



How Does Your Engine Run?

How Does Your Engine Run, or The Alert Program (AP), is a specifically designed program for pre-school aged children and up that addresses self-regulation of arousal states. It uses the analogy of an automobile to introduce its concepts i.e. "If your body is like a car engine, sometimes it runs on high, sometimes it runs on low, and sometimes it runs just right".

The program is implemented in three stages:

- identifying engine speeds
- experimenting with methods to change engine speeds
- regulating engine speeds

Visual aids along with practical instruction are used to enhance the learning experience. Many benefits are seen from using this program including enhanced abilities to learn improved interactions, improved self-esteem, improved self confidence, and improved self-monitoring skills.

The Alert Program can be done in individual or group treatment settings. Kids Can Do offers the Alert Program in a group setting during the summer months. Groups typically begin in mid- June and continue through mid-August for children in the 6-10 year old age range. Specific information regarding dates and times will be available by May.