

Unit 2 Just Me

Bill of Rights

Have a clean safe place to live



Be able to have time and a place to go to be by yourself

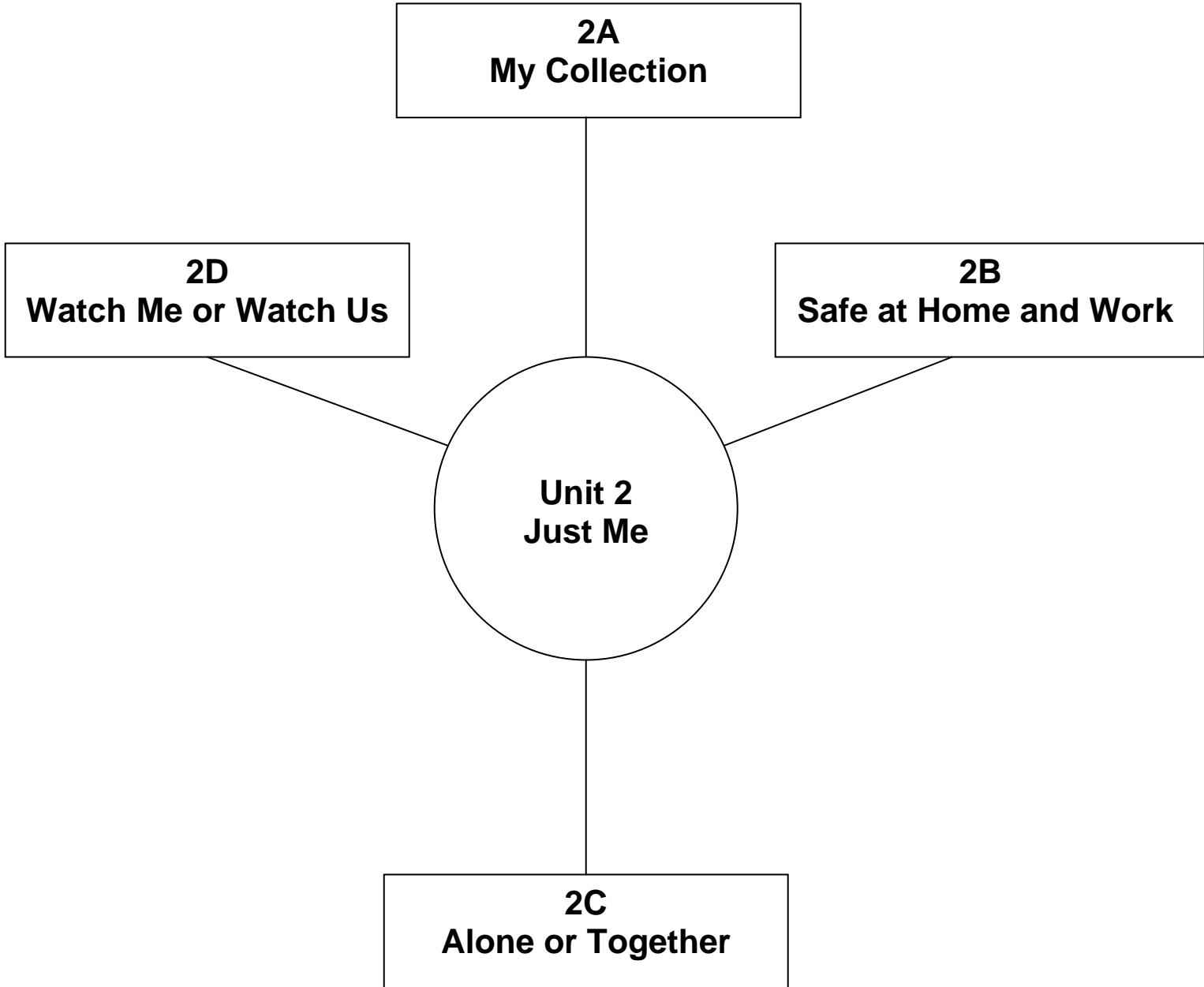


Tips

Give yourself some quiet time everyday.

Find a place or area of your own.

Activity Web



Unit 2 - Just Me

Activity 2A: My Collection

Self Determination Skill:

- ✓ Choice making - individual chooses what to collect
- ✓ Problem solving - individual decides how/where to get items and how to store and display
- ✓ Goal setting - individual determines final product

Materials:

- Sample collections
- Pictures of items to collect
- Preference survey
- Voice output devices with recorded messages (I like that one! Yes! No!)

Describe activity:

- Show sample collections or pictures of collections to individuals.
- Complete a preference survey ("What do I want to collect?") with each individual.
- Ask each individual if they are interested in collecting and, if yes, what?
- Support the individual's desire to start a collection.
- Offer opportunities to share collections.
- Use blanks at the bottom of preference survey for individual to suggest other options.

Helpful Hints:

- Cut apart the preference survey and present just one or two choices to the individual instead of the entire page.
- Use actual objects in place of pictures for individuals to choose.
















- Use recorded messages to help individuals make choices.
- Observe the individual's facial expressions and reaching movements to determine if a selection is preferred.
- Give individuals alone time to work on or look at collection.










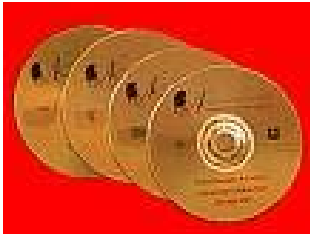





Variations:

1. Write letters asking peers, staff, people to donate items for a collection.
2. Start a group collection - individuals with the same interest can collect the same items.
3. Showcase a collection by creating a bulletin board or poster with pictures - individuals can help choose what pictures to include and mount the pictures.











What do I want to collect?

rocks		yes  no 
stamps		yes  no 
bottle caps		yes  no 
sports cards		yes  no 
pens		yes  no 

<p>ticket stubs</p>		<p>yes</p> <p>no</p>  
<p>stuffed animals</p>		<p>yes</p> <p>no</p>  
<p>caps</p>		<p>yes</p> <p>no</p>  
<p>post cards</p>		<p>yes</p> <p>no</p>  
<p>buttons</p>		<p>yes</p> <p>no</p>  

pins		<p>yes no</p>  
coins		<p>yes no</p>  
badges		<p>yes no</p>  
CD's		<p>yes no</p>  
magnets		<p>yes no</p>  

<p>posters</p>		<p>yes</p> <p>no</p>  
<p>comic books</p>		<p>yes</p> <p>no</p>  
<p>medals</p>		<p>yes</p> <p>no</p>  
<p>match-box cars</p>		<p>yes</p> <p>no</p>  
<p>rings</p>		

keyrings		<p>yes no</p>  
t-shirts		<p>yes no</p>  
	extra	<p>yes no</p>  
	extra	<p>yes no</p>  

Unit 2 - Just Me

Activity 2B: Safe At Home and Work

Self Determination Skill:

- ✓ Problem solving - individual decides if picture shows a safe or unsafe condition
- ✓ Self advocacy - individual shares safety tips

Materials:

- Set of pictures showing safe and unsafe conditions
- Set of pictures showing safety rules to share with family members and care-providers
- Picture card with answers ("Right On! That's safe", "No way! That's unsafe")
- Voice output devices with recorded messages ("Safe", "Unsafe", "No way!", "Right on!")
- Index cards
- Hole punch, scissors, glue, fasteners or key rings

Describe first activity:

- Staff shows picture of safe or unsafe condition and asks, "Is this safe?"
- Individual gives a yes or no answer. Staff can prompt using picture card with answers or with gestures (i.e. thumbs up).
- Staff reinforces correct response. All participants cheer.
- Continue activity with individuals taking turns.

Describe second activity:

- Staff or individuals hole punch index cards for fastener.

- Staff or individuals cut safety pictures out and paste to index cards.
- Connect pages together with a fastener.
- Send home.

Helpful Hints:

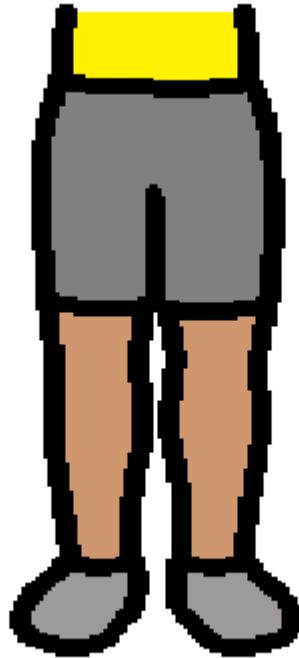
- Use voice output devices with recorded answers and comments for nonverbal individuals to participate.
- Encourage individual to imitate the gestures (i.e. thumbs up, thumbs down) for yes/no answers.

Variations:

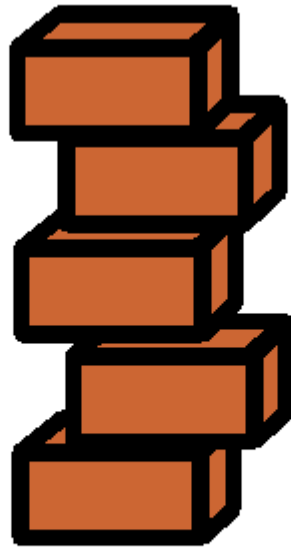
1. Have individuals tell how to correct an unsafe condition.
2. Conduct a safety check of the adult center (i.e. look for long cords to trip over, rumped rugs to fall over, appropriate smoking areas, etc.).
3. Conduct a safety contest for the best safety poster - several individuals can work together on a poster - encourage choice making (i.e. colors, pictures, layout, etc.) - adapt the activity so all can participate (i.e. some individuals can paint the background; some individuals can mount the pictures, others can write the slogan).



wearing sandals at work.



