

## How Does Your Engine Run By Mary Sue Williams

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Before I continue, this diagram is published in "How does your Engine run? A leader's guide to The Alert Program for Self-Regulation" by Williams and Shellenberger. (Read more about the ALERT program [HERE](#)). Permission to publish this diagram here at Your Kids OT was obtained by Maryann Trott directly in October 2018.

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FREE Resources. Sometimes we need to help others "buy in" to understanding the importance of using self-regulation strategies. The following free resources are provided for ease in sharing the Alert Program® basics with parents, teachers, therapists, or other team members. Why?

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