

Unit 10 My Choice

Bill of Rights

Be able to tell people what you want and be part of making plans or decisions about your life



Be able to say yes or no before people talk about what you do at work or home or look at your file



To say yes or no to being part of a study or experiment

Be able to complain or ask for changes if you don't like something without being afraid of getting in trouble

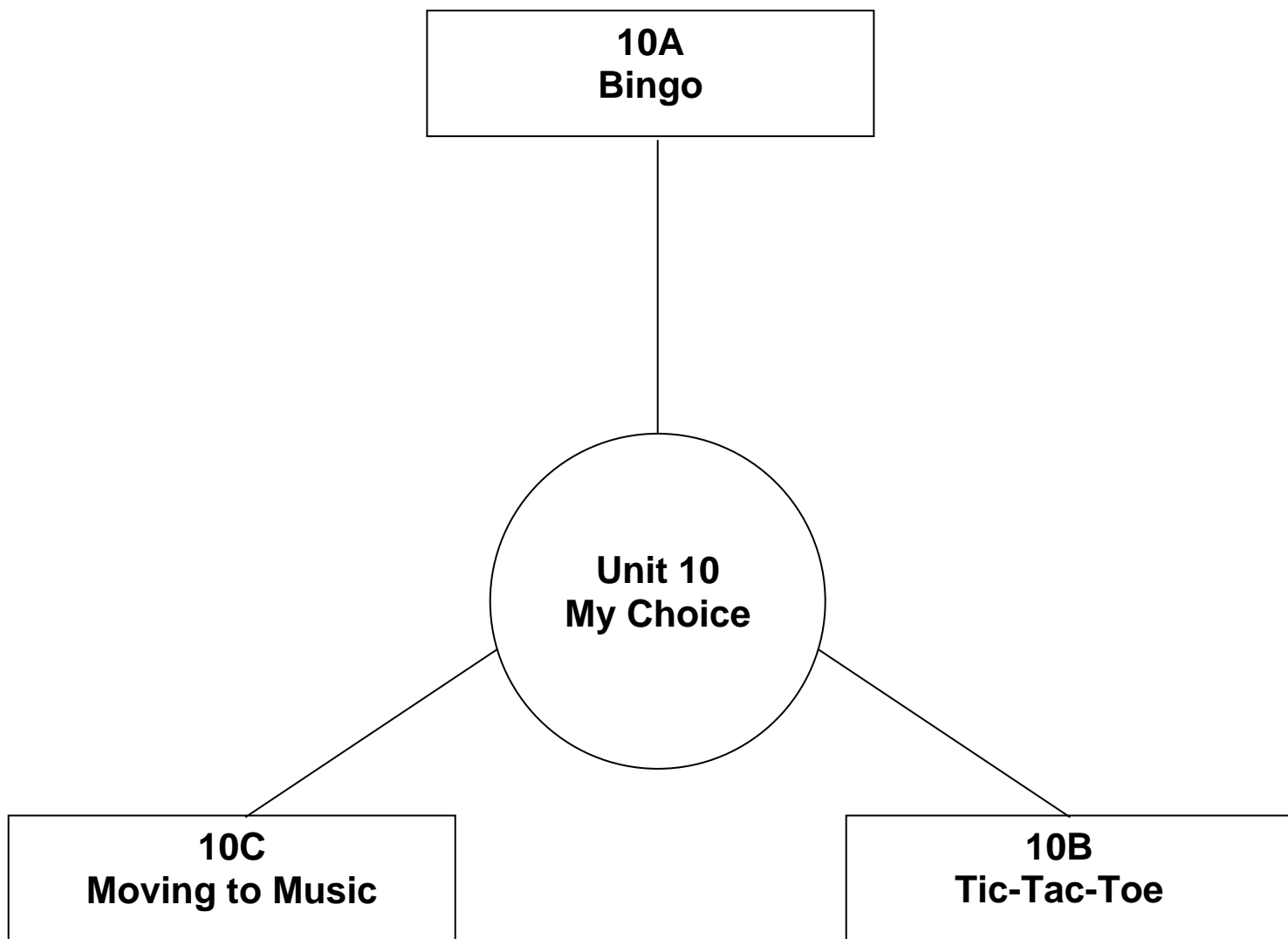


Tips

Tell someone if something is not right.

Go to your annual meetings.

Activity Web



Unit 10 - My Choice

Activity 10A: Bingo - People I Know

Self Determination Skill:

- ✓ Problem solving - individual decides if pictures match
- ✓ Goal setting - individual attempts to be the first player to declare "Bingo"
- ✓ Self-advocacy - individual learns to identify important people as "helpers" or support

Materials:

- Set of Bingo cards
- Covers
- Master set of calling cards
- Voice output device with recorded messages

Describe activity:

- Give each individual a bingo card.
- Name the pictures so that all individuals are familiar with the pictures.
- Leader (staff or individual) draws a card and identifies it.
- Individual decides if he/she has a matching picture to cover.
- First individual to cover all squares wins and shouts out "Bingo".