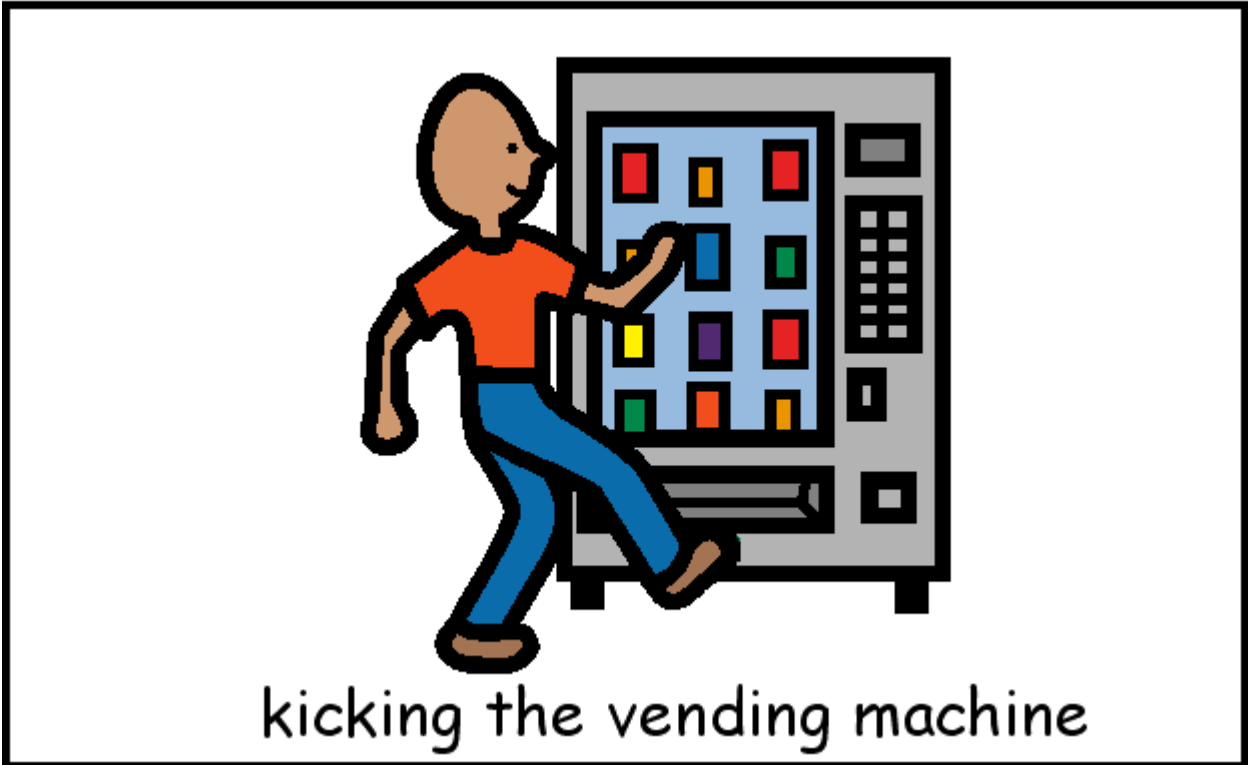
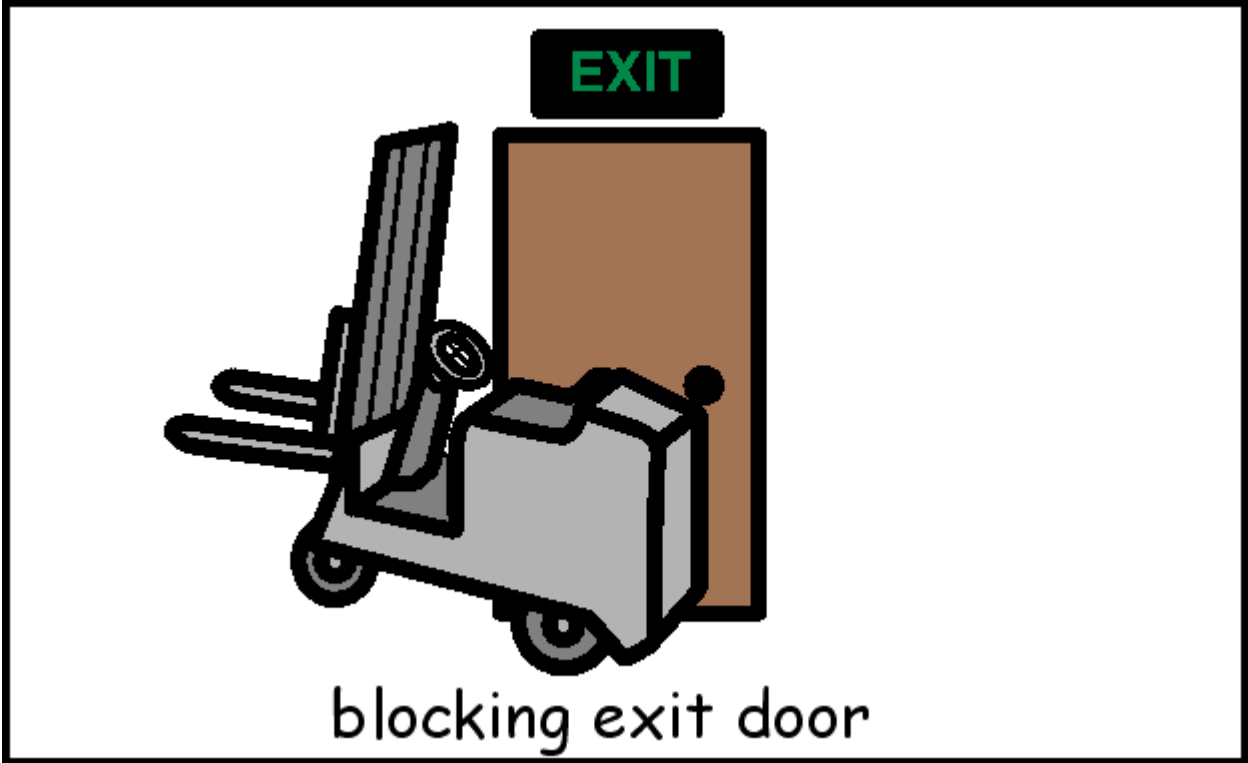
wearing shorts at work.

