

Books for children to help explain or explore sensory processing issues.

Updated October 2023

Younger child / infant / primary

- **This is Gabriel Making Sense of School:**

A book about Sensory Processing Disorder

By Hartley Steiner

2012 Published by Sensory World 2nd edition an imprint of Future Horizons Inc. USA

ISBN: 978-1-935567-34-9

- **Squirmy Wormy**

How I Learned to Help Myself

By Lynda Farrington Wilson

2009 Published by Sensory World as an imprint of Sensory Focus LLC USA

ISBN: 13: 978-1-935567-18-9

- **Listening to my Body**

A guide to helping kids understand the connection between sensations (what the heck are those?) and feelings so they can get better at figuring out what they need.

By Gabi Garcia

2017 Skinned Knee Publishing

ISBN 978-0-9989580-0-2

- **Sensitive Sam**

Sam's sensory adventure has a happy ending.

Marla Roth-Fisch

2009 Published by Future Horizons inc. USA

ISBN: 978-1-932565-86-7

- **Ellie Bean the Drama Queen**

How Ellie learned to keep calm and not overreact.

By Jennie Harding

2011 Published by Future Horizons inc. USA

ISBN 13: 978-1-935567-27-1

- **Arnie and his School Tools**

Simple Sensory Solutions That Build Success

By Jennifer Veenendall

2008 Published by AAPC USA

ISBN:978-1-934575-15-4

- **The Kids' Guide to Staying Awesome and In Control:**

Simple stuff to Help Children Regulate their Emotions and Senses

By Lauren Brukner

2014 Published by Jessica Kingsley London

Older child / young teen

- **Can I tell you about Sensory Processing Difficulties?**

A guide for friends, family and professionals

By Sue Allen

2016 Jessica Kingsley Publishers London

ISBN 978 1 84905 640 3

- **Tools for Teens**

A Handbook to Bring Sensory Integration into the Home

By Diana Henry, Tammy Wheeler Deanna Iris Sava

2004 Henry OT Services USA (<http://www.ateachabout.com/pdf/HenryOTorder.pdf>)

Teen / young people

- **The Sensory Team Handbook**

A hands-on tool to help young people make sense of their senses and take charge of their sensory processing.

By Nancy Mucklow

2009 Published by Michael Grass House Canada

ISBN – 978-0-9811439-2-7

Young people / adults

- **Living Sensationally; Understanding your senses.**

By Winnie Dunn

2009 Jessica Kingsley Publishers

ISBN 978-1-84310-871-9