

FAB Strategies® for Learning Readiness Form

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

Client: _____ Teacher/Therapist: John Pagano, OTR/L Contact: John.Pagano@peakhillut.org
Functional Goals: Decrease physical aggression Dates: _____

Dates/Baselines: 6/30/23 Physical aggression on avg. twice daily

SPD: Much more Sensory Seeker

- A. ENVIRONMENTAL ADAPTATION
- ✓ Sensory coping area/Prepare-Limit-Transitions/Low noise/Headphones/Fidget-Comfort Box-Bag button hooker
 - ✓ Desk: Stable-Separate-Carrel-Near teacher-Theraband-Disc-'O'-Six Clipboard-Slant board
 - ✓ Visual: List-Schedule-If then-Calm face/Slow: Speaking-Pace 6/12.5 ea
 - ✓ Choice of 1 activity from 1 @ 3 4 choices; do 5 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
- ✓ Chewy/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 bdg6
- ___ 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: Slinky tube Fan-up figures Music
- ✓ Activities: Punch pads, staples, shoot basket, stass football
- ___ Activities: _____

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

Parent/guardian Signature Supporting Program: _____

DX=ASD, CP, Hydrocephalus = shunt; 14 yr 8 months