








# Four Part Plan

Youth Name: \_\_\_\_\_ Plan Developers: \_\_\_\_\_

*The Four-Part Plan is designed to support the four types of stimulation the brain and body need to regulate.*

Identify activities for the youth that reflect each element of the Four-Part Plan. Include activities that the youth currently enjoys as well as additional activities and experiences that can be introduced. Create a balance of activity throughout the youth's day. Identify opportunities in the youth's day when activities could be offered, introduced, and supported.

<p><b>Concentration</b></p> 	<p><b>Sensory Integration</b></p> 	<p><b>Physical Activity</b></p> 	<p><b>Mindfulness/Calming</b></p> 
<p><b>Concentration</b> activities are activities that require focus. They can be calming when not forced. Academic activities are concentration activities, but engaging with a puzzle, gaming, memory games and other activities that require focused attention are also concentration activities. Concentration activities should never be preceded by mindfulness activities which will take the thinking brain offline.</p>	<p><b>Sensory Integration</b> activities help the body calm, regulate, and integrate internal and external stimuli. Activities may include gentle swinging, rocking, water play, using weighted materials, and exploring texture boards or texture items. Sensory interventions should be considered based on an OT's evaluation. Sensory interventions should always be available and offered proactively before youth demonstrates dysregulation.</p>	<p><b>Physical Activity</b> includes movement. Rhythmic activities such as dancing, drumming, pacing, walking, jumping on a trampoline are helpful. Physical activities burn off morning cortisol, so they are a great way to start the day. Physical activity is intended to engage movement of the body, even if it is also a sensory activity. With that in mind, after active movement, the body needs calming sensory integration activities to help the person regulate, especially if a concentration activity is required.</p>	<p><b>Mindfulness</b> is anything that allows the mind to rest. It is the opposite of a concentration activity. These activities are helpful before bedtime because it takes the thinking brain offline, to help us prepare to rest. Noticing anything through the senses supports mindfulness. Being read to or watching a calming show or listening to calming music are all examples of mindfulness activities.</p>

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