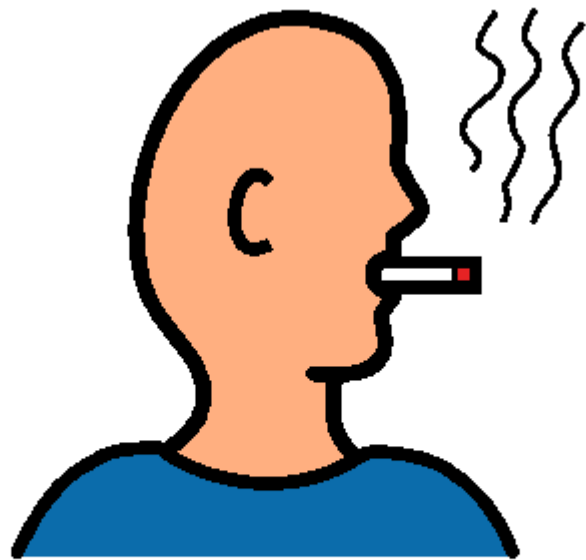


stacking many boxes



walking on a wet floor

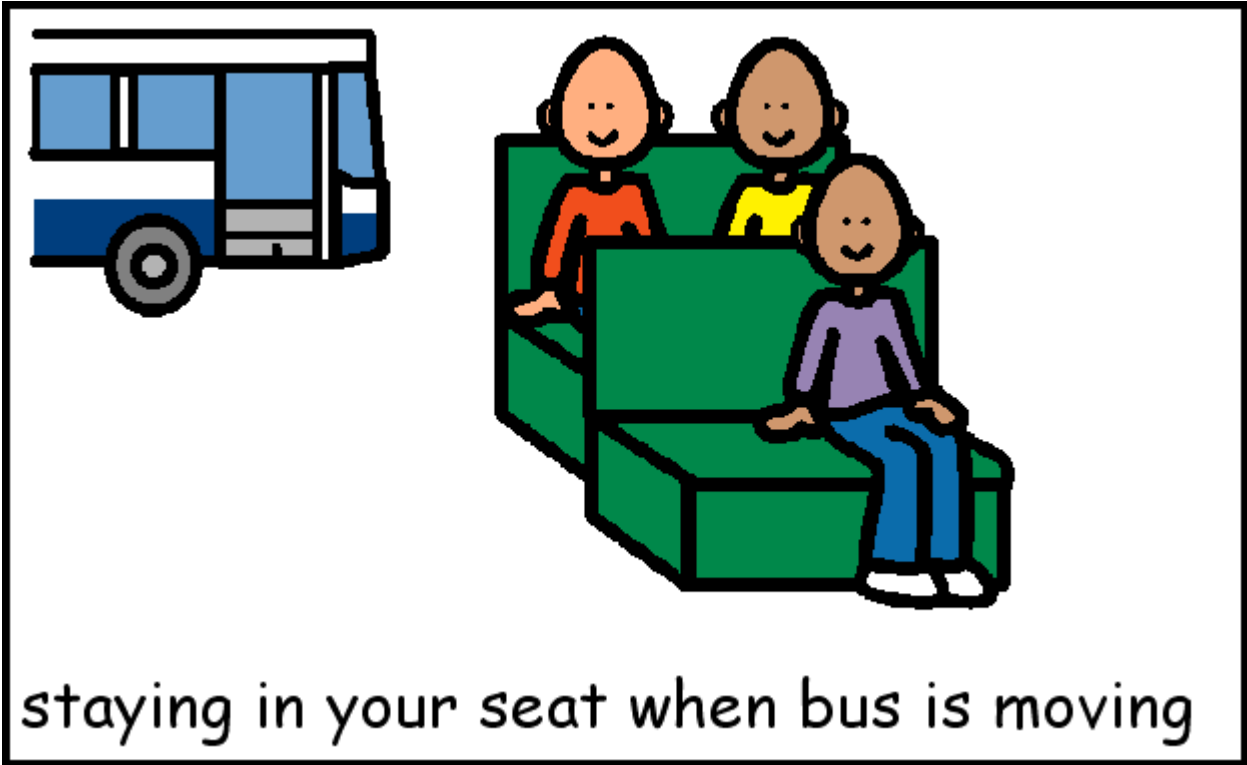




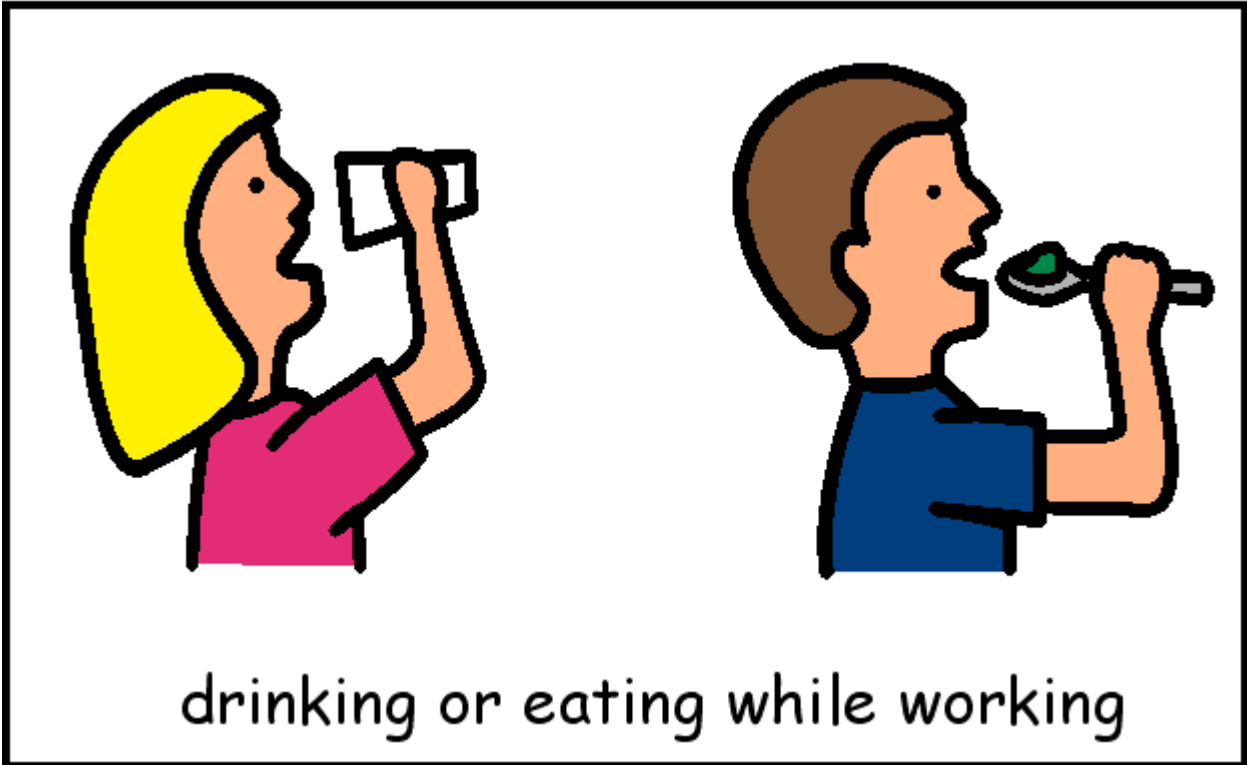
smoking outside



keeping your things in your locker



staying in your seat when bus is moving



drinking or eating while working

right on!



no way!



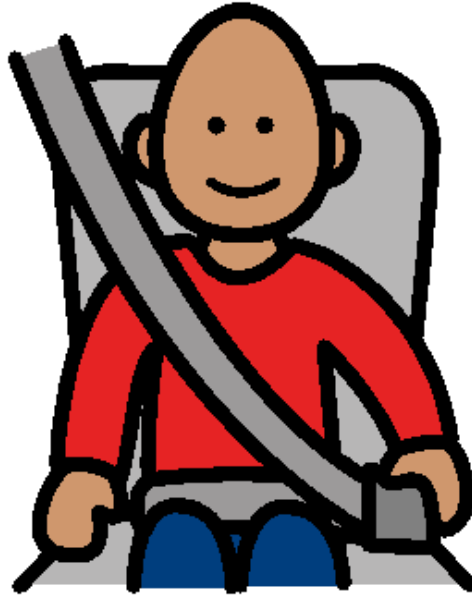
Unit 2

Activity 2B

Safe At Home Activity

Rules to Send Home

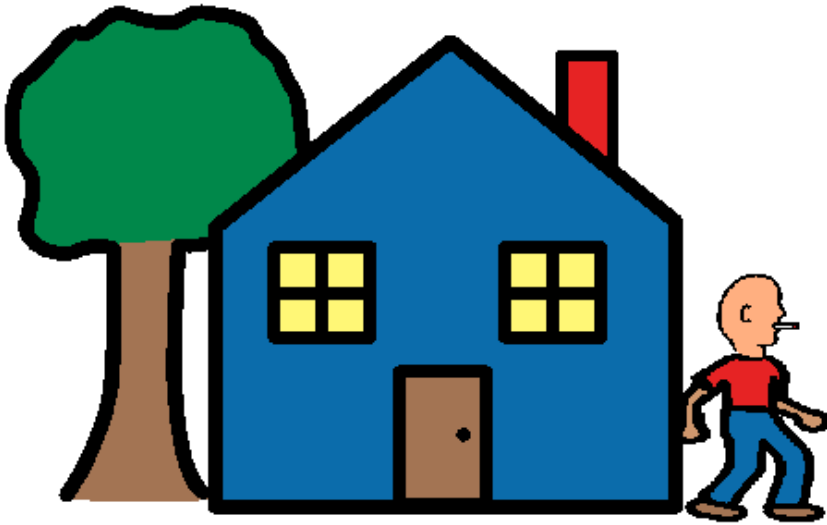
Remember to wear a seat belt.



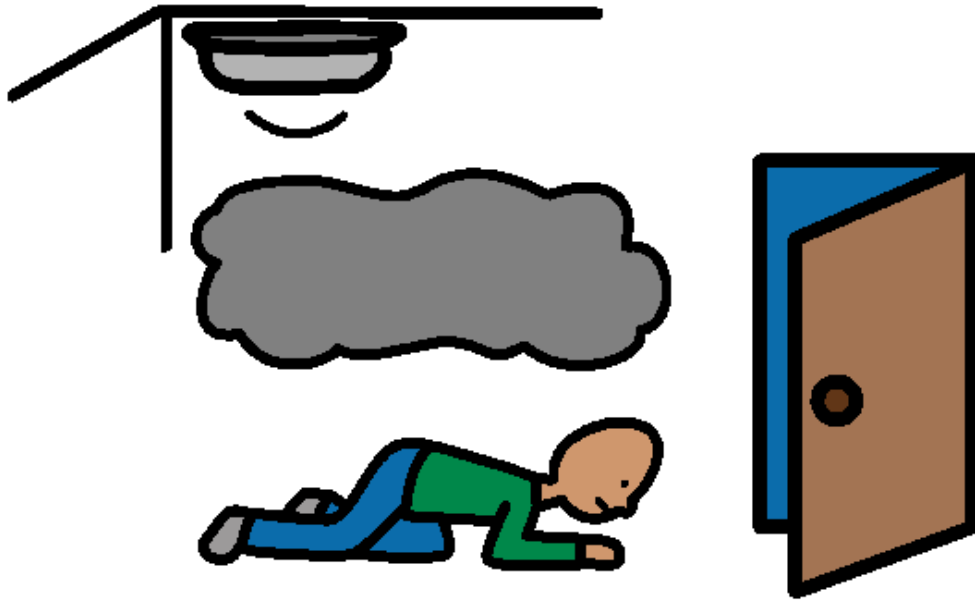
Check the temperature of the water before getting in the tub.



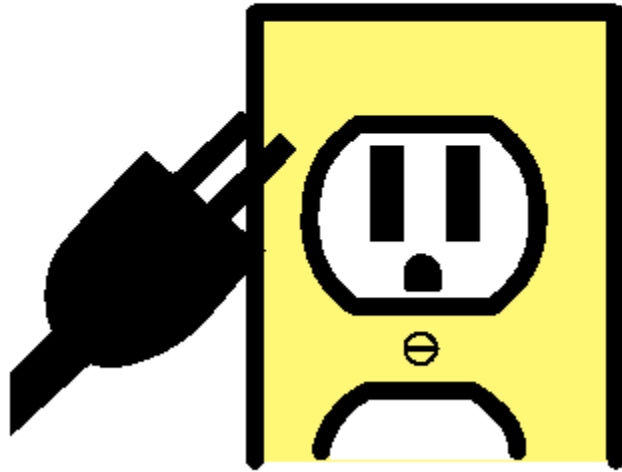
Smoke outside.



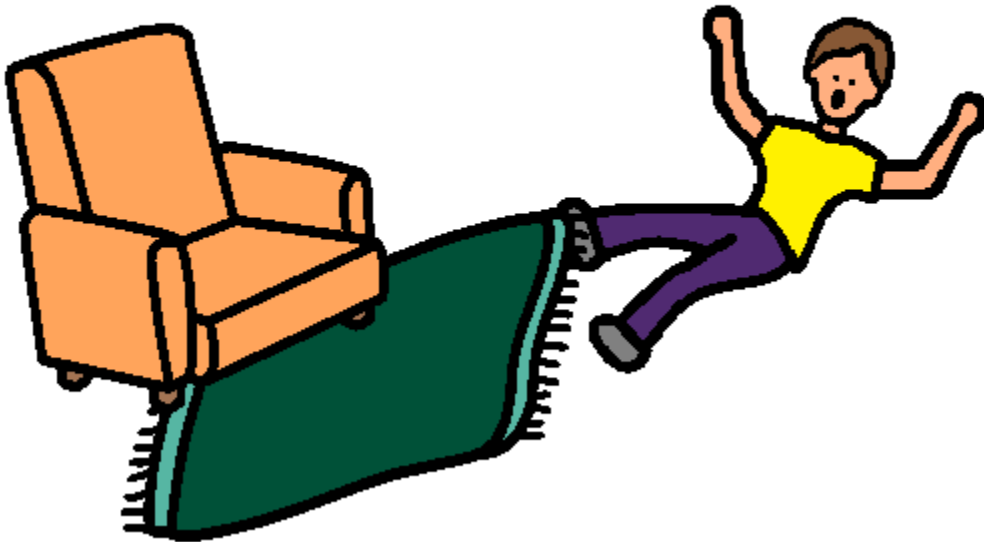
If there is a fire, get out.



