

FAB Strategies® to Improve Self-Control Form

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Client: _____ Therapist: _____ Contact: _____

Functional Goals: _____ Dates: _____

A. ENVIRONMENTAL ADAPTATION

- ___ Sensory coping area/Prepare-Limit-Transitions/Low noise/Headphones/Fidget-Comfort Box-Bag
- ___ **Ear Press/Weighted-Blanket-Pressure-Vest/Pencil grip/Chewy/Sit: Disk-Stable-Carol**
- ___ Visual: List-Picture schedule/Seat near teacher/Priming/Rainbow goal/Calm face/Speak slowly
- ___ Decrease, then if needed gradually increase, sensory input/Increase: Structure-Response time
- ___ Choice of 1 activity from 1 2 3 4 choices; do ___ minutes minimum; clean up before next activity

B. SENSORY MODULATION

- ___ Tense & relax/Focus on Feet-Palms/Body scan/Kindness/Sensory: Front-Back-Top-Bottom
- ___ Energy level-Modulate/Feeling-Wheel-Vs. behavior/Triggers: Event-Body/Coping strategies
- ___ Breathe: Belly-*Out double in fist thumb-4462*/Mindful clock: Sit-Stand/Bird/Sensory coaching
- ___ Beans & Rice-Theraputty-Sand-Playdoh-Water-Glue-Shaving cream/Self-brushing/Sensory match
- ___ Tall kneeling push hands-Therapy ball/Press: Desk-Wall/Isometrics: Up & down-Center
- ___ Stretch: Front-Side-Down-Up-Lateral-Rotation/Pull hands apart/Circles: Neck-Shoulders-Hips
- ___ Flex & extend shoulder & ankle: Same side-Opposite-Same half/Forward bend: R-L-Both legs
- ___ Jump on a mini-trampoline-Hold hand-Clap/Back rolls/Child's pose/Core sensory input/Core pat
- ___ **Touch vibration: Back-Arms-Body/Back X/Spine crawl/Tap-Press self: Ear to palm-Head to feet**
- ___ **FAB Pressure Touch: Head crown-Shoulders Squeeze-Press/Scapula squeeze/Arm roll/Spine roll**
- ___ **FAB Pressure Touch: Back-Arm/Arm: Compression-Traction-Shake/Egg head/Foot input**
- ___ **Steam Roller Deluxe/Mat sandwich/Roll therapyball on-Core progression/Back tech: Tap-Press**
- ___ **Supported 3D-Sit on therapy ball move: Forward & back-Up & down-Sides-Mindful clock**

C. POSITIVE BEHAVIOR SUPPORT

- ___ Ask permission before kid with-Touch/Prompt filter what you say/Social role play/Self management
- ___ Breaks: Music-Movement/Choices/Conditioned calm recall/Preferred tasks/Intersperse learned tasks
- ___ Puppets/FAB turtle technique/Schedule story/Coping card/Comic: 3-Character-Praxis/Partial sentences
- ___ Prompts: Verbal-Visual-Physical/Pre-Correction/Humor/Redirect/Desensitize/Good me Flower-Team
- ___ Reinforce: Attempts/Specific praise/Individual attention/Point chart/Tangible/Preferred sensory tasks
- ___ Mand: Sign language-Verbal-Break/Practice saying/Tolerance for delay/Preferred item distracter
- ___ Switch hands toss: Favorites-Coping-Guess the feeling-I Feel-Feeling intensity-I message/Bully proof

D. PHYSICAL SELF-REGULATION

- ___ Goal-Plan-Review/Freeze: Dance-Shake/Giant steps/Simon says/Red light
- ___ Set table/Move: Mats-Tables/Deliver: Books-Messages-Box/Rolling to Read-Math/Draw/Crafts
- ___ Walk/Bike/Scooter/Swim/Basketball/Soccer/Dance/Playground-Structure/Cardio-Weight lifting
- ___ Both-Hand-Elbow: One same side knee-*Eyes down right/One opposite knee-Eyes up left*
- ___ Diagonal/X/Infinity I/Alternate I/Elbow I/Symmetry/Draw-Air draw-Sponge paint-Shaving cream
- ___ Ball: Wall-Shape-Letter-Quadruped pass-Shoot to target-Bat-Bounce activities/Beanbag pass
- ___ Pull Theraband-Exercise tubing: Forward-Down-Cross midline/Punch heavy bag
- ___ Prone on therapyball: Hands rock/Wheelbarrow walk/Fly/Push wall
- ___ Pushups: Knee-Wall-Marine wall-Therapyball-Regular/Pull ups/Feet pass therapyball
- ___ Balance beam-Tilt board: Forward & Back-Sideways/Obstacle course/Kick: Forward-Back-Sideways
- ___ **Crash Pad/Scooter board: Pull-Push/Visual track: Objects-In-Lateral-Diagonal-Circle**
- ___ **Suspended Swing: Forward-Back-Lateral-Spin-Throw to target/Astronaut board**
- ___ Activities: _____
- ___ Activities: _____

www.fabstrategies.org www.challengingbehavior.org www.spdstar.org www.qsti.org

References: Domitrovich et al., 2007; Koester, 2012; Laugeson, 2014; Stahmer et al., 2011

Parent/guardian Signature Supporting Program: _____