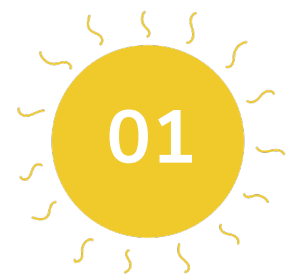




Plan Your **SUMMER**

INCREASING INDEPENDENCE

Table of CONTENTS



Important Terms



Summer Slide



Avoid Regression



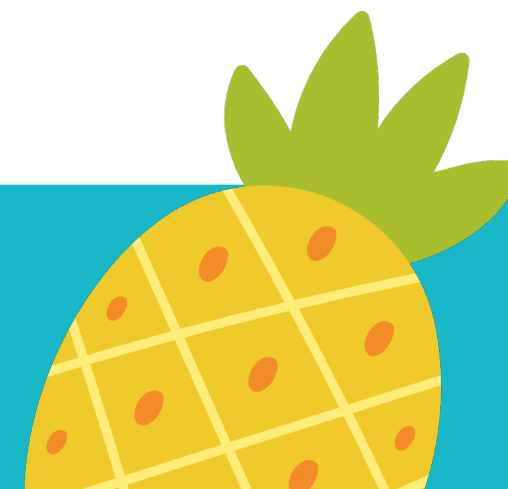
Summer Tool-Kit



Skills to work on



Closing & Questions





Vocabulary

IMPORTANT TERMS

- **Choice Making/Decision Making:** providing a STRUCTURED choice to your child or young adult
- **Goals Setting:** process of taking active steps to achieve a desired outcome
- **Self-Management:** the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations
- **Self-Awareness:** the ability to perceive and understand the things that make you who you are as an individual, including your personality, actions, values, beliefs, emotions, and thoughts
- **Self-Determination:** process in which a person controls their life
- **Self-Advocacy:** the ability to speak for oneself





**Staying Up
Late and
Sleeping In**



**Unstructured
Free Time**



**Unplanned
Trips**



**Increased
Screen
Time**

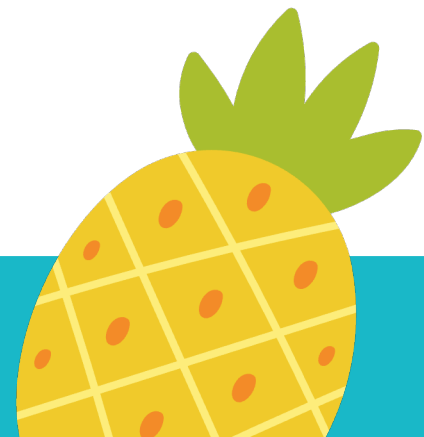


Summer Break = **SUMMER REGRESSION**



What is That?!

Skills that have been worked on during the school year get forgotten or declined due to a lack of schedule, practice, and consistency





Avoid Regression

PRACTICAL TIPS

Make the schedule WITH your child

Schedules can include:

- Chores
- Community Outings
- Lessons
- Therapy sessions
- Brain Breaks/ Rest Time
- Leisure Time
- Screen Time

Designate Break Time vs. School Work Time

What does this look like for
YOUR Family?

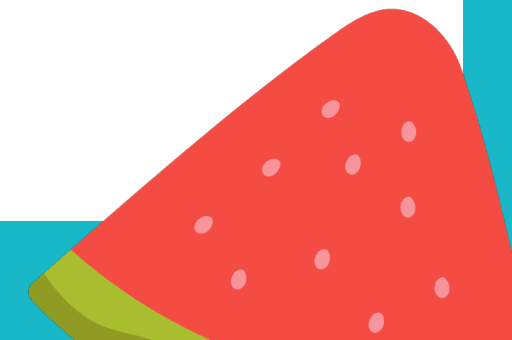
- Workbooks
- Sensory play
- Nature walks
- Skill Development

How long?

- 1-hour/day
- 2- hours

Set Expectations

Setting expectations helps
with push back from your
child and keeps everyone on
the same page.



Summer Time Tool Kit



Sensory Bins



Board Games



Science Experiments



Screen Time



Visual SCHEDULES

Why???

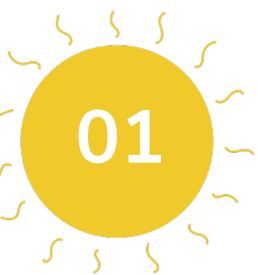
Empower children to become independent and encourage participation.

