

Sensory Savvy Kids

Co-Presenters: Carol Stock Kranowitz, M.A., author of *The Out-of-Sync Child*, and Julia H. Berry, M.A., Head of St. Columba's Nursery School, Washington, DC



During her 25-five year career as a preschool music and movement teacher at St. Columba's Nursery School, Carol Stock Kranowitz introduced Sensory Processing Disorder — or “SPD” — to parents and educators around the world through her groundbreaking book, *The Out-of-Sync Child*. This first book in the “Sync” series has sold a million copies and consistently ranks among the top ten books about children with disabilities. Her most recent publication is *The Out-of-Sync Child Grows Up: Coping with SPD in the Adolescent and Young Adult Years*.

Carol speaks nationally and internationally about SPD's effect on children's learning and behavior. She shows families, teachers, and professionals how to integrate sensible strategies and fun activities into everyday life to help typical and atypical children alike to function more smoothly as they grow up.

A graduate of Barnard College, Carol received its Distinguished Alumna Award in 2017. She earned her MA in Education and Human Development from George Washington University in 1995. She lives in Maryland, plays the cello, and is “Granny Kranny” to five grandchildren.

Julia Berry is the Head of School at St. Columba's Nursery School, a preschool program for children ages 30 months through age five. Founded in 1959, St. Columba's is a leader in the inclusion of special needs children, especially those with sensory processing challenges.

A former botanist and oil spill specialist, Julia made the transition to early childhood education after earning an MA in Education and Human Development at George Washington University 35 years ago. It was her great fortune to land her first teaching position at St. Columba's where she found a program dedicated to ensuring that children had plenty on outdoor play – about half their day – as well as a deep commitment to exposing children to the natural world, animals, gardening, and lively experimentation both in and out of doors.

Julia spent 20 years teaching science to children from preschool through the third grade and has been a parenting educator for more than 30 years. She frequently writes and lectures on topics including quality outdoor play and playgrounds, how playgrounds and gardens engage and help



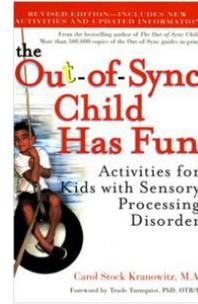
children with special needs, and other topics that encourage schools to play more, especially outside.

Julia's three children are grown but keep her busy. Her dog, Stella, loves working at St. Columba's. She's an avid gardener and chicken owner, and her ukulele skills are growing.

Getting Kids "In Sync" at Home and School Agenda

Saturday, June 14, 2018 9:00 a.m. - noon

Sensory Savvy Activities at Home and School



COURSE DESCRIPTION AND AGENDA

Hands-on, three-dimensional "In-Sync" activities help children with sensory processing challenges, autism, and other developmental delays (as well as their typically-developing siblings and schoolmates) to develop sensory-motor, social, and language skills. Using simple equipment such as paper plates, bubble wrap, bicycle inner tubes, and other loose parts, participants will learn enjoyable strategies to get kids moving and learning, communicating and interacting.

8:25 a.m.

At door, everyone gets two paper plates, handout, and Take-Home Sensory Kit.

TAKE-HOME SENSORY KIT

Bubble wrap	Paper plates
Bicycle inner tube	Rubber bands
Goo recipes	Popsicle sticks
Balloons	Straws
Cotton Balls	Waxed paper
Water cup	
Toilet paper tube with pre-punched hole	
Loose Parts Start Up Guide	

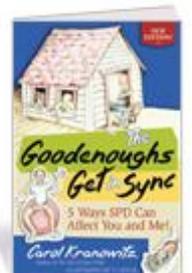
9:10 - 10:30 Carol's Fun with Items Having Many Affordances:

ACTIVITIES:

SOURCES:

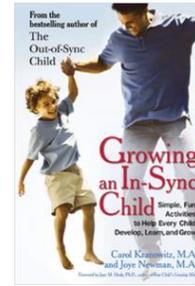
- 1) Slide Whistle Stretch
- 2) Arm Circles
- 3) Mummy Wrap

Out-of-Sync Child Has Fun, p. 152
Growing an In-Sync Child, p. 97
Goodenoughs Get In Sync, p. 61



- 4) Noisy Quiet Plates
- 5) Sound Stretch
- 6) Metronome Code
- 7) Object Classification
- 8) Paper Plate Play
- 9) Slippy Slidey
- 10) Paper Plate Dance

Out-of-Sync Child Has Fun, p. 293
In-Sync Activity Card Book, p. 75
Out-of-Sync Child Has Fun, p. 145
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Growing an In-Sync Child, p. 136
In-Sync Activity Card Book, p. 103
Out-of-Sync Child Has Fun, p. 157



10:30 - 10:40 Break

10:40 -12:00 Julia's Loose Parts Fun

ACTIVITIES:

- 1) Cotton Ball Straw Race (breath control and directional sense)
- 2) Water Doggies (tactile and visual senses, water dynamics)
- 3) Bus Driver (body and position awareness, proprioception)
- 4) Balloon — static electricity (tactile system – light touch)
- 5) Toilet Paper Tube Kazoo (vibrational sense inside and outside the body)
- 6) Bubble Wrap Pop (pressure, auditory sense, fine motor development)
- 7) Ooblek, Gak, and Slime (tactile and visual treats)
- 8) Scented Playdough (sense of smell and tactile sense; hand strength and coordination)