FAB Strategies® for Learning Readiness Form

Copyright © 2024 by John Pagano, Ph.D., OTR/L [www.fabstrategies.org](http://www.fabstrategies.org)

**X***-Therapist* **√***-Staff & family* **A***-Attachment* **Circle***-Equipment given*

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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*

\_\_\_ Slow breathing *Hand*-Finger *Paint-Tracing-Squeezing-Energy ball-Circle body-Heart/*Feel your feet

\_\_\_ 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

\_\_\_ Twirling bead chain/Ipad apps *Big bang patterns-Mebop maestro-ABC kids*-*Drawing-Stylus*

\_\_\_ Sequentially explore *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*/Self-Brushing/Self-Buzzing

**\_\_\_ Chewy/Vest-*Pressure-******Weighted*-Blanket/Roll ball *Core-Breathing*/Back Tech: *Pressing-Tapping***

**C. POSITIVE BEHAVIOR SUPPORT**

\_\_\_ Ask permission to *Kid-Touch*/Head filter/Invite/Still like you/Facing door/Grounding/Partial sentences

\_\_\_ Conditioned calm/Mand-*Break*/Sensory match-Coaching/Desensitization/Practice saying/Redirection

\_\_\_ Pre-correction/Self-management/Tolerance for delay/Coping card/FAB turtle/Revise curriculum

\_\_\_ Preferred: Tasks/Distractor/Choices/Pre-play/Intersperse learned tasks/Priming/Prompts

\_\_\_ Reinforce: *Good attempt-Appropriate-Point chart-Tangible-Desensitization-Self-management*

**D. PHYSICAL SELF-REGULATION**

\_\_\_ Push wall/*Marine-Wall-*Pushups/Exercise band tasks/Pull-ups/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 jumping

\_\_\_ Sequential: Orienting/Drawing/Bilateral integration/Drumming

**\_\_\_** **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[www.fabstrategies.org](http://www.fabstrategies.org) [www.pbisworld.com](http://www.pbisworld.com) [www.spdstar.org](http://www.spdstar.org) breath-body-mind.com

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