Free Resources

- [Template 1](#)
- [Template 2](#)
- [Mini Schedules](#)
- [Behavior Cue Cards](#)



Skills to WORK ON



Choice Making



Decision Making



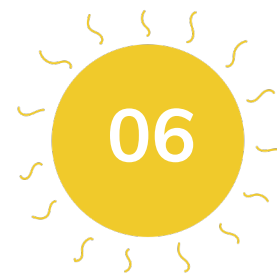
**Goal Setting &
Independence**



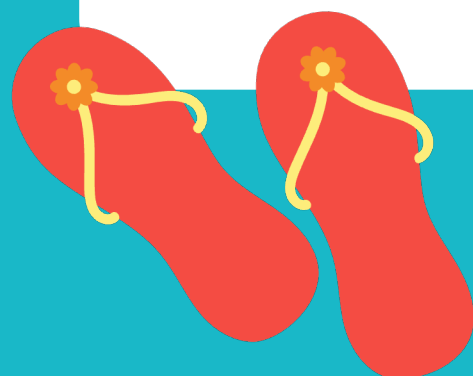
Self-Management



Self-Awareness



**Self-Determination &
Advocacy**



The Basics

Decision Making

- Make choices between two items
- Indicate preferred toys through gesture, eye gaze, or voice
- make choices without complaining when things don't go their way



Goal Setting & Independence

- Assist with putting items away
- wash and dry hands
- follow 1-2 step directions
- put on pants/shoes
- ask for help



Self-Management & Awareness

- Express likes and dislikes
- follow simple routines
- express frustration and disappointment



Self-Determination & Self-Advocacy

- Communicate wants and needs
- Engage in back and forth conversations



Elementary

Decision Making



- Identify safe and unsafe situations
- demonstrate a sense of self and show empathy
- make choices and decisions related to safety

Goal Setting & Independence



- Keep up with and take care of belongings
- dress independently
- plan for daily tasks
- demonstrate a preference for friends

Self-Management & Awareness



- Engage in calming strategies
- Identify and show awareness of areas of struggle and ask for assistance
- initiate friendships independently

Self-Determination & Self-Advocacy



- Role-play leadership roles
- take initiative to start familiar and unfamiliar tasks
- demonstrate persistence
- negotiate with others

Upper Grades

Decision Making



- Participate in clubs or sports
- Give input on needed supports
- Attend college day off-campus
- Participate in summer camp
- Select a leisure activity

Goal Setting & Independence



- Select appropriate clothing for activities
- Obtain a summer job
- Take summer school courses

Self-Management & Awareness



- Take medication with minimal or no support
- Manage and follow a schedule
- Use known behavior strategies to manage emotions
- Identify and avoid peer pressure

Self-Determination & Self-Advocacy



- Make decisions about how to spend money
- Understand consequences
- Answer “what if” questions
- Demonstrate problem-solving skills

free RESOURCE

Student Name: _____ Age: _____ Review Date: _____ Reviewer Name: _____



Birth–Age 3

Next Steps to Independence: Skills and Strategies

Legend: C=Complete; P=In Progress; N=Not Needed

Directions: The Next Steps checklist lets educators, families, and students monitor continued progress on skills needed for future success. The legend indicates three levels (complete, in progress, and not needed). The reviewer will mark the box indicating the child's current performance level. Notice the two important resources on the second page. Educators and families can support children with **Teaching and Learning Strategies** in all four categories under the corresponding area. Also, complete the **Important Action Steps for Families** as appropriate.

Choice Making & Decision Making	Goal Setting & Independence	Self-Management & Self-Awareness	Self-Determination & Self-Advocacy																																																																																																																		
<p>Child can:</p> <table border="1"><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table> <p>make choices between two items.</p> <p>indicate preferred toys through gesture, gaze, or voice.</p> <p>demonstrate beginning choice-making ability.</p> <p>make choices without complaining when they do not get their way.</p>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Child can:</p> <table border="1"><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table> <p>assist with putting items away (e.g., dirty clothes and toys).</p> <p>wash and dry hands with visuals or prompts.</p> <p>follow 1-2 step directions.</p> <p>demonstrate independence (e.g., I can do it myself).</p> <p>put on pants and shoes with minimal assistance.</p>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Child can:</p> <table border="1"><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table> <p>express likes and dislikes for toys and food.</p> <p>follow simple routines (e.g., bedtime, bathtime).</p> <p>express frustration and disappointment.</p> <p>demonstrate object permanence (i.e., understand things they cannot see still exist).</p>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Child can:</p> <table border="1"><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr><tr><td>C</td><td>P</td><td>N</td></tr><tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr></table> <p>communicate wants and needs using words, gestures, or voice in a variety of settings (e.g., with peers, with adults, in large and small groups).</p> <p>engage in back and forth conversations (can include babbling).</p>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C	P	N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			
C	P	N																																																																																																																			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																																																			

Continue to the next page.

Thank you!

DO YOU HAVE ANY QUESTION?

