

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

- ___ *Prepare-Limit-Transitions/Low noise/Headphones/Fidget-Comfort Box-Bag*
- ___ *Seat: Stable-Separate-Carrel-Near teacher-Theraband-Disc O Sit/Clip-Slant board-Pencil grip*
- ___ *Visual: List-Schedule-If then-Calm face/Slow: Speaking-Pace/Sensory coping Area-Room*
- ___ *Choice of 1 activity from 1 2 3 4 choices; do ___ sec./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-Finger paint-Trace fingers-Squeeze fingers-Circles-Infinity-Energy ball-Heart*
- ___ *Self-squeezing: Shoulder-Arm-Fingers/Shaking/Kindness/4-2-4-2-Movement/4-4-6-2-Movement*
- ___ *Arousal level-Modulate/Deliver: Books-Messages/Freeze dance/Giant steps/Simon says/10 hotdogs*
- ___ *Push button twirling bead chain/Ipad Basic apps: Big bang patterns-Mebop Maestro-ABC kids*
- ___ *Sequential touch: Beans-Rice-Theraplast-Playdoh-Sand-Wiki stix-Water-Floof-Glue-Shaving cream*
- ___ **Head crown/Shoulder: Squeeze-Press/Spine roll/Back X/Spine Crawl/Light, slow letters on back**
- ___ **Brush-Vibrate-Press: Back-Arms/Roll therapy ball/Core-Slow breathing/Back tech: Tap-Press**
- ___ **Self-Brushing/Self-Buzzing/Chewey/Pressure-Weighted-Vest/Weighted blanket**

C. POSITIVE BEHAVIOR SUPPORT

- ___ *Ask permission to Kid-Touch/Prompt head filter/Invite/Still like you/Facing door/Grounding*
- ___ *Conditioned calm/Mand-Break/Sensory match-Coaching/Desensitization/Practice saying/Redirection*
- ___ *Pre-correction/Self-management/Tolerance for delay/Coping card/FAB turtle/Humor/Partial sentences*
- ___ *Preferred: Tasks/Distractor/Choices/Pre-play before work/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/Treadmill/Weight lift/Punch heavy bag*
- ___ *Prone on therapy ball: Hands rock-Wheelbarrow walk-Fly/Playground-Structure/Quadruped pass*
- ___ *Ball: Soccer Pass-Wall-Letter-Bat-Bounce activities/Beanbag pass/Mini-trampoline jump*
- ___ *Sequential: Orienting/Drawing/Bilateral integration*
- ___ **Supported sit on therapy ball: Forward & back-Up & down-Sides-Mindful clock**
- ___ **Crash pad/Scooter board: Self-propel-Pull-Push/Suspended Swing: Forward & Back-Lateral-Spin**
- ___ *Activities: _____*
- ___ *Activities: _____*
- ___ *Activities: _____*

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Parent/guardian Signature Supporting Program: _____