

FAB Strategies® Pre-K & Kindergarten Form

Copyright © 2021 by John Pagano, Ph.D., OTR/L www.fabstrategies.org
*X-therapist √-Teacher/Family *or Circle-Equipment given A-Attachment*

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/Chewy**
- ___ Pencil grip/Desk: Stable-Separate-Carrel-Disk-'O'-Sit
- ___ 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

B. SENSORY MODULATION

- ___ Tense & relax/Breathing: Hand-Flower & candle-Arm circle-Bird/Mindful clock/Kindness
- ___ Shaking/Body scan: Self touch-Imagine (top of head-shoulders-knees-feet)/Energy ball
- ___ Arousal level-Modulate/Freeze dance/Simon says/Giant steps/Deliver: Books-Message-Box
- ___ Beans-Rice-Theraplast-Playdoh-Kinetic Sand/Floof-Water-Glue-Shaving cream/Sensory coping
- ___ Vibration-Brush: Back-Arms/Head crown/Shoulders: Squeeze/Spine roll/Back X/Spine crawl
- ___ **Supported sitting therapy ball: Forward & back-Up & down-Sides-Mindful clock/Back tech**

C. POSITIVE BEHAVIOR SUPPORT

- ___ Ask permission to kid-Touch/Prompt filter speech in head/Invite/Still like you/Orienting/Redirect
- ___ Practice say/Coping card/FAB Turtle/Humor/Tolerance for delay/Desensitization/Partial sentence
- ___ Preferred task/Choices/Mand-Break/Intersperse learned/Priming/Prompts/Conditioned calm
- ___ Reinforce: Good attempts-Appropriate-Point chart-Tangible/Sensory match/Social role-playing

D. PHYSICAL SELF-REGULATION

- ___ Push Wall-Pushups/Prone on therapy ball: Hands rock-Wheelbarrow walk/Mini-trampoline jump
- ___ Both-Hand: Same side knee-Opposite knee/Diagonal-X-Infinity I-Alternate I-Symmetry
- ___ Ball: Wall-Letter-Quadruped pass-Bat/Beanbag pass/Playground-Structure/Exercise band
- ___ **Crash Pad/Scooter board: Pull-Push/Suspended Swing: Forward-Back-Lateral-Spin-Target**
- ___ Activities: _____
- ___ Activities: _____

www.fabstrategies.org www.challengingbehavior.org www.spdstar.org breath-body-mind.com

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

Parent/guardian Signature Supporting Program: _____