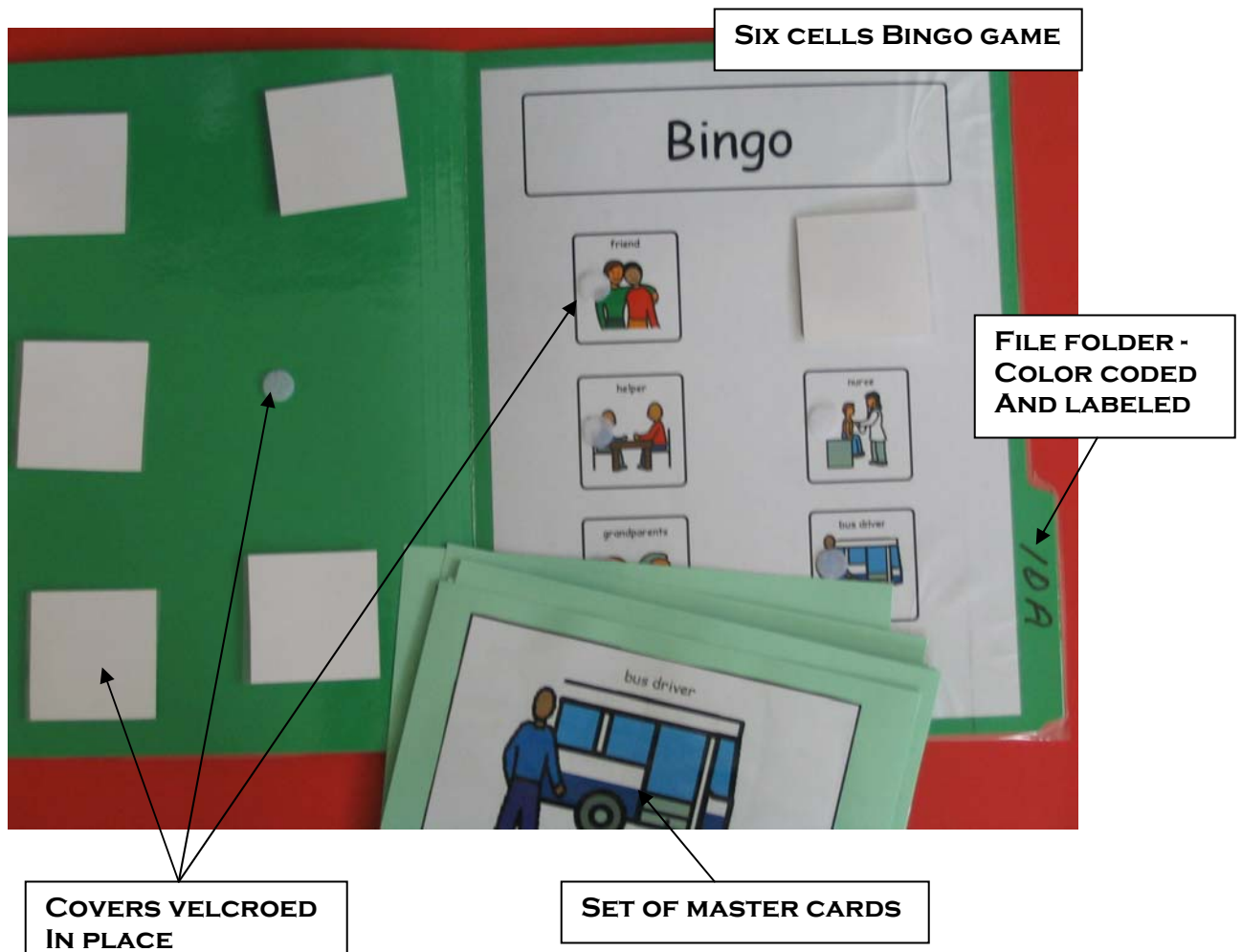
Helpful Hints:

- Use voice output device to make comments ("Yea. I won", "Bingo", "I have a match.").
- Use sequential voice output device to call out a series of picture cards.

- Use an adapted spinner to randomly select the picture to call out (remove card from spinner once it has been selected).
- To help individual make a match, place picture card next to the picture on bingo board.

Variations:

1. Pair individuals to increase participation (i.e. one individual finds the matching picture; another individual covers the match).
2. Give more skilled players two cards to play.
3. Give individuals a choice on what task he/she wants to do (i.e. caller, observer, cheer leader). Use a choice board for individuals to choose what they want to do.



