementary School Edition)

By Dominique Baudry

Price: \$37.95

Code: S645

The Elementary Edition of our popular *Should I or Shouldn't I? What Would Others Think?*™ game encourages players ages 8-11 to think about their own behavior choices and then compare how their perceptions match (or don't) those of the other players. The game makes thinking and talking about behavior fun, and allows players to explore their own thoughts, perspectives, and choices within a safe and consequences-free environment. Game play offers abundant opportunities to practice Social Thinking concepts, perspective taking, and problem solving skills, and discuss how our individual behavior choices affect those around us.

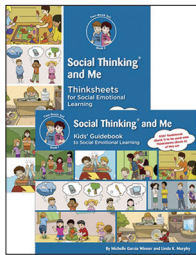


Should I or Shouldn't I? What Would Others Think?

By **Dominique Baudry**

Price: **\$37.95** Code: **S570**

This game encourages players to think about their own behavior choices and then compares how their perceptions match (or don't) those of the other players. It revolves around the idea of perspective taking - being able to think about others, their thoughts, feelings, and behaviors, and how this interrelationship plays out in social situations. The game is based on the Social Thinking concepts and vocabulary introduced by Michelle Garcia Winner and outlined in her many books and articles on the topic.

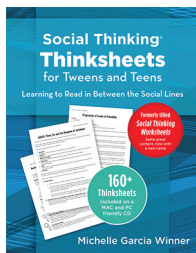


Social Thinking and Me (Two Book Set)

By **Michelle Garcia Winner and Linda K. Murphy**

Price: **\$83.95** Code: **S815**

Whether you're new to Social Thinking or a veteran in using our materials, *Social Thinking and Me* is the perfect tool to introduce and teach core Social Thinking Vocabulary and concepts to older elementary school and middle school-age kids (ages 9-14). This two-book set breaks larger and more complicated social concepts down into smaller chunks to make it easier for adults to teach and easier for kids to learn.

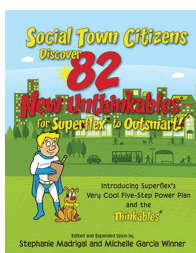


Social Thinking Thinksheets for Tweens and Teens: Learning to Read In-Between the Social Lines

By **Michelle Garcia Winner**

Price: **\$51.95** Code: **S685**

Thinksheets for Tweens and Teens focuses on the social issues and challenges faced by pre-adolescents and adolescents and introduces social concepts and strategies that can help individuals navigate these tricky years. Social rules and expectations change with age; thinking and behavior that was appropriate in elementary school can quickly become inappropriate and unexpected as students move into middle and high school. We developed these thinksheets to help educators, therapists, and parents encourage more mature social thinking and related shifts in their students' social skills.

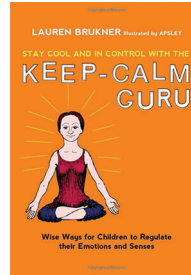


Social Town Citizens Discover 82 New Unthinkables for Superflex® to Outsmart!

By **Stephanie Madrigal and Michelle Garcia Winner**

Price: **\$54.95** Code: **S580**

This latest edition in the Superflex series is a compilation work that introduces 82 new Unthinkables and 14 new Thinkables submitted by Social Town citizens of all ages. Unthinkables and Thinkables are grouped by theme/category for easy reference by student or adult, and each entry includes the character's power, related information about its characteristics, and strategies to defeat the Unthinkable or bolster a Thinkable's help. Five teaching handouts, all characters, and expanded teaching materials are contained on the CD included with the book.

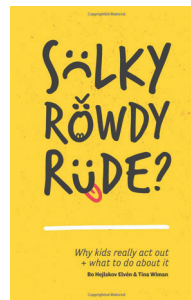


Stay Cool and In Control with the Keep-Calm Guru

By **Lauren Brukner, Illustrated by Apsley**

Price: **\$24.95** Code: **S840**

Filled with practical tips and tricks, from journaling to yoga, this illustrated guide provides children and adolescents with wisdom from the Keep-Calm Guru and new ways to identify and cope with anxiety, anger and other difficult feelings.

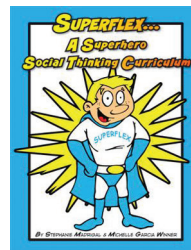


Sulky, Rowdy, Rude? Why Kids Really Act Out and What to do About it

By **Bo Hejlskov Elvén and Tina Wiman**

Price: **\$19.95** Code: **S845**

Children can go through difficult phases - this is a natural part of growing up. Conflicts and arguments are nothing exceptional, but rather a part of everyday family life. The authors of this practical and imaginative book show how parents can create consistent and effective structures, methods and responses, so that children can learn for themselves how to practice self-control and cooperation in a secure environment where they both belong and have autonomy.