Be careful with electrical plugs.



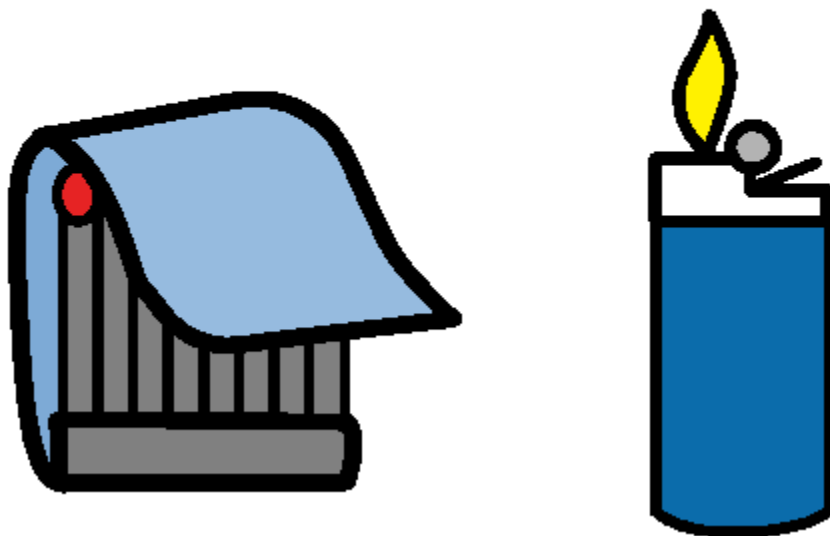
Be careful of tripping on a rug.



Watch your step. Pick up your things.



Be careful with matches and a lighter.



Unit 2 – Just Me

Activity 2C: Alone or Together

Self Determination Skill:

- ✓ Problem solving - individual decides if picture shows an individual activity or a group activity (i.e., one person listening to music or an audience at a concert)

Materials:

- Set of picture cards showing individual and group activities
- Picture answer card (alone or by myself and more than 1 person or in a group)
- Voice output device with recorded messages (“by myself”, “in a group”)

Describe activity:

- Individual picks a card from the set.
- Individual describes what is going on in the picture.
- Individual decides if picture shows one or more than one person performing the activity.
- Group decides if individual is correct.
- Continue activity by taking turns.
- Optional: keep score.

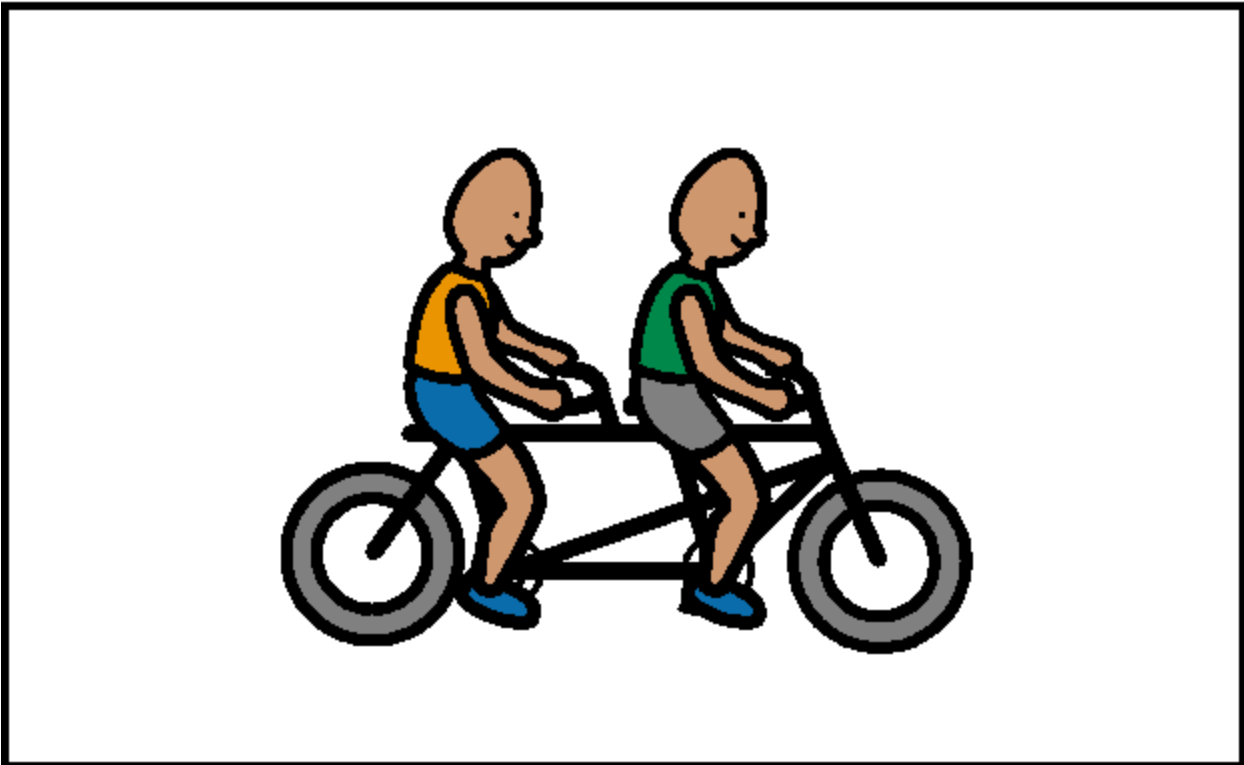
Helpful hints:

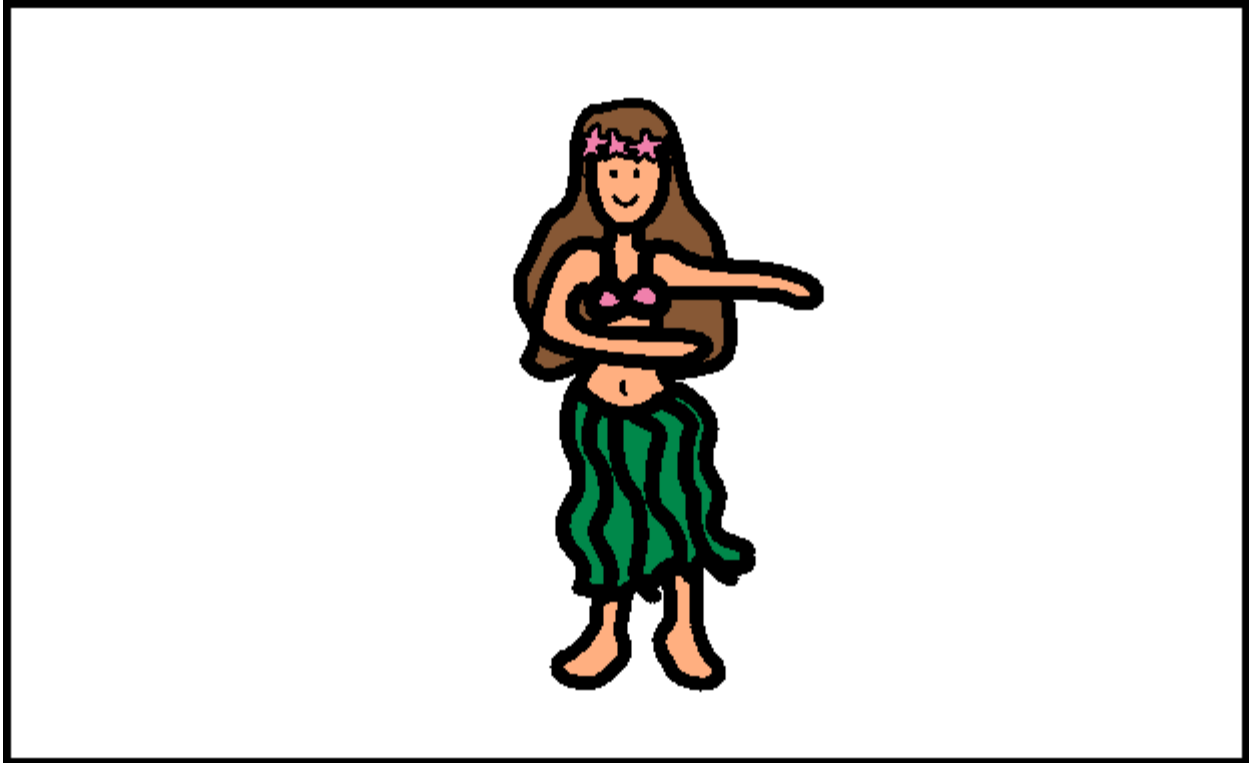
- If individual is unable to describe picture, encourage him/her to ask for help by signing “help” or giving card to another person to describe.
- Use voice output devices with recorded messages to give an answer or make a comment (“Yea! Way to go!”).

