

**FAB Strategies® for Learning Readiness Form**

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X-Therapist ✓-Staff & family A-Attachment Circle-Equipment given

Client: \_\_\_\_\_ Teacher/Therapist: \_\_\_\_\_ Contact: \_\_\_\_\_  
Functional Goals: \_\_\_\_\_ Dates: \_\_\_\_\_  
Dates/Baselines: \_\_\_\_\_

**A. ENVIRONMENTAL ADAPTATION**

- \_\_\_ Sensory coping area/Prepare-Limit-Transitions/Low noise/Headphones/Fidget-Comfort Box-Bag
- \_\_\_ Desk: *Stable-Separate-Carrel-Near teacher-Theraband-Disc-'O'-Sit-Clipboard-Slant board*
- \_\_\_ Visual: *List-Schedule-If then-Calm face/Slow: Speaking-Pace*
- \_\_\_ Choice of 1 activity from 1 2 3 4 choices; do \_\_\_ minutes minimum; clean up before next activity

**B. SENSORY MODULATION**

- \_\_\_ Move: *Head-Shoulders-Hip circles/Tense & relax/Mindful clock-Sitting-Standing/Feel your feet*
- \_\_\_ Slow breathing: *Hand-Paint wall-Flower & candle-Trace fingers-Squeeze fingers-Energy ball*
- \_\_\_ Self-squeezing: *X hands shoulder squeeze-Arms-Hands-Legs-Feet/Self-tapping: Ears-Hand-Palm up*
- \_\_\_ Arousal level/Deliver: *Books-Message-Box/Freeze dance/Giant steps/Simon says/Self-brushing*
- \_\_\_ Touch: *Beans-Rice-Theraplast-Playdoh-Sand-Kinetic sand-Water-Floof-Glue-Shaving cream*
- \_\_\_ Kindness/4-4-6-2/Head crown/Shoulder: *Squeeze-Press/Spine roll/Back X/Spine Crawl*
- \_\_\_ **Brush-Vibrate-Press: Back-Arms/Roll therapy ball-Core-Slow breathing/Back tech: Tap-Press**
- \_\_\_ **Chewey/Weighted-Blanket-Pressure-Vest/Chewy/Ice/Heat/Vibrating seat/Steam Roller Deluxe**

**C. POSITIVE BEHAVIOR SUPPORT**

- \_\_\_ Ask permission to kid-Touch/Prompt head filter/Invite/Still like you/Orienting/Redirection
- \_\_\_ Conditioned calm/Mand-Break/Sensory match-Coaching/Desensitization/Practice saying
- \_\_\_ Pre-correction/Self-management/Tolerance for delay/Coping card/FAB turtle/Humor/Partial sentences
- \_\_\_ Preferred: *Tasks-Distractor/Choices/Intersperse learned tasks/Priming/Prompts*
- \_\_\_ Reinforce: *Good attempt-Appropriate-Point chart-Tangible-Desensitization-Self-management*

**D. PHYSICAL SELF-REGULATION**

- \_\_\_ Push wall/Wall-Pushups/Exercise band activities/Pull-up/Cardio machine/Weight lift/Punch heavy bag
- \_\_\_ Prone on therapy ball: *Hands rock-Wheelbarrow walk-Fly/Playground-Structure*
- \_\_\_ Flex-extend shoulder-ankle: *Same-Opposite-Opposite add same shoulder half up & down-Close eyes*
- \_\_\_ Hand: *Both-Same side knee-Opposite knee-Same side knee with eyes down right-Opposite eyes up left*
- \_\_\_ Diagonal-X-Alternate infinity I-Infinity-Infinity visually track-Pre twist-Elbow I-Post twist-Symmetry
- \_\_\_ Ball: *Wall-Letter-Quadruped pass-Bat-Bounce activities/Beanbag pass activities/Mini-trampoline jump*
- \_\_\_ **Supported sit on therapy ball: Forward & back-Up & down-Sides-Mindful clock**
- \_\_\_ **Crash Pad/Scooter board: Pull-Push/Suspended Swing: Forward-Back-Lateral-Spin-Target**
- \_\_\_ Activities: \_\_\_\_\_
- \_\_\_ Activities: \_\_\_\_\_
- \_\_\_ Activities: \_\_\_\_\_

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Parent/guardian Signature Supporting Program: \_\_\_\_\_