

## RYAN -OCCUPATIONAL THERAPY GOAL PLAN

Date	Goal	Strategies	Review
10 <sup>th</sup> January	<b>Sensory Processing/Self-Regulation:</b> Ryan will be able to maintain a calm and focused state for the duration of an occupational therapy session	<ul style="list-style-type: none"> <li>• Provide access to a trampoline during session to allow Ryan to gain sensory input to assist with maintaining a calm and focused state.</li> <li>• Ryan has been enjoying game with parents at home involving the blowing up of a balloon. Incorporate this activity into session to provide a familiar activity and respiration activity which will provide sensory input to assist with calming.</li> <li>• Allow Ryan short periods of solitary play between activities with therapist and parents, and provide opportunities for a drink or a snack, to allow him to self-regulate.</li> </ul>	10 <sup>th</sup> April
10 <sup>th</sup> January	<b>Motor Planning:</b> Ryan will be able to imitate a purposeful movement observed in play with his play-partner. Eg. Jumping into play pit from trampoline.	<ul style="list-style-type: none"> <li>• Use opportunities to repeat short motor action which Ryan is motivated to observe and attempt to copy.</li> <li>• Use high level of praise/rewards when Ryan attempts to copy motor actions.</li> </ul>	10 <sup>th</sup> April
10 <sup>th</sup> January	<b>Fine Motor Skills:</b> Ryan will be able to hold and manipulate a large texta or pavement chalk in order to draw the first 3 pre-writing forms independently.	<ul style="list-style-type: none"> <li>• Develop opportunities in therapy session and at home where chalk/texta/crayon can be used to draw on motivating materials such as trampoline, mirror or gym mat.</li> <li>• Incorporate drawing materials into games Ryan enjoys.</li> <li>• Play partners to model appropriate use of drawing materials.</li> <li>• Use interests as motivation for drawing activities i.e. trains: colouring train drawings</li> </ul>	10 <sup>th</sup> April

*\*\*please note that this is an example of what a plan may look like. Each therapist will have their own template for goal setting.*