

FAB STRATEGIES® PRE-K & KINDERGARTEN FORM

Copyright © 2020 by John Pagano, Ph.D., OTR www.fabstrategies.org X-therapist ✓- family/teacher A-Attachment

Student: _____ Date(s): _____
Teacher/Therapist: _____ Contact: _____
Goals: _____

A. ENVIRONMENTAL ADAPTATION

Weighted-Blanket-Vest-Pressure-Shorts/Pencil grip/Clip-Slant board/Chewy/Ear press

Sit: Stable-Separate-Nearest teacher-Carrel-Disk-Therapy ball on a cradle/Headphones/Body sock
Prepare-Limit Transitions/Tray/Carpet square/Fidgets/Comfort Box-Bag/Sensory coping area-Room
Visual: List-Picture Schedule-If-then/Decrease, then if needed gradually increase sensory input
Choosing one activity from 1 2 3 4 choices; do ___ minutes minimum; clean up before next task

B. SENSORY MODULATION

Circles: Neck-Shoulders-Hips/Orienting/Tense & relax/Stretch: Up-Down-Sides-Twist/10 hotdogs
Hand-Bird-Breathing/Mindful clock: Sitting-Standing/Kindness: Love-Stranger-Self-Class
Body scan: Imagine-Press-Tap (top of head-forehead-cheeks-chin-shoulders-elbows-palms-chest-stomach)
Wall: Press-Pushups/Deliver: Message-Box/Move: Desks-Mats/Rolling to Read-Math
Arousal level-Color-Scent/Anger meter/Feeling wheel/Feelings vs. behavior
Beans-Rice/Theraplast/Playdoh/Sand/Water/Glue/Shaving cream
Touch vibration: Back-Arms-Body/Head crown/Shoulders Squeeze-Press/Spine roll
Brush: Back-Arms-Legs/Roll therapy ball-Core/Back tech: Tap-Press/ X/Spine walk
Supported sitting on therapy ball: Forward & back-Up & down-Sides-Mindful clock

C. POSITIVE BEHAVIOR SUPPORT

Ask permission to kid-Touch/Prompt head filter speech/Invite/Always like you
Freeze: Shake-Dance/Red Light/Giant steps/Simon says/Social role-playing/Bully proof
Character comic/Coping card/Desensitization/Sensory: Matching-Coaching
FAB Turtle/Priming/Breaks/Intersperse learned/Play Plan-Do-Review/Scaffolding writing
Pre-Correction/Redirection/Mand-Break/Tolerance for delay/Problem solving song
Reinforce: Attempt-Specific praise-Point chart-Tangible-Conditioned calm recall

D. PHYSICAL SELF-REGULATION

Playground-Structure/Exercise band activities/Beanbag pass/Jump on a mini-trampoline
Prone on therapy ball: Hands rock-Wheelbarrow walk/Ball: Wall-Quadruped pass-Roll therapy ball
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
Crash pad/Mat sandwich/Scooter Push-Pull-Down ramp/Therapy ball activities
Suspended Swing: Forward & back-Vertical-Lateral-Spin

Add Activity list to sections:

Add Activity list to sections:

www.fabstrategies.org www.challengingbehavior.org www.spdfoundation.net www.qsti.org

References: Domitrovich et al., 2013; LaVigna & Willis, 2012; Laugeson, 2014; Stahmer et al., 2011

Parent/guardian Signature Supporting Program: _____

* Items in bold are selected by an occupational, physical, or speech/language therapist