Superflex: A Superhero Social Thinking Curriculum Package

By **Michelle Garcia Winner and Stephanie Madrigal**

Price: **\$78.95** Code: **S370**

The purpose of this Superhero Social Thinking (SST) curriculum is to provide the social-thinking educator, teacher, or parent with a fun, motivating, and non-threatening way for our students to explore social thinking while increasing their knowledge of social expectations, their awareness of their own behavior and how to modify their behaviors with Superflexible strategies. The 100-page curriculum gives clear, motivating lesson plans to help create their own Superflex Superhero Training Academy for the children. The children learn about how each of them have a "Superflex" superhero in their brain that is constantly being challenged daily by their very own "Team of Unthinkables," such as Rock Brain, Topic Twister Meister and Mean Jean.



Superflex® Bingo

By **Tara Estes, Michelle Garcia Winner and Pamela Crooke**

Price: **\$41.95** Code: **S945**

Superflex® Bingo is a flexible, fun, and educational game! It enables students to practice identifying Social Thinking concepts and Superflex characters to strengthen their self-regulation and superflexible thinking powers. This is not a stand-alone teaching tool - do not introduce this game until your students have completed *You Are a Social Detective!* and the *Superflex* curriculum.

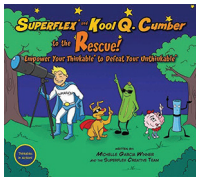


Superflex and Focus Tron to the Rescue!

By Michelle Garcia Winner and the Superflex Creative Team

Price: \$30.95 Code: S915

For every Unthinkable there is a Thinkable counterpart, and each Thinkable has its own special powers. *Superflex and Focus Tron to the Rescue!* complements the teachings found in *Superflex Takes on Brain Eater and the Team of Unthinkables*. Focus Tron helps you wherever you are - at school, or home, in the community, when playing sports or watching a movie. When you can stay focused, it means your brain can stay connected to what you're doing or what others are talking about.

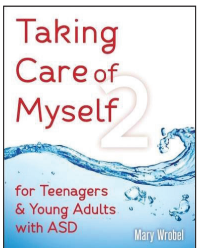


Superflex® and Kool Q. Cumber to the Rescue! Empower Your Thinkable® to Defeat Your Unthinkable®

By Michelle Garcia Winner and the Superflex Creative Team

Price: \$30.95 Code: S920

For every Unthinkable there is a Thinkable counterpart, and each Thinkable has its own special powers. *Superflex and Kool Q. Cumber to the Rescue!* complements the teachings found in *Superflex Takes on Glassman and the Team of Unthinkables*. The Thinkable Kool Q. Cumber helps Social Town citizens remember to stay calm when problems happen. That way, citizens can stop and use their superflexible thinking to figure out the size of a problem. And, if a problem is only a small one, they can have only a small emotional reaction. That's expected!

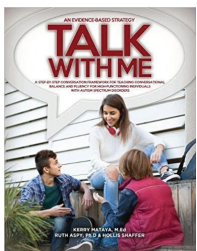


Taking Care of Myself 2: For Teenagers & Young Adults with ASD

By Mary Wrobel

Price: \$34.95 Code: T490

This book is written specifically for teenagers and young adults with Autism Spectrum Disorders (ASD). It is an instructional book to be used by parents, instructors, therapists, and individuals on the autism spectrum. Most of the information is written concisely, however, simple how-to lists are included. This book is great to use in an instructional setting, especially for those individuals who are familiar with that type of format.

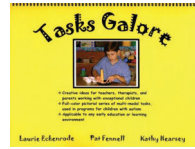


Talk with Me: A Step-by-Step Conversation Framework for Teaching Conversational Balance and Fluency for High-Functioning Individuals with Autism Spectrum Disorders

By Kerry Mataya, Ruth Aspy and Hollis Shaffer

Price: \$30.95 Code: T505

The Conversation Framework is a unique strategy that provides an approach to assessing and teaching conversation skills in a group setting that is effective for most students who have difficulty engaging in conversations, including students with HF-ASD. The Conversation Framework breaks down the elements of a conversation which must be mastered in order to be proficient at carrying out conversations. The framework was developed and refined across many years based on a review of the relevant research along with close observation of how people talk to each other - what conversations really sound like.

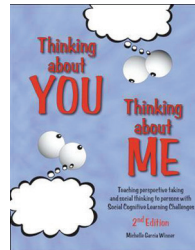


Tasks Galore - Revised Edition

By Laurie Eckenrode, Pat Fennell and Kathy Hearsey

Price: \$59.95 Code: T115

Book One is a virtual "encyclopedia" with over 250 color photographs of multi-modal tasks. *Tasks Galore* takes a look at developing tasks that address skills across curriculum areas. The tasks photographed were designed for individual students, based on their unique strengths, interests, and IEP goals, and the authors hope the tasks will serve as a launching pad for the reader's own ideas. Designed for preschool and elementary aged clients or older clients who are working on basic concepts.

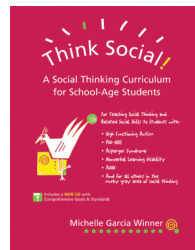


Thinking About YOU Thinking About ME (2nd Ed.)

By Michelle Garcia Winner

Price: \$69.95 Code: T230

The author explores how perspective taking impacts students' abilities to socially relate as well as comprehend academic assignments that are laden with social themes such as comprehension of literature and working with peers in group assignments.