Bingo

staff



helper



nurse



bus driver



director



Mother



Bingo

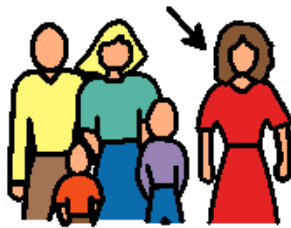
Mother



Father



sister



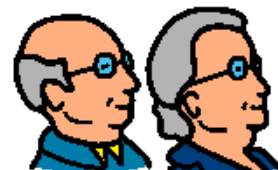
brother



friend



grandparents



Bingo

director



nurse



bus driver



staff



sister

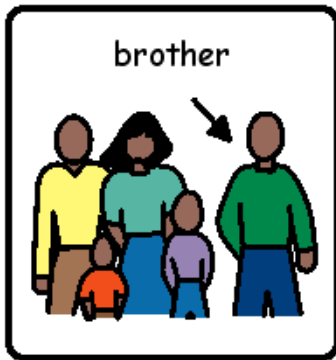


Father

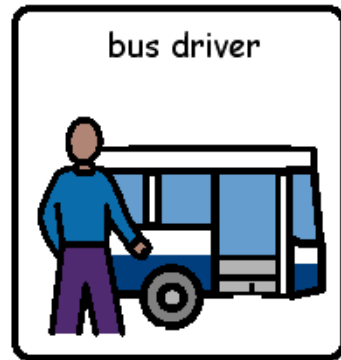


Bingo

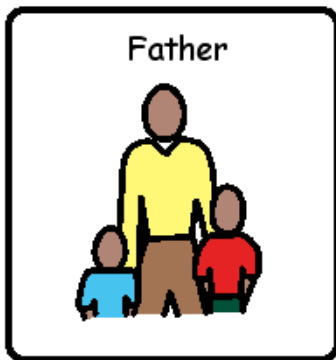
brother



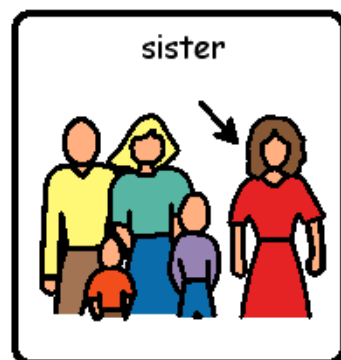
bus driver



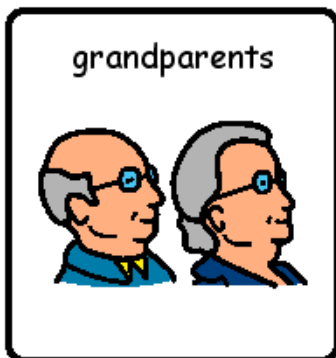
Father



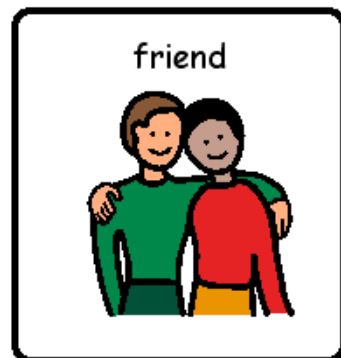
sister



grandparents

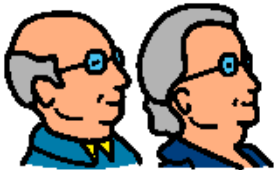


friend

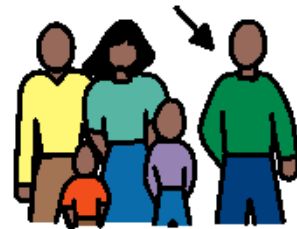


Bingo

grandparents



brother



staff



friend



Father



helper



Bingo

helper



friend



Mother



Father



nurse



staff



Bingo

friend



director



