

# FAB Strategies® for Learning Readiness Form

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

Student: \_\_\_\_\_ Therapist: \_\_\_\_\_ Contact: \_\_\_\_\_

Functional Goals: \_\_\_\_\_ Dates: \_\_\_\_\_

Dates/Baselines: \_\_\_\_\_

## A. ENVIRONMENTAL ADAPTATION

- \_\_\_ Prepare-Limit-Transitions/Low noise/Headphones/Sensory coping Area-Room
- \_\_\_ Seat Stable-Separate-Carrel-Near teacher-Theraband-Disc O Sit/Clip-Slant Board/Pencil grip
- \_\_\_ Twirling bead chain/Ipad apps Big bang patterns-Mebop maestro-ABC kids-Stylus
- \_\_\_ Visual List-Schedule-If then-Calm face/Slow Speaking-Learning pace/Fidget-Comfort Box-Bag
- \_\_\_ 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/Shaking/Kindness
- \_\_\_ Slow breathing Hand-Finger paint-Trace fingers-Pinch fingers/Self-squeeze/Energy ball/Feel your feet
- \_\_\_ Triggers/Coping/Feeling wheel/Arousal level/Deliver Books-Messages/Freeze dance/10 hotdogs song
- \_\_\_ 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/Press: Back-Arm/Vibration**
- \_\_\_ **Chewy/Vest Pressure-Weighted-Blanket/Roll therapy ball-Core/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
- \_\_\_ Pre-correction/Self-management/Tolerance for delay/Coping card/FAB turtle/Revise curriculum
- \_\_\_ Preferred: Tasks/Choices/Pre-play/Intersperse learned tasks/Priming/Prompts/Redirection
- \_\_\_ Reinforce: Good try-Appropriate-Point chart-Tangible/Natural-Consequences/Time-out

## 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 rocking/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: \_\_\_\_\_

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