

# **FAB Mindfulness Strategies for Youth with Special Needs**

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**John Pagano, Ph.D., OTR**

[www.fabstrategies.org](http://www.fabstrategies.org)

Email: [JLP96007@gmail.com](mailto:JLP96007@gmail.com)

[Youtube.com/@PaganoFabStrategies](https://www.youtube.com/@PaganoFabStrategies)

# Move: Head-Shoulders & Hip Circles

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## ★ Move: Head, Shoulders, Hip Circles

**Make slow hip circles alternately “breathing in” then “breathing out”; All both directions**

**Make slow circles with head moving from hips & alternately breathing in then out to a count of 4**

**Make slow circles with shoulders up-back-down alternately “breathing in” then “breathing out”**

- Notice: Body, Breathing, Thoughts**

# Tense & Relax/Feel Your Feet

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## ★ TENSE & RELAX

TENSE AFTER I SAY 1-2-3-GO IMMEDIATELY RELAX

TENSE PRUNE & GRAPEFRUIT DRINK FACE (3 X)

ELEVATE BOTH SHOULDERS (3 X)

MAKE FISTS TO SQUEEZE ORANGES INTO JUICE

## ★ Feel your Feet

Put all your attention on the bottom of one foot

In the back of your foot feel your heel

Notice the arch of your foot in front of the heel, if it touches the floor

Move forward and notice the ball of your foot

Notice your big toe, the toe next to it, see if you can bend and feel your middle toe, then your little toe

Notice: Body, Breathing, Thoughts

(Felver & Singh, 2020; Singh et al., 2016)

# Mindfulness for Body Awareness

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- **Rub hands together-**
- **Trace fingers-** Pointing finger “**breathing in**” traces fingers up, “**breathing out**” trace down
- **Squeeze fingers-** Sequentially squeeze each finger alternately “breathing in” and “breathing out” when squeezing each finger

(Brown & Gerbarg, 2022; Manuel, 2022)

- **HAND BREATHING-**“Open your hands” *then* “Close your hands” *quickly on command*

**Open your hands** *while breathing in stomach goes out while fingers separate and extend fully;*

**Close your hands** while breathing out even more slowly stomach goes in fist over pointer & index finger (Mushti Mudra decreasing rage; spiritual fetal position)



# Hand Breathing and Developmental Coping Strategies

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*Make activity quick and  
easy enough that they  
can do it, but slow as  
possible and hard  
enough that they can't  
think of anything else*

# Mindfulness to Decrease Arousal Level

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- (“Paint the waterfall”)“Fingerpaint the easel”- **breathing in** *back of hands move up*; **breathing out** *palms move down*
- **Rub hands together-** *press*
- **Energy Ball-** **breathing in** *separate hands gathering energy*, **breathing out** *move hands in energy into a golden ball*

# MINDFUL CLOCK SITTING

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(Greenland, 2015)

## ★MINDFUL CLOCK SITTING

**TIC SWAY FORWARD TOC SWAY BACK**

**LIKE A SWAY FORWARD CLOCK SWAY BACK**

**'TIL WE SWAY FORWARD FIND OUR SWAY BACK**

**CENTER MOVE CENTER**

***TIC SWAY LEFT (leader right) do a righting reaction (head and trunk flex uphill)***

***TOC SWAY RIGHT do a righting reaction (head and trunk flex uphill)***

***LIKE A (Sway Left) do a righting reaction (head and trunk flex uphill)***

***CLOCK (Sway Right) do a righting reaction (head and trunk flex uphill)***

***'Till WE (Sway Left) do a righting reaction (head and trunk flex uphill)***

***FIND OUR (Sway Right) do a righting reaction (head and trunk flex uphill)***

***CENTER (Center)***

# MINDFUL CLOCK STANDING

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(Greenland, 2015)

## MINDFUL CLOCK STANDING

*TIC SWAY FORWARD TOC SWAY BACK*

*LIKE A SWAY FORWARD **CLOCK** SWAY BACK*

*'TIL WE SWAY FORWARD **FIND OUR** SWAY BACK*

*CENTER MOVE CENTER*

*TIC-SQUAT DOWN*

*TOC-STAND ON TOES*

*LIKE A-SQUAT DOWN*

*CLOCK-STAND ON TOES*

*'Till WE-SQUAT DOWN*

*FIND OUR-STAND ON TOES*

*CENTER-(CENTER)*

*TIC SWAY LEFT “Leader right” do a righting reaction (head and trunk flex right)*