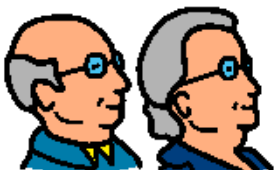
helper



nurse



grandparents



bus driver



Bingo

bus driver



nurse



helper



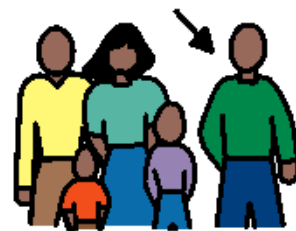
Father



director

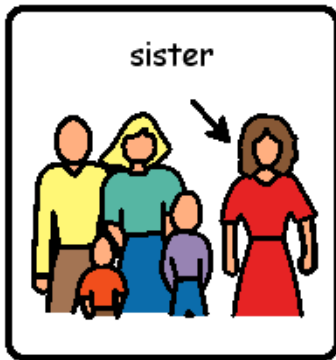


brother

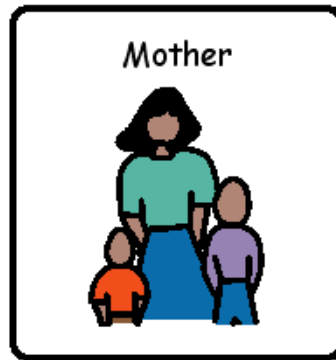


Bingo

sister



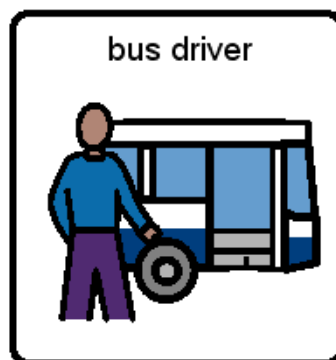
Mother



nurse



bus driver



director



helper



Bingo

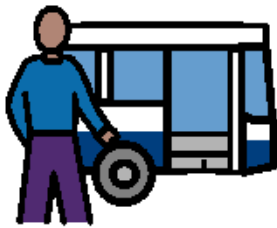
buddies



director



bus driver



helper



Mother



nurse



friend



director



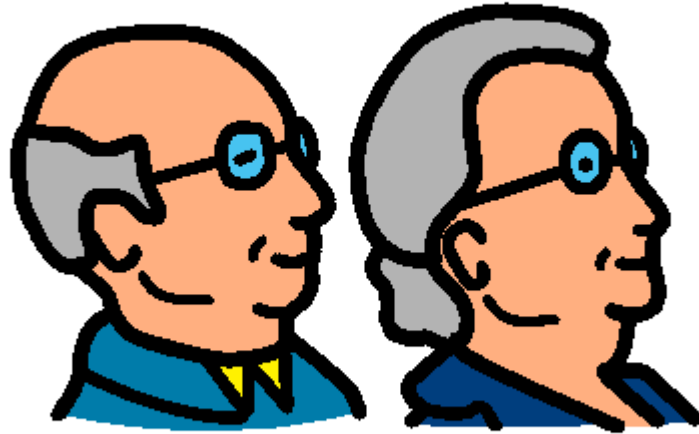
helper



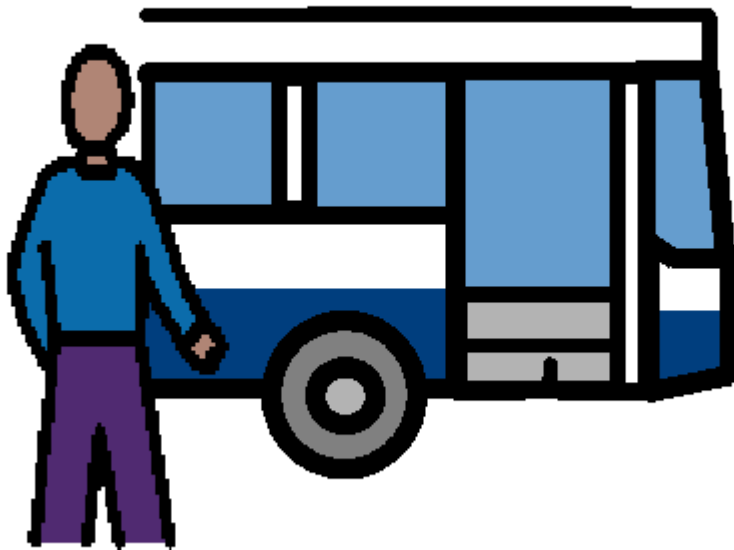
nurse



grandparents



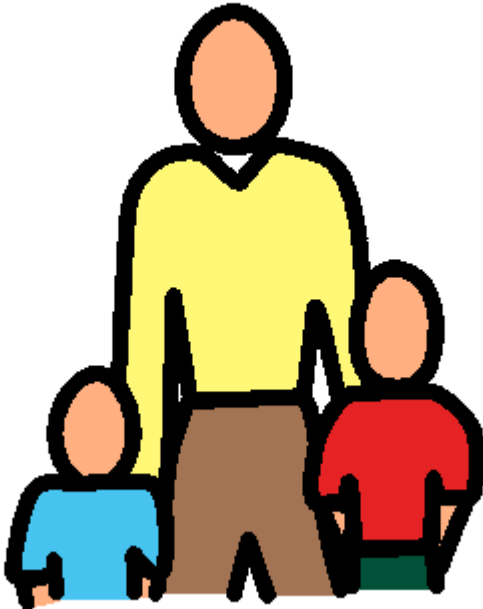
bus driver



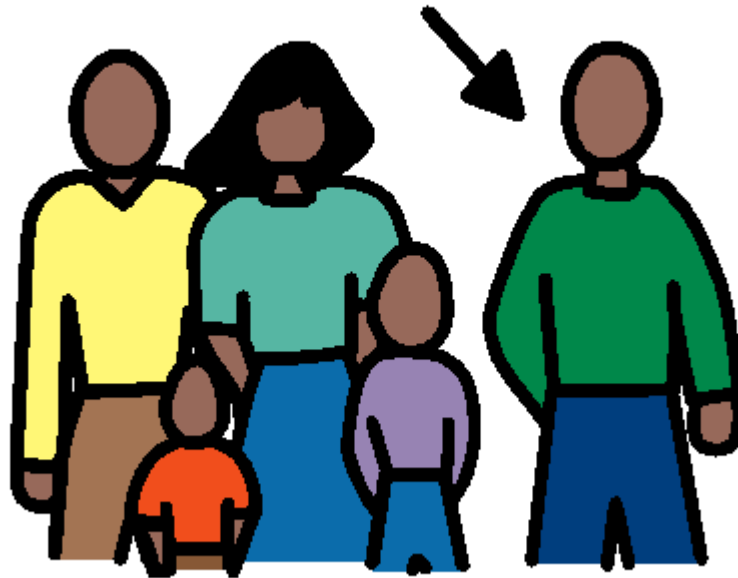
Mother



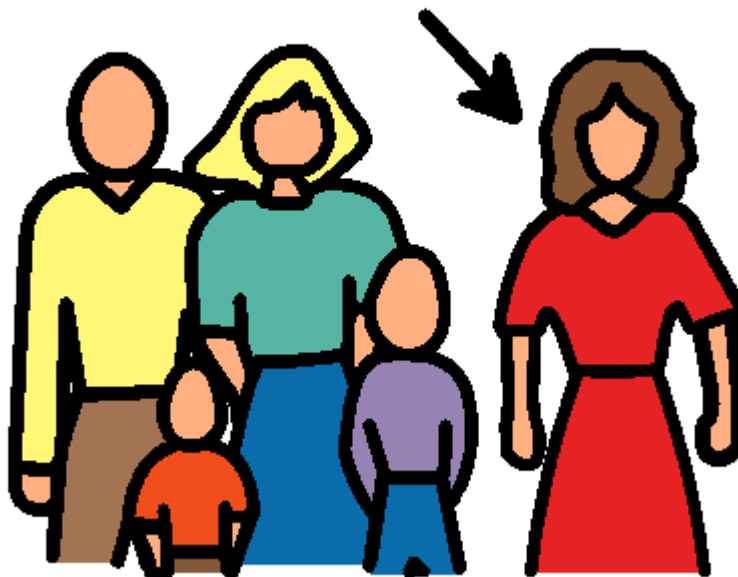
Father



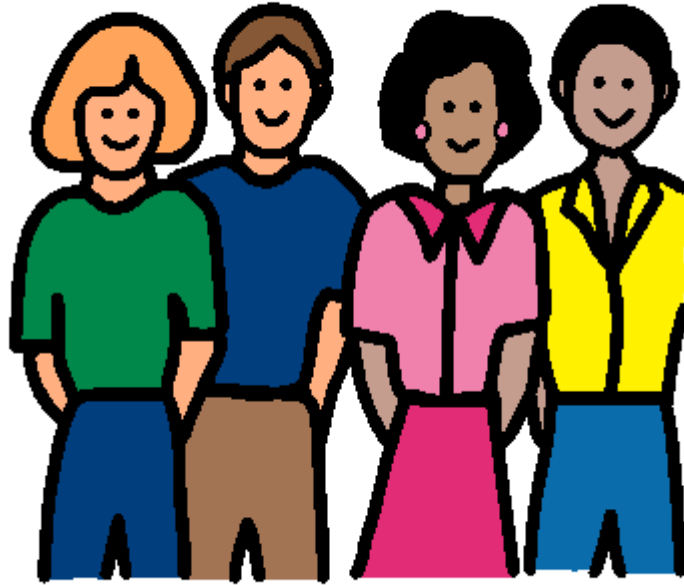
brother



sister



staff



Unit 10 - My Choice

Activity 10 B: Tic Tac Toe

Self Determination Skill:

- ✓ Choice making - individual chooses location to place game marker
- ✓ Problem solving - individual decides if he/she has "three in a row"
- ✓ Self-advocacy - individual learns to speak up for himself/herself

Materials:

- Paper and markers
- Set of question cards
- Set of response cards
- Voice output device recorded with messages

Describe activity:

- Individuals are paired.
- Each pair is given a game sheet marked in a tic-tac-toe pattern.
- Game markers (X's and O's) are given to individuals, if needed.
- Leader (staff or individual) draws a card and reads the question.
- Individual answers questions with a "yes" or "no" response.
- If individual is correct, he/she places his/her X or O in a square.
- First individual to get three in a row wins (Game is played similar to Hollywood Squares and Tic-Tac-Toe).

