**RYAN - OCCUPATIONAL THERAPY GOAL PLAN**

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| 10th January | Sensory Processing/Self-Regulation: Ryan will be able to maintain a calm and focused state for the duration of an occupational therapy session | - Provide access to a trampoline during session to allow Ryan to gain sensory input to assist with maintaining a calm and focused state.  
- 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.  
- 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. | 10th April |
| 10th January | Motor Planning: Ryan will be able to imitate a purposeful movement observed in play with his play-partner. Eg. Jumping into play pit from trampoline. | - Use opportunities to repeat short motor action which Ryan is motivated to observe and attempt to copy.  
- Use high level of praise/rewards when Ryan attempts to copy motor actions. | 10th April |
| 10th January | Fine Motor Skills: 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. | - 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.  
- Incorporate drawing materials into games Ryan enjoys.  
- Play partners to model appropriate use of drawing materials.  
- Use interests as motivation for drawing activities i.e. trains: colouring train drawings | 10th 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.**