*TOC SWAY RIGHT do a righting reaction (head and trunk flex left)*

*LIKE A SWAY LEFT do a righting reaction (head and trunk flex right)*

*CLOCK SWAY RIGHT do a righting reaction (head and trunk flex left)*

*'Till WE SWAY LEFT do a righting reaction (head and trunk flex right)*

*FIND OUR SWAY RIGHT do a righting reaction (head and trunk flex left)*

*CENTER (Center)*



# BACK X & SPINE CRAWL

**X MARKS THE SPOT** *X fist on back, slow & light*

**WITH A DOT DOT DOT** *3 dots with your fist*

**AND A LINE LINE LINE** *3 horizontal lines*

**AND A QUESTION MARK** *? on entire back*

**“CRACK AN EGG ON YOUR HEAD** *fist egg*

**LET THE YOKE RUN DOWN”** *finger yoke (2 X)*

**CREEPY CRAWLIES UP YOUR SPINE**

*spine crawl with knuckles both sides spine*

**CREEPY CRAWLIES DOWN**

*palms down both sides spine*

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# Mindfulness to Increase Empathy

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- **KINDNESS**-Love, Just met, Self, Group  
May they be: happy, healthy, safe, (peaceful, feel loved)
- **Before speaking ask yourself:**
  1. Is it true
  2. Is it kind
  3. Is it necessary (Greenland, 2024)
- **Staff/Parents** 4-4-6-2 Breath counting

# HOT CROSS BUNS ACTIVITY

(Meta-cognition: Sensory Discrimination, & Sensory Based Motor) BODILY-KINESTHETIC, INTERPERSONAL, AUDITORY, VISUAL & MUSICAL INTELLIGENCE

- **HOT (HIGH NOTE HIGH FIVE)**
  - **CROSS (LOW NOTE LOW FIVE)**
  - **BUNS (MEDIUM, HORIZONTAL FIST)**
  - **ONE A PENNY TWO A PENNY (NO RESPONSE)**
  - **HOT (HIGH NOTE HIGH FIVE)**
  - **CROSS (LOW NOTE LOW FIVE)**
  - **BUNS (MEDIUM, HORIZONTAL FIST)**
- (McChessy, 2016. Movement & Movement. Richards Institute)

# FAB ENERGY LEVELS/COLORS “Scents”

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Adapted from Zones of Regulation

**LOW  
ENERGY**

*Hypo-  
Responsive*

**BLUE**  
*“Blueberry”*

**Feel: Numb**  
*Act: Withdraw*

**MEDIUM  
ENERGY**



*Quiet Alert State*

**GREEN**  
*“Apple”*

**Feel: Happy**  
*Act: Learn*

**HIGH  
ENERGY**



*Hyper-  
Responsive*

**YELLOW**  
*“Lemon”*

**Feel: Annoyed**  
*Act: Scream*

**VERY  
HIGH ENERGY**



**EXTREMELY  
HYPER-  
RESPONSIVE**

**RED**  
*“Cherry”*

**Feel: Mad**  
*Act: Hit*

# Mindfulness Research for Mental Health 1

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- ★ Slow breathing mindfulness activities significantly reduced anxiety, depression and trauma symptoms in children and adults with psychosis, PTSD and mental health challenges (Brown & Gerbarg, 2022; Potes et al., 2018)
- ★ Feel your feet significantly improved behavior in adolescents with conduct disorders and aggressive behaviors (Felver & Singh, 2020; Singh et al., 2016)
- ★ Interventions that improve anxiety and depression through neurotransmitter affects include exercise, deep breathing, and massage (Prat, 2022)

# Mindfulness Research for Mental Health 2

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- ★ Psychoeducation, mindfulness and the kindness strategy had a large effect size reduction in PTSD symptoms in victims of interpersonal aggression (Muller-Englemann et al., 2018).
- ★ Mindfulness training significantly decreased bullying behavior difficulties in elementary school students (Faraji et al., 2019)



# Featured References

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