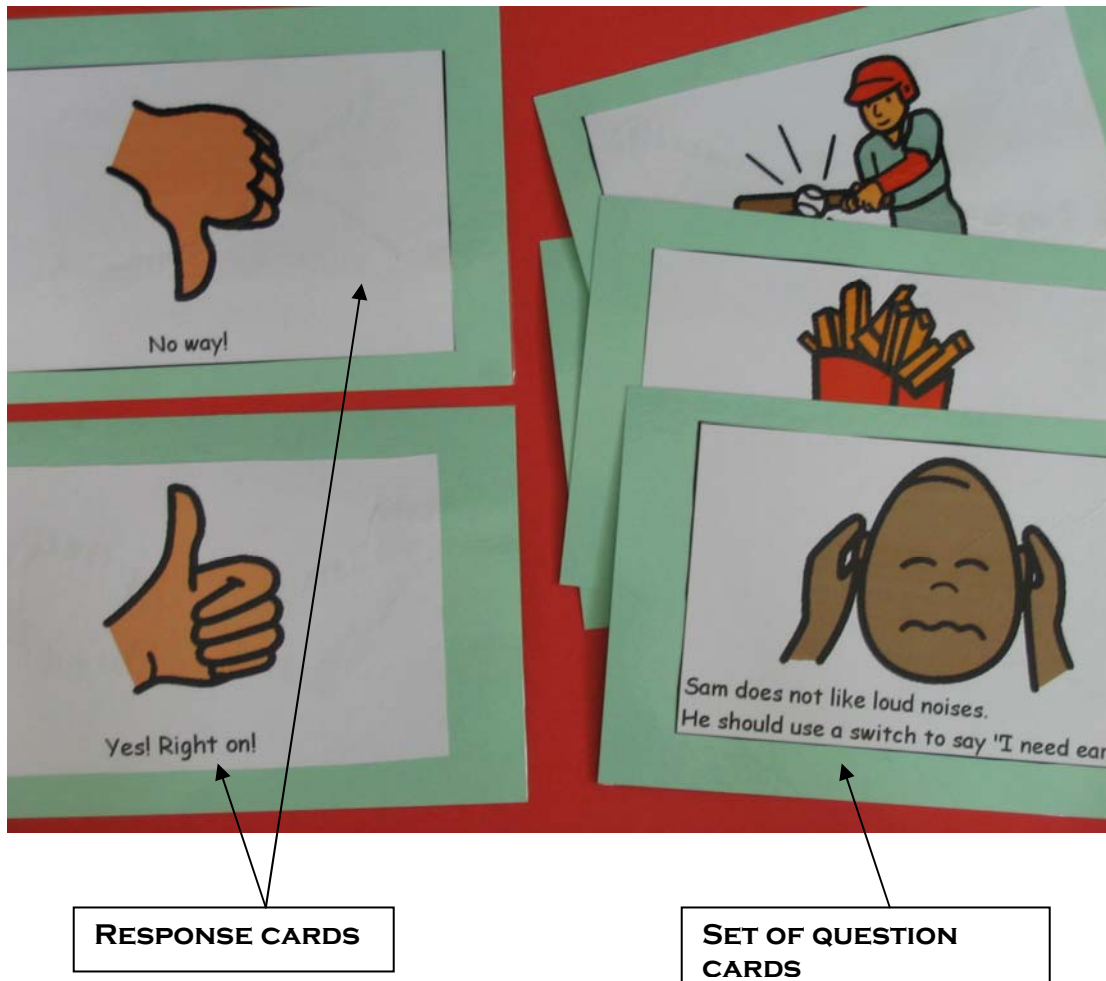
Helpful Hints:

- Use voice output device to make comments and request help ("Yea. I won", "I need help" "Let's play again" "Good game").
- Individuals can draw their own question card, then select someone to read the card.

- Pair individuals for increased participation (i.e. one individual draws the card; another places card on the game board; another reads the card).

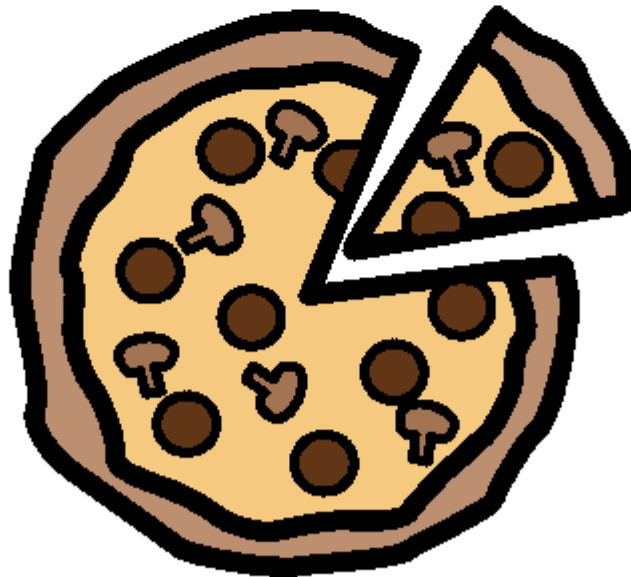
Variations:

1. Encourage individuals to revise an incorrect statement so that it is accurate.
2. Encourage individuals to cheer correct answers or game winner. Give pom-poms and noisemakers to cheer winners.





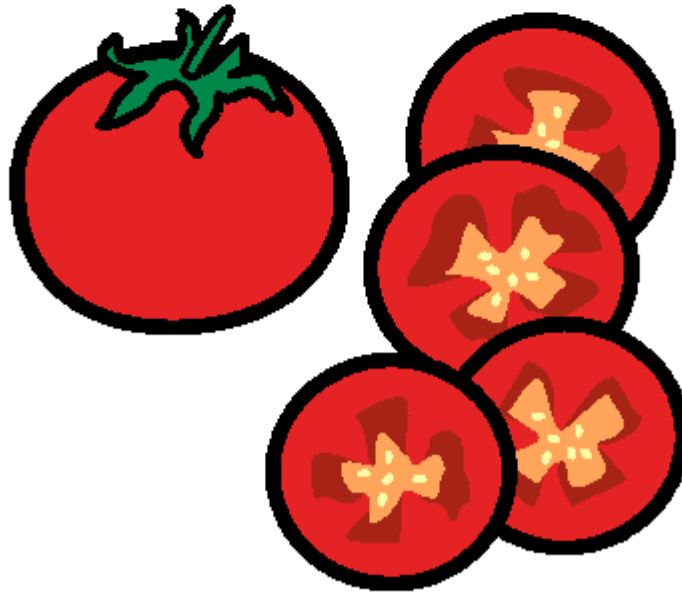
Jenny likes to dance.
She should say, "I want to dance."