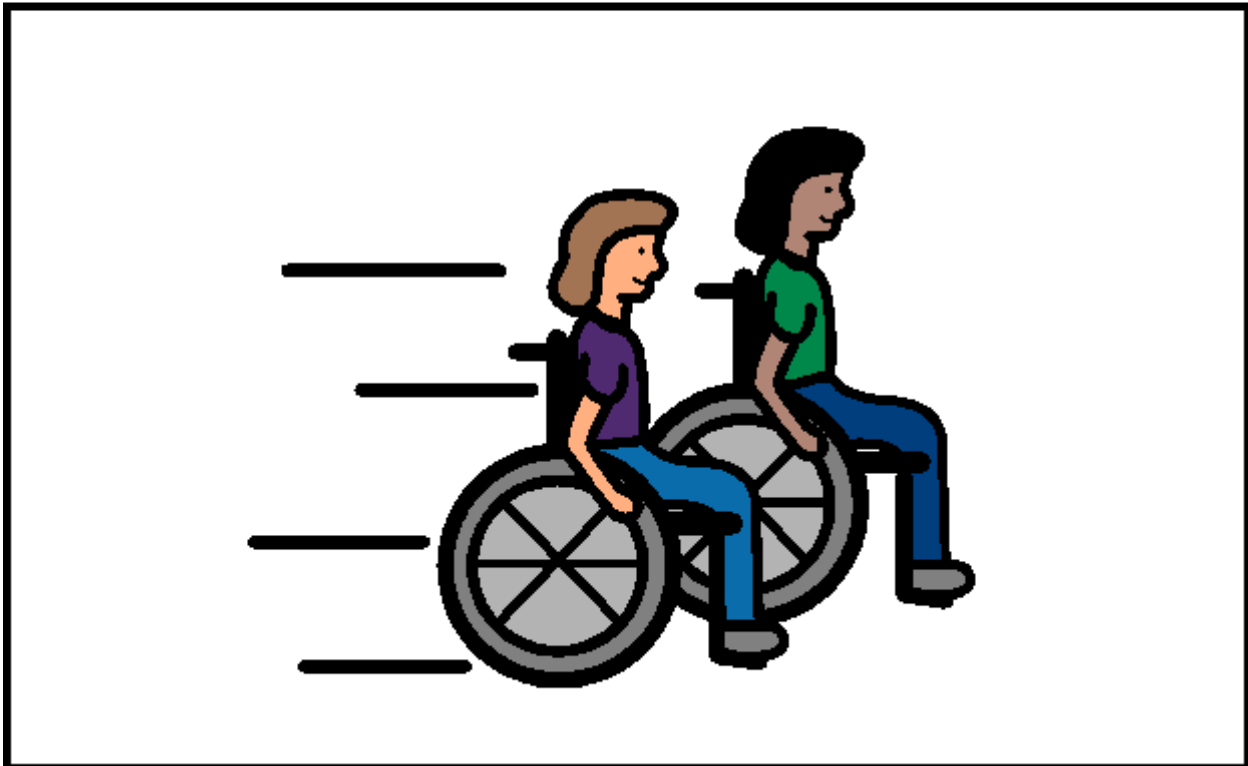
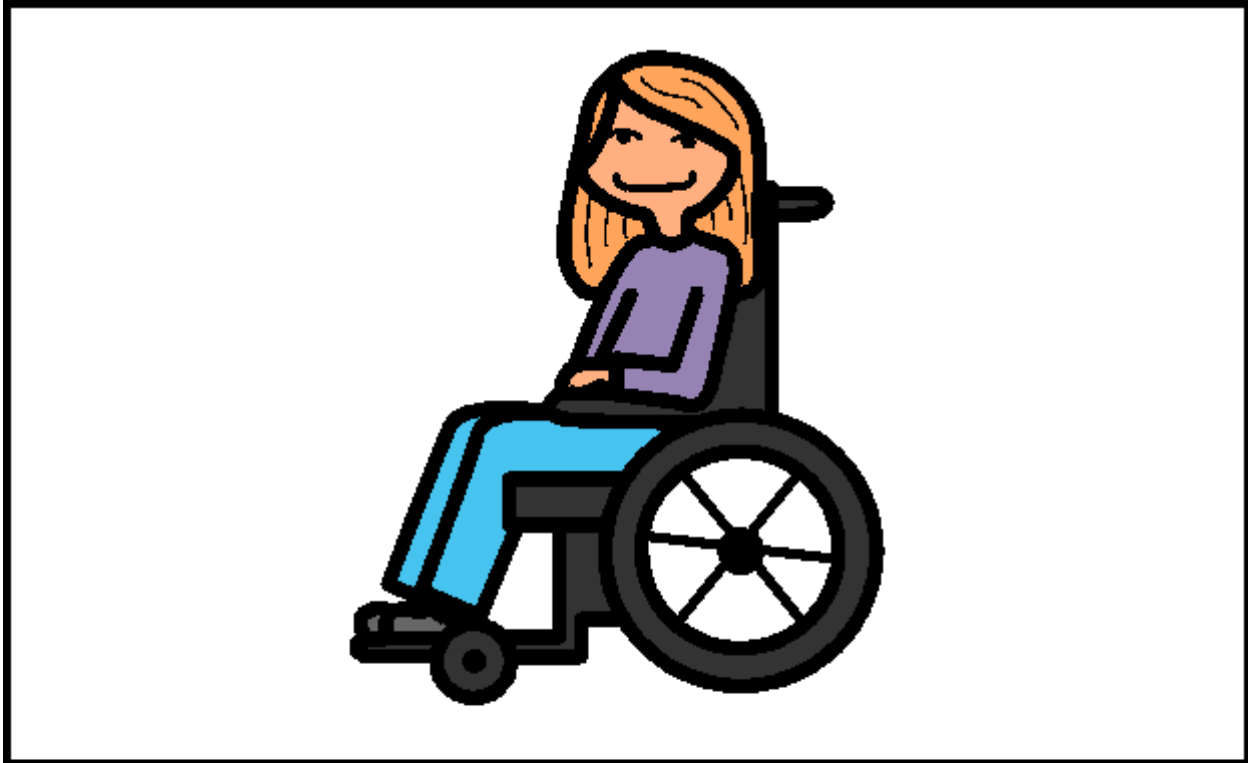
- Be consistent with the way the instructions are given (i.e. always use the same words and phrases). Also use consistent phrases for the answers.
- Pair individuals for increased social interaction (i.e. one individual picks the card; another individual gives an answer).

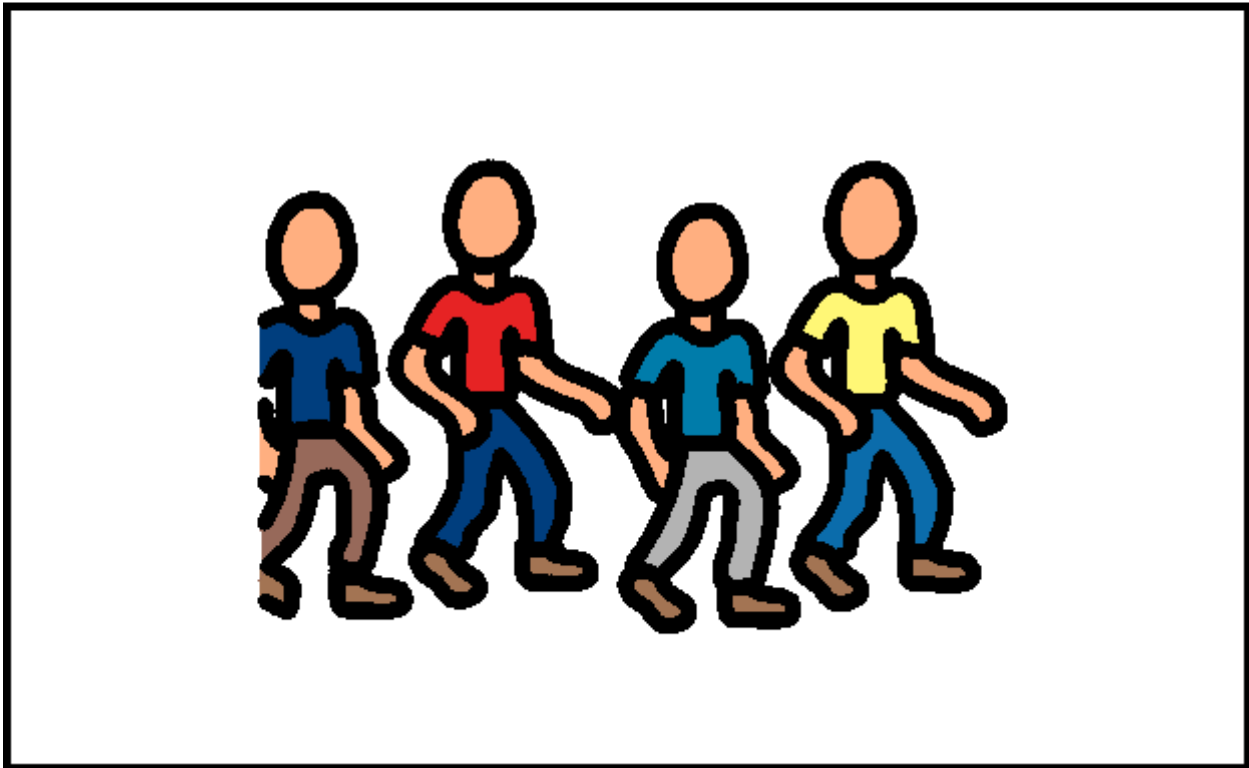
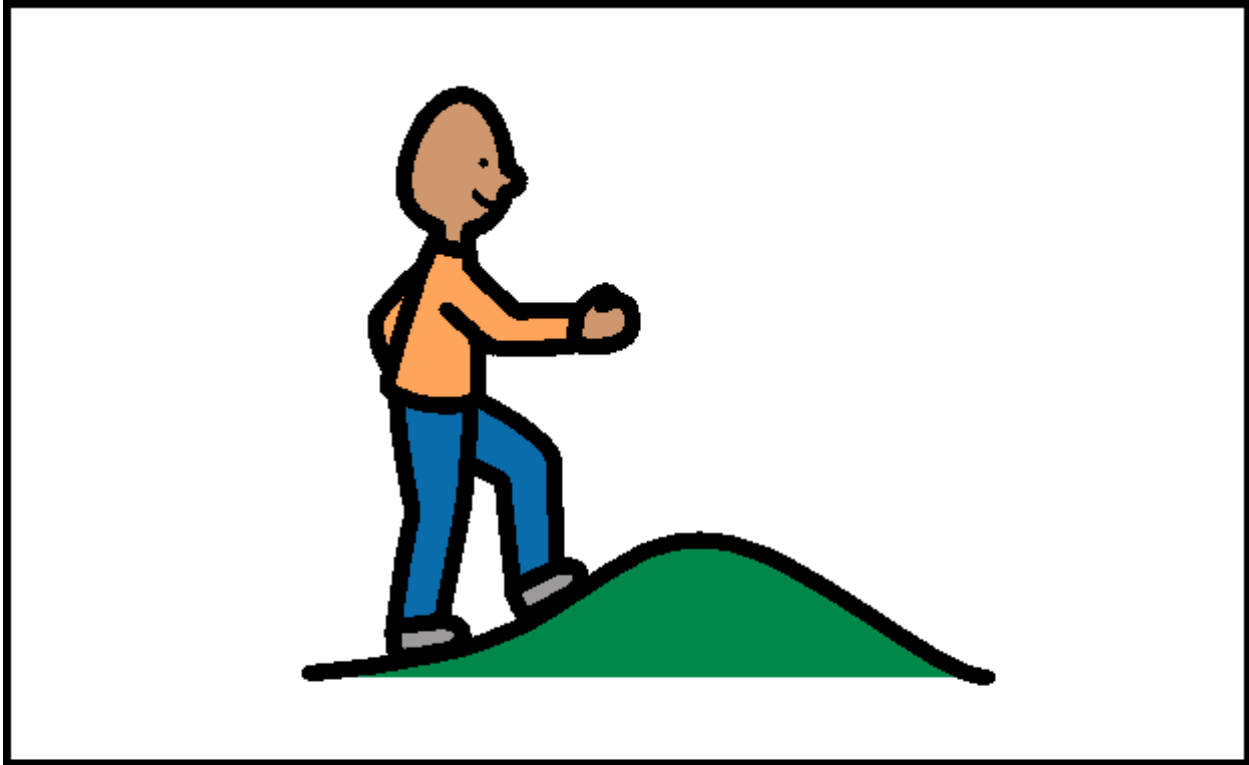
Variations:

