

FAB Strategies® to Improve Self-Control Form

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X-therapist ✓- family/teacher A-Attachment www.amazon.com/dp/1732821909

Client: _____ Therapist: _____ Contact: _____
Functional Goals: _____ Dates: _____

A. ENVIRONMENTAL ADAPTATION

- ___ Sensory coping area/Prepare-Limit-Transitions/Low noise/Headphones/Fidget-Comfort Box-Bag
- ___ **Ear Press/Weighted-Blanket-Pressure-Vest/Pencil grip/Chewy/Sit: Stable-Separate-Carrel-Disk**
- ___ Visual: List-Schedule-If then/Schedule story/Sit near teacher/Calm face/Slow: Speech-Pace
- ___ Choice of 1 activity from 1 2 3 4 choices; do ___ minutes minimum; clean up before next activity

B. SENSORY MODULATION

- ___ Breathe: Hand-Bird-4462/Mindful clock: Sitting-Standing/Orienting: Head-eyes/Tense & relax/Kindness
- ___ Body scan: Imagine-Press-**Tap** (Top head-forehead-cheeks-chin-Shoulder-elbow-palm-chest-stomach)
- ___ Arousal level-Modulate/Freeze dance/Giant steps/Deliver: Books-Messages-Box/Rolling to Read-Math
- ___ Beans-Rice/Therplast/Playdoh/Sand/Water/Glue/Shaving cream/Self-brushing/Coping strategies
- ___ Vibration/Back: X-Crawl/Tap-Press self: Fingers to ear-Head to feet/Roll therapy ball-Core
- ___ **Touch: Back-Arm/Head crown/Shoulders: Squeeze-Press/Spine roll/Back tech: Tap-Press**
- ___ **Supported sitting therapy ball: Forward & back-Up & down-Sides-Mindful clock/Steam roller**

C. POSITIVE BEHAVIOR SUPPORT

- ___ Ask permission to kid-Touch/Prompt filter speech/Invite/Will like you/Social role-playing/Redirection
- ___ Breaks/Self-management/Tolerance for delay/Conditioned calm recall/Sensory matching
- ___ Pre-correction/Practice saying/Coping card/FAB Turtle/Humor/Desensitization/Partial sentences
- ___ Preferred: Tasks-Distractor/Choices/Mand-Break/Intersperse learned tasks/Priming/Prompts
- ___ Reinforce: Attempts-Appropriate-Point chart-Tangible/Desensitization/Self-management

D. PHYSICAL SELF-REGULATION

- ___ Push wall/Pushups-Wall/Exercise band activities/Cardio machines/Weight lift/Punch heavy bag
- ___ Prone on therapy ball: Hands rock-Wheelbarrow walk/Mini-trampoline jumping/Playground-Structure
- ___ Flex & extend shoulder & ankle: Same-Opposite-Opposite, adding same shoulder half way up & down
- ___ Both-Hand: Same side knee-*Eyes down right*/Opposite knee-*Eyes up left*
- ___ Diagonal-X-Infinity I-Alternate I-I visually track/Pre-check twist/Elbow I/Symmetry
- ___ Ball: Wall-Letter-Quadruped pass-Bat-Bounce activities/Beanbag pass activities
- ___ **Crash Pad/Scooter board: Pull-Push/Suspended Swing: Forward-Back-Lateral-Spin-Target**

Activities: _____
Activities: _____

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References: Domitrovich et al., 2013; Koester, 2012; LaVigna & Willis, 2012; Stahmer et al., 2011

Parent/guardian Signature Supporting Program: _____