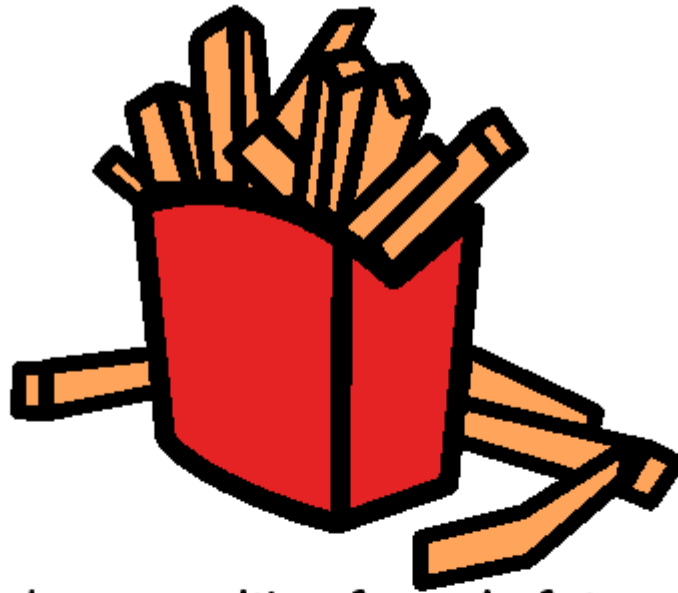
Bob likes pizza.
He should say, "I want pizza, please."



Sue does not like country music.
She should say, "No country music for me."



Ron does not like to eat tomatoes.
He should say, "No thank you. No tomatoes."



Bill does not like french fries.
He should push them on the floor.



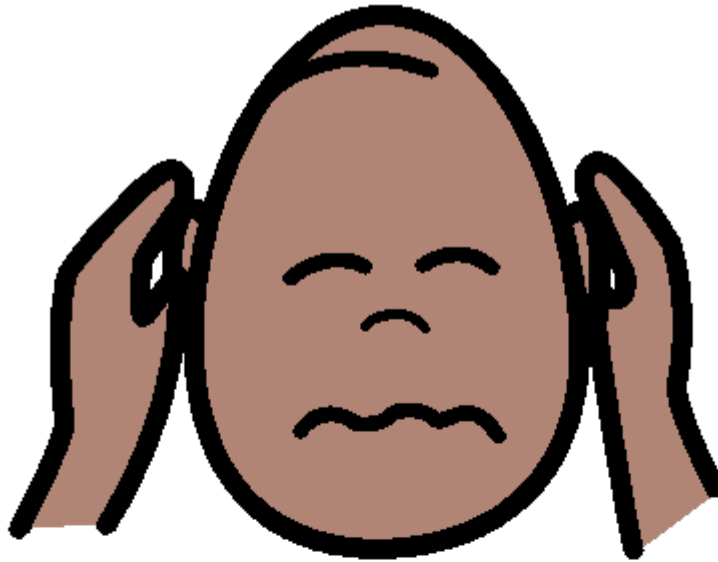
Valerie likes to wear hats.
She should take Kim's new purple hat to wear.



Sam does not like loud noises.
He should scream loudly.



Jack likes to eat corn chips.
He should take Molly's bag of chips to eat.



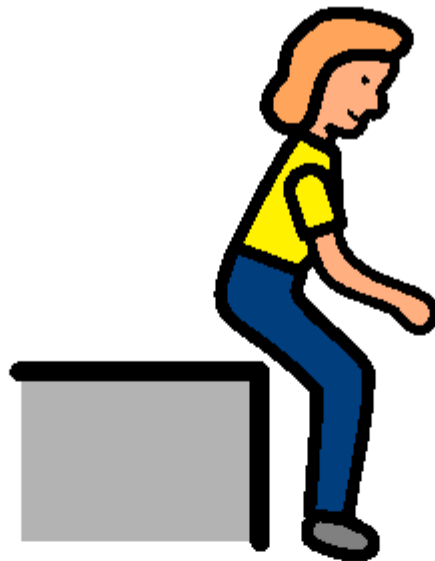
Sam does not like loud noises.

He should use a switch to say "I need earphones"



Jack likes to eat corn chips.

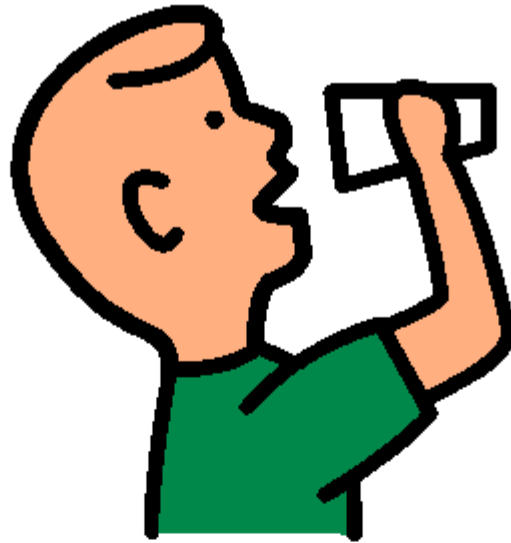
He should say, "Can I have some chips, please."