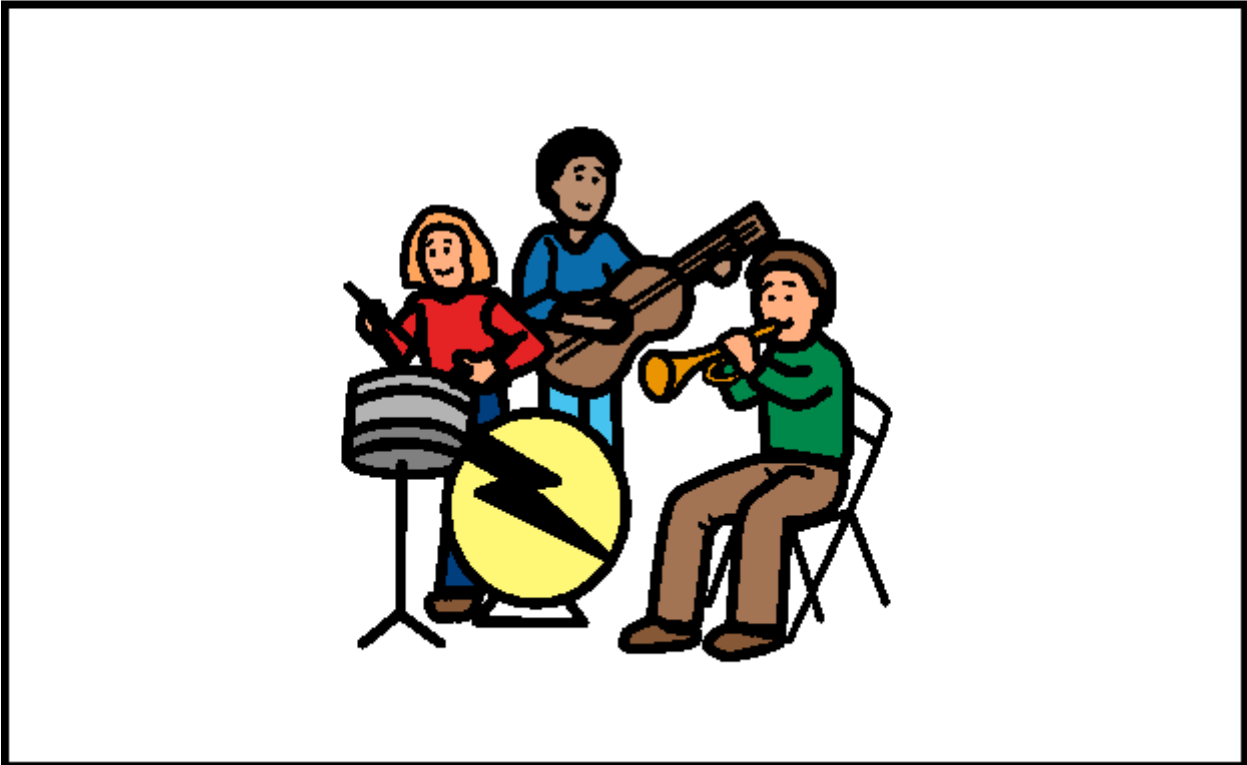
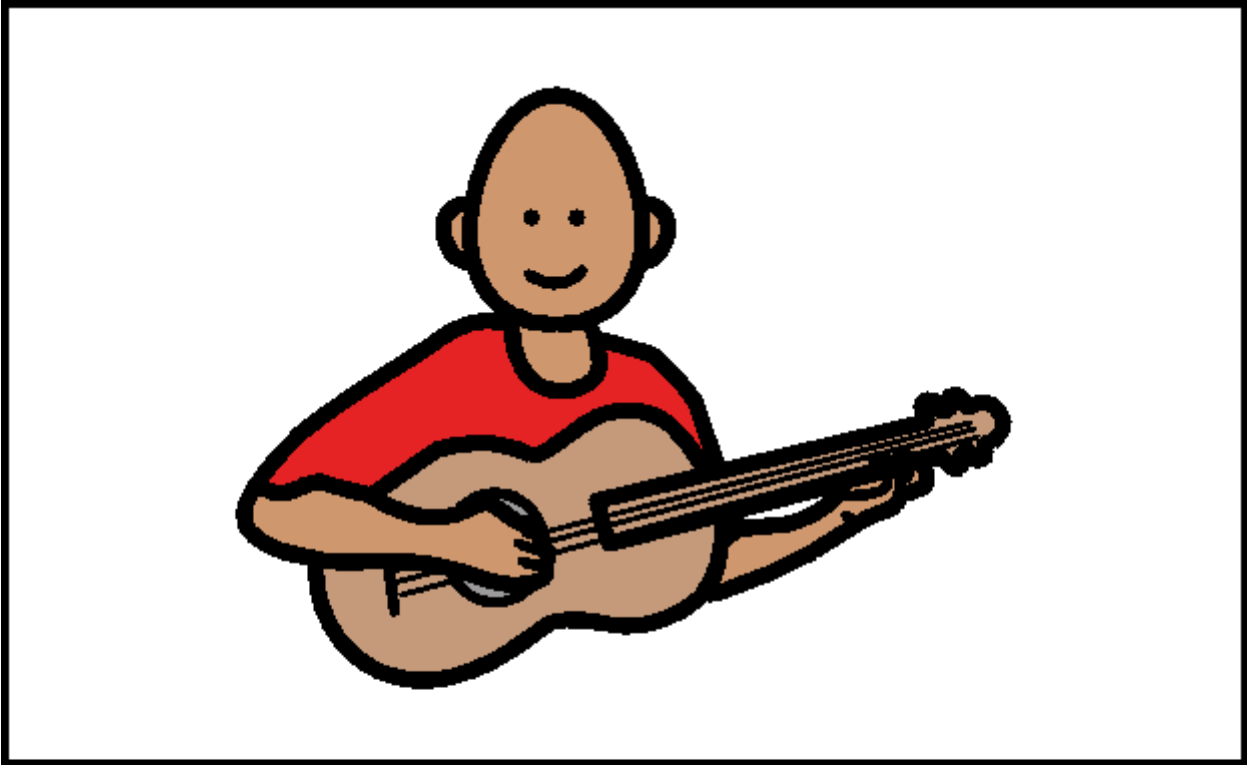
1. Individuals share if they would like to do the described activity alone or with someone.
2. Make activity a group response - show picture card to group and describe the activity. Everyone gives the answer verbally, manual sign or pointing to picture symbol. Depending on the skill level, some individuals can touch or look at 1 card showing the correct answer.
3. Pick one of the activities shown on the cards and do it as a group. Explain to the individuals that the activity is being done in a group (i.e. more than 1 person). For example: As a group listen to a song; show the activity card for group listening to music; show the picture symbol for group and explain the activity is "a group activity" or "more than 1 person" is listening to music.