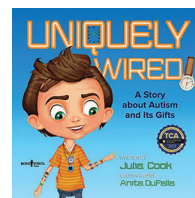


Think Social: A Social Thinking Curriculum for School-Aged Students

By Michelle Garcia Winner

Price: \$125.95 Code: T280

A social thinking curriculum to guide therapists, educators and parents who are exploring how to introduce social thinking to their students in a more structured and thought out progression. The curriculum is meant to provide a template to guide all of our thinking but it is not meant to be a total teaching package!

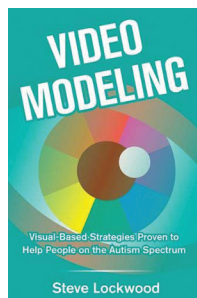


Uniquely Wired: A Story about Autism and Its Gifts

By Julia Cook

Price: \$14.95 Code: U240

Zak is obsessed with watches. Before that it was trains. He owns hundreds of watches and is quick to tell everyone everything about them. Zak also has autism, so he sometimes responds to the world around him in unconventional ways. As Zak describes his point of view, young readers gain a better understanding of his behaviors and learn valuable lessons about patience, tolerance and understanding. For Grades K-5.



Video Modeling: Visual-Based Strategies to Help People on the Autism Spectrum

By **Steve Lockwood**

Price: **\$13.95** Code: **V180**

The key to helping your ASD child may be right in your pocket! Help your child to learn new skills and overcome existing barriers quickly and independently, regardless of age or ability. Video modeling is an effective method of teaching that uses recorded videos and technology. Learn how, using only your smartphone, to create educational and beneficial material to help learners with autism increase independence, facilitate learning, and improve quality of life.



Yoga for Children and Young People with Autism

By **Michael Chissick**: Illustrated by **Sarah Peacock**

Price: **\$27.95** Code: **Y125**

The physical, emotional and social benefits of yoga for autistic children can be profound, and this book will give you the confidence to get going with an array of fun activities and games from 'chasing the frog' to 'yoga detective'. Whether you work in special needs school, primary mainstream school or the community, or you are the parent of an autistic child, this book will equip you with plans, structures, goals, teaching tips and a multitude of real-life stories.

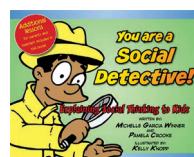


We Thinkers! Volume 1

By **Ryan Hendrix, Kari Zweber Palmer, Nancy Tarshis and Michelle Garcia Winner**

Price: **\$153.95** Code: **I230**

This new series introduces Michelle Garcia Winner's Social Thinking model to children ages 4-7. The series will eventually consist of 10 storybooks plus related curriculum, released in two volumes (5 storybooks + curriculum in each volume). Volume 1 Curriculum Package + Music CD (Deluxe Package).



You are a Social Detective!

By **Michelle Garcia Winner and Pamela Crooke**

Price: **\$34.95** Code: **Y110**

This entertaining comic book offers a variety of techniques for teaching students how to develop their own social detective skills. Enjoy watching your children blossom into successful Social Detectives! But this book isn't just for students who have challenges relating to autism spectrum disorders and like challenges, the lessons also offer a variety of engaging ways to introduce the concepts of social thinking to general education teachers, paraprofessionals, parents, caregivers and special educators.

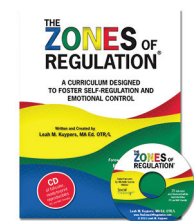


We Thinkers! Volume 2 Social Problem Solvers

By **Ryan Hendrix, Kari Zweber Palmer, Nancy Tarshis, and Michelle Garcia Winner**

Price: **\$232.95** Code: **W265**

Volume 2 picks up where Volume 1 left off. The teaching across the series is sequential and concepts build upon each other, therefore it is important that Volume 1 be used before moving on to Volume 2. Volume 2 delves deeper into how to figure out the social clues to share space, interact, and regulate emotions. We use the term "social executive functioning" to discuss that we are helping children learn to better self-regulate their behaviour and emotions when sharing space or interacting with others.

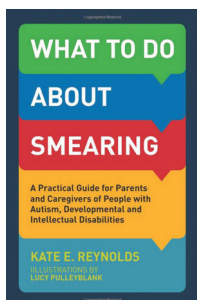


Zones of Regulation

By **Leah Kuypers**

Price: **\$76.95** Code: **Z105**

The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones.



What to Do about Smearing - A Practical Guide for Parents and Caregivers of People with Autism, Developmental and Intellectual Disabilities

By **Kate E. Reynolds**, Illustrated by **Lucy Pulleyblank**

Price: **\$21.95** Code: **W270**

With practical advice and examples of interventions, this supportive book presents positive ways to manage fecal smearing in children and adults with autism and developmental disabilities. Explaining the root causes of smearing for better understanding, this is a reassuring resource for families and professionals who experience smearing behaviour.



Zones of Regulation Poster

By **Leah Kuypers**

Price: **\$15.95** Code: **Z110**

This poster reinforces the teachings of *The Zones of Regulation* book/curriculum. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of the four color-coded and "road sign" oriented for clear recognition and reinforcement. Along the way, students learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones.



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