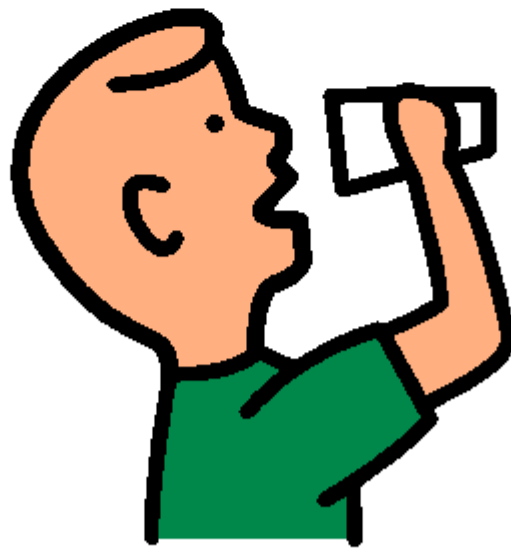
Monica does not want to sit down.
She should grab someone's hair.



Monica does not want to sit down.
She should shake her head "no".



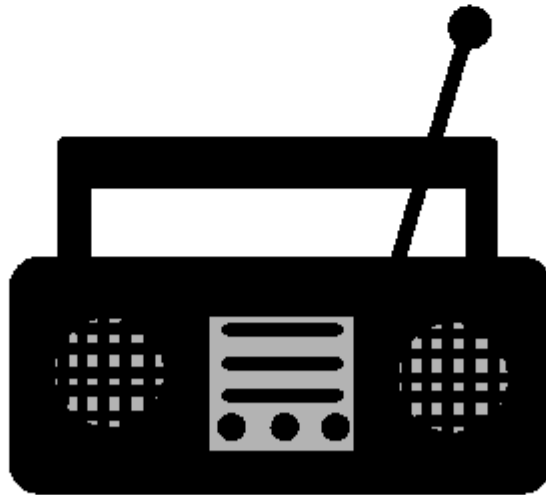
Raymond wants a drink of water.
He should bang on the table.



Raymond wants a drink of water.
He should point to the glass.



Tyrone likes to listen to music.
He should smile when shown the radio.



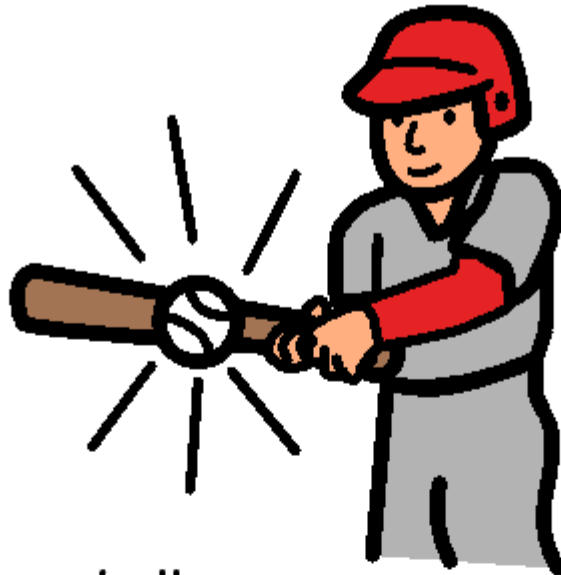
Tyrone likes to listen to music.
He should cry and put his head down.



John wants a break.
He should use a switch to say, "I want a break."



John wants a break.
He should throw his work on the floor.



Rick likes baseball.
He should say, "I want to go to a baseball game."



Barb likes to eat at McDonald's.
She should say, "I want to eat at McDonald's."



Yes! Right on!



No way!

Unit 10 - My Choice

Activity 10C: Moving to the Music

Self Determination Skill:

- ✓ Choice making - individual chooses what action movement to demonstrate

Materials:

- CD player
- CD with various songs that have a "self-determined" or "self-advocacy" theme (i.e. Bon Jovi - "It's My Life")
- Voice output device recorded with messages

Describe activity:

- Select a leader.
- Start the music.
- Leader demonstrates a simple action to the music.
 - Waving hands side to side up in air
 - Rolling motion with arms
 - Thumb pointing to chest as in "Look at me"
 - "The Twist" dance movement
- Everyone imitates the action.

Helpful Hints:

- Use voice output device to make comments ("This is fun" "I want a turn").
- After demonstrating the action movement, individual chooses the next individual to demonstrate an action.

Variations:

1. Encourage individuals to identify important phrases in the songs ("It's my life") supporting the self-advocacy theme.
2. Identify other songs with a self-advocacy theme.