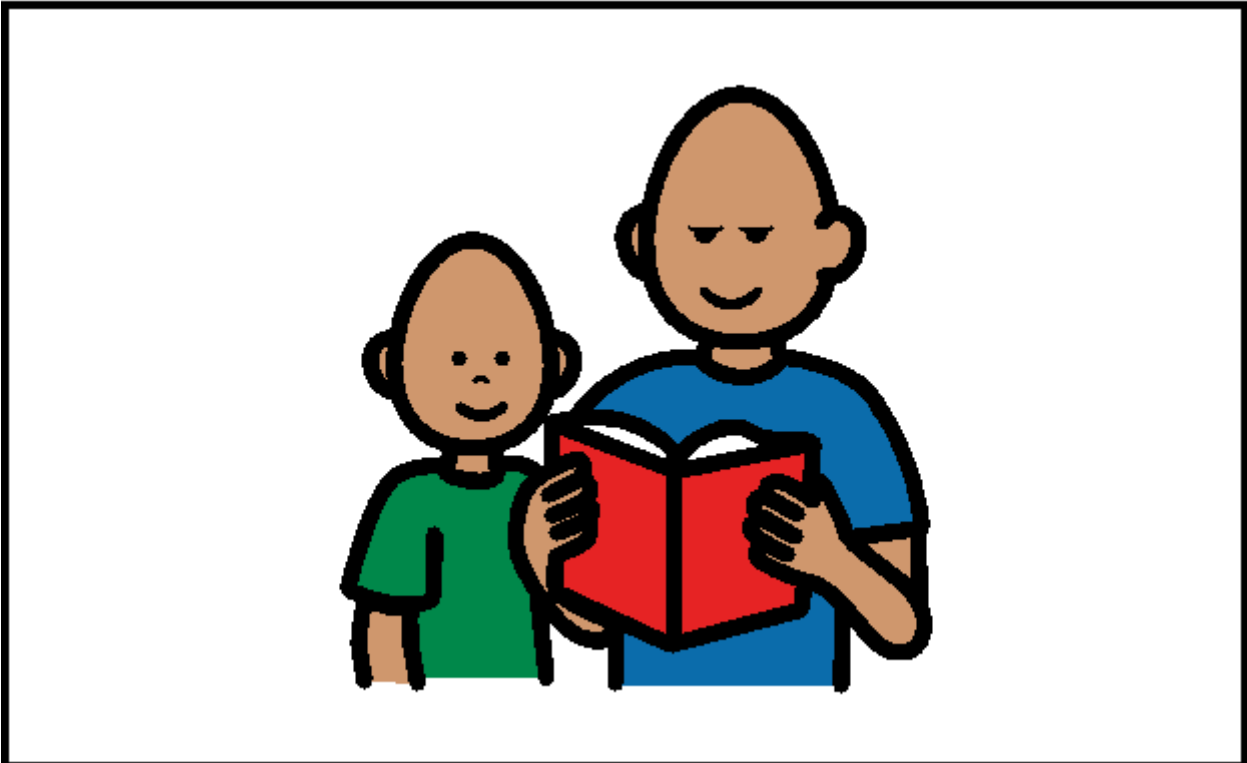


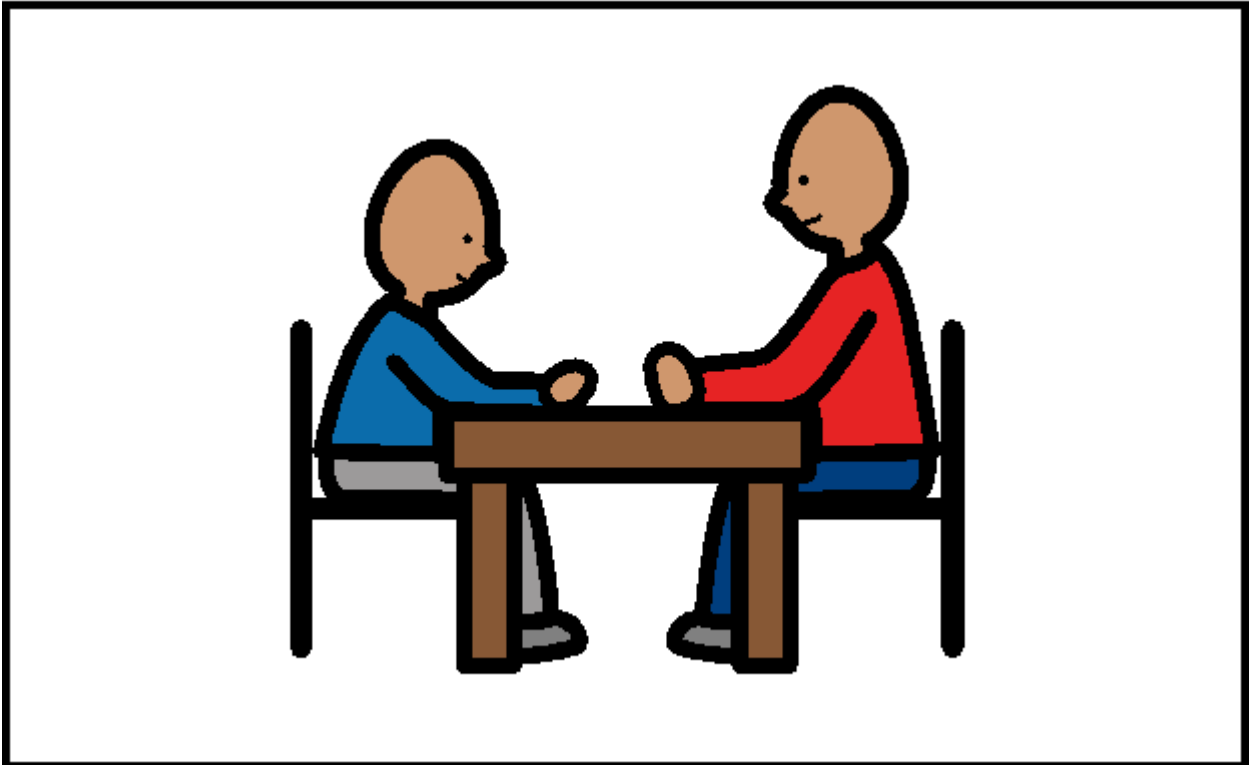
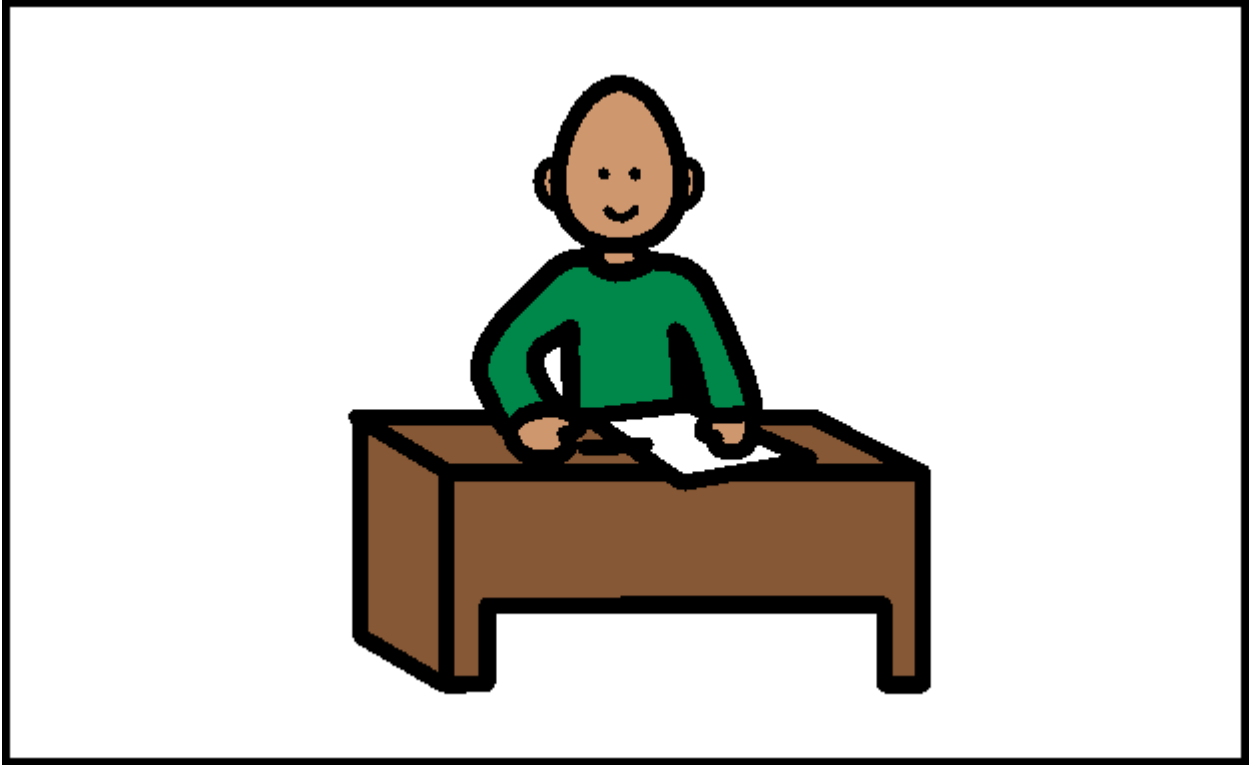


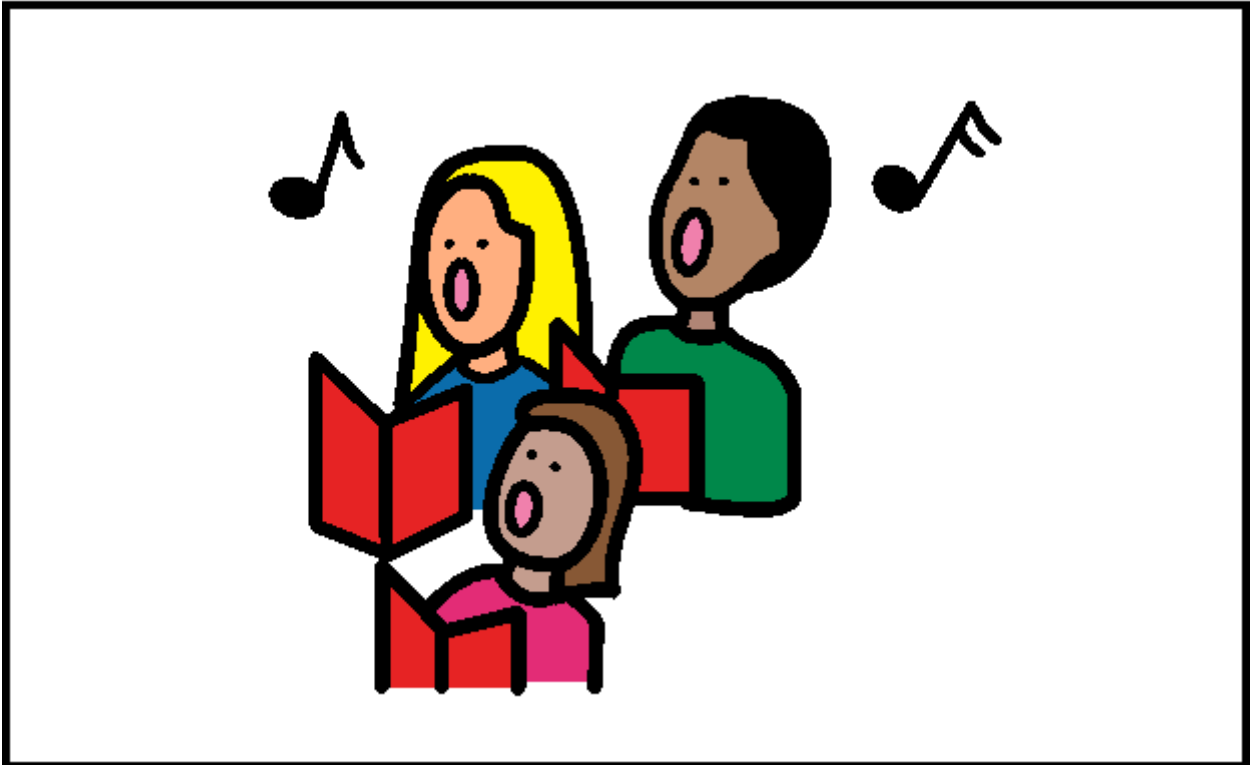
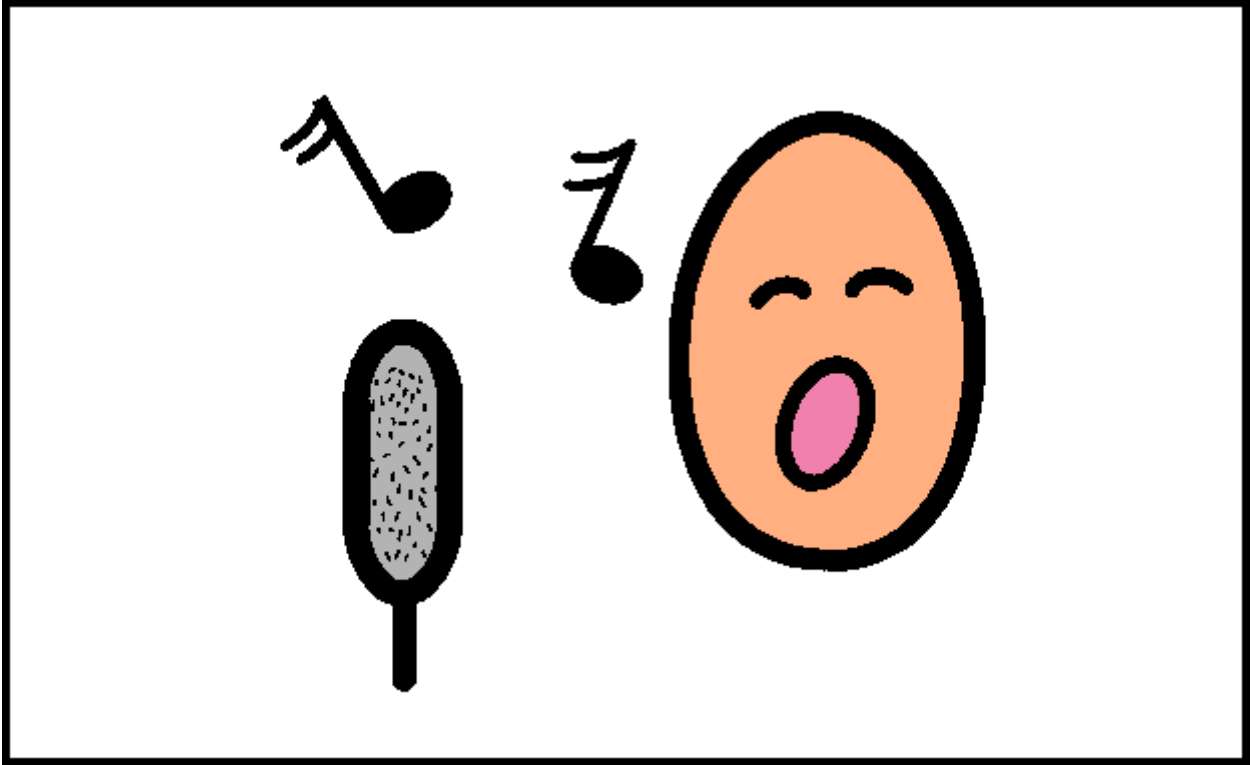








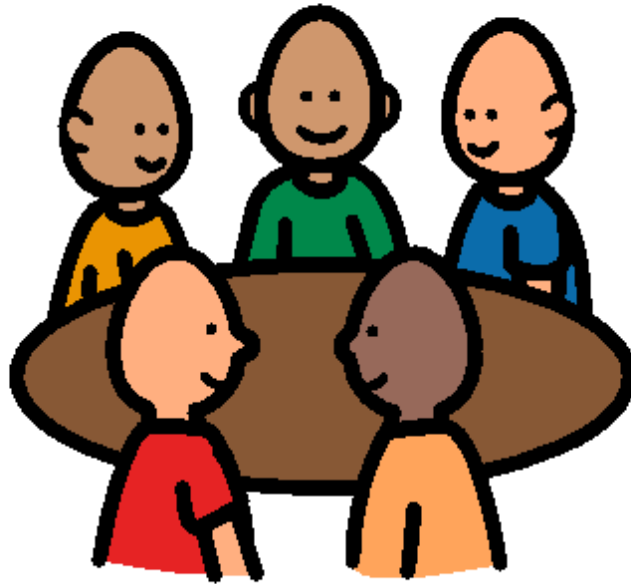




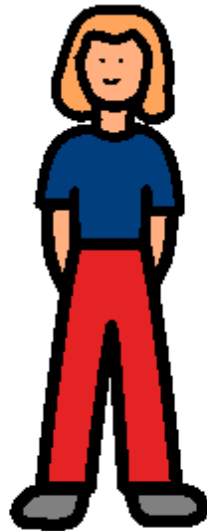




group



by myself



Unit 2 – Just Me

Activity 2D: Watch Me or Watch Us

Self Determination Skill:

- ✓ Problem solving - individual decides if action should be done alone or with the group.
- ✓ Choice making - individual chooses an action card

Materials:

- Set of picture cards with action phrases.
- Voice output devices with recorded action phrases (“Shake your head”) or with directions (“Everyone do it”)

Describe activity:

- Leader (staff or individual) picks a card.
- Leader calls out for the group to do the action or names an individual to do the action. (i.e., “Everyone shake your head” or “John, shake your head.”).
- Individual or group demonstrates action.

Helpful hints:

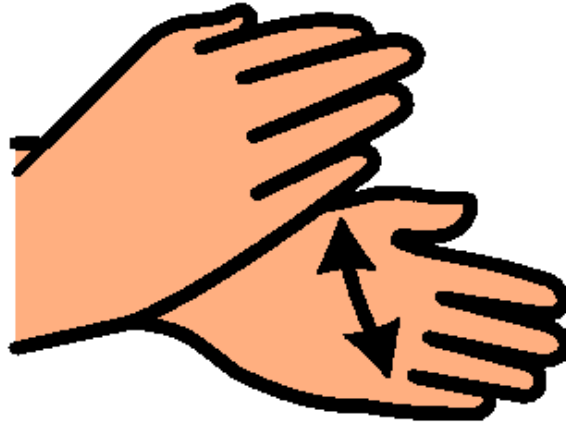
- Use voice output devices to engage individuals in activity.

Variations:

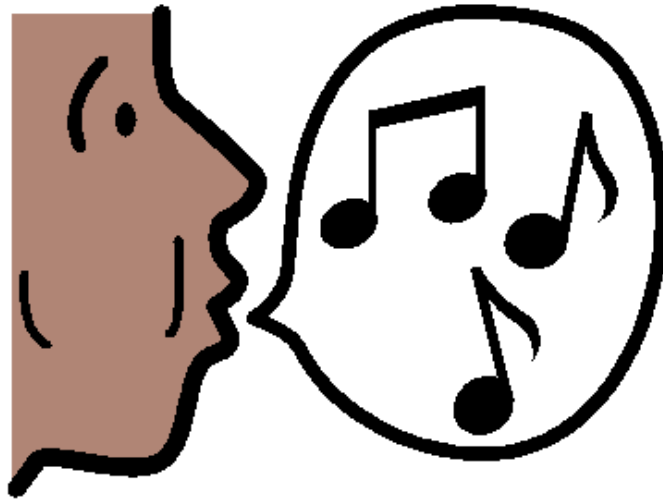
1. Choose an individual to call out “everyone” or to name a peer.
2. Encourage individuals to make up their own actions. Everyone else imitates the action.

3. Use other movements and objects in addition to body movements (i.e. shake pom poms, beat a drum, activate a switch, vocalize "ah" sound or "raspberries").

clap hands



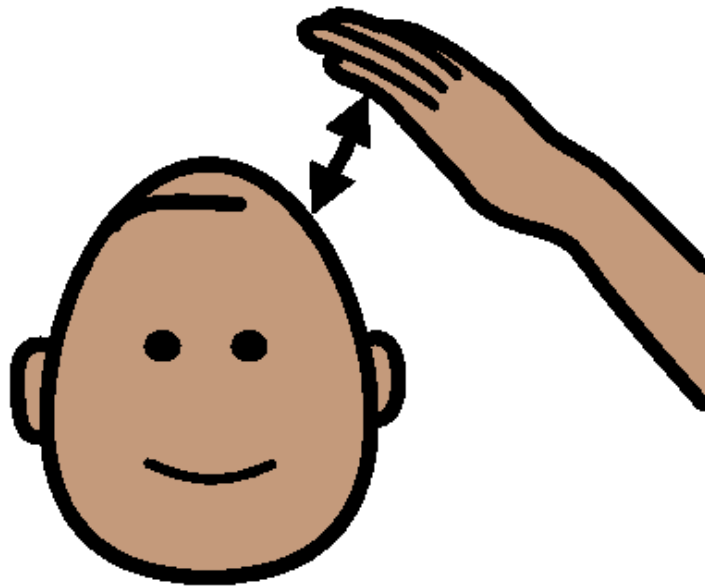
whistle



stomp feet



tap head



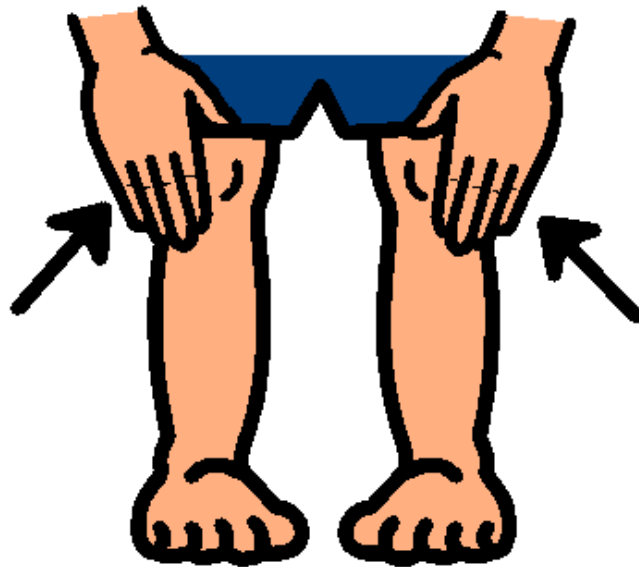
snap fingers



wave



touch your knees



laugh



yawn



wink



turn around



shake your head

