

Reproducibles for Make the School System  
Work For Your Child with Disabilities  
by  
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<b>Things You Need to Know About _____</b>
Name:
Medications/Allergies:
Likes:
Dislikes:
What Works Well:
Characteristics:

### Check-in/Check-out Log

Morning Check-in																				
Date:	Morning Mindfulness: Close your eyes. Count your breaths to 10—in through the nose, out through the mouth. Count in your head: 1 for the in breath, 2 for the out breath, 3 in, 4 out...																			
Use a feeling word to describe what you're feeling:  (Pick a word on the feelings wheel)	Name one thing you are grateful for:					Name something you're proud of or something you love about yourself:														
<b>Calming Strategies:</b>		<ul style="list-style-type: none"> <li>- Name your feelings</li> <li>- Ask for a break or help</li> <li>- Get a drink</li> </ul>			<ul style="list-style-type: none"> <li>- Write or draw</li> <li>- Tense and release your fists</li> <li>- Take a walk with an adult</li> <li>- Take deep breaths</li> </ul>			<ul style="list-style-type: none"> <li>- Give yourself an ear massage</li> <li>- Close your eyes and imagine a peaceful place</li> <li>- Positive self-talk</li> </ul>												
Daily Reflection																				
GOALS	If I had a complaint about someone, I used a conflict resolution strategy to solve the issue.		If I had a question or didn't fully understand something, I asked for help from a peer or teacher.			If I feel like I failed or got something incorrect, I asked for feedback to better understand my error.			I was a leader of kindness today.											
My Observation	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Teacher Observation	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Comments																				
<b>Rubric</b>										<b>Rewards:</b>										
1 = I didn't meet my goal today. 2 = I did this a little bit, but less than half of the time. 3 = I did this about half the time, today. 4 = I met this goal most of the time! 5 = I completely met this goal today! Time to celebrate.										20-16 = Screen time and all other options. 15-14 = All options except screen time. 13 and below = Stay in class.										

Reflection:

- Is your homework recorded? Y / N
- If you scored a 5 today, let's celebrate! High-five? Positive words? Teacher dance? Etc...
- If you scored a 3 or below, do you have strategies, tools, or ideas that could help you succeed next time? Y / N  
If so, what are they?

If not, let's brainstorm:

**Answer One or More:**

How were you a leader today?

How were you kind today?

What's one thing you learned today?

What is one good thing that happened at school today?

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**'s Service Providers**

Name	Job Title	Contact Details	Preferred Contact Method	Frequency

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## One-Page Profile

**My Name** \_\_\_\_\_

**What's important for people to know?**

**How I communicate what I need.**

**How to best support ME.**

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# What Do I Need?

My Name \_\_\_\_\_

## Personal

- I need a quiet space when things get too noisy and busy.
- I need you to give me time to process what you say to me.
- I need to be included in the fun.
- I need you to talk directly to me and not to my aide or my parents.
- I need you to understand my support needs.

## School

- I need activities that are meaningful and engaging.
- I need the people who support me to understand how I learn and communicate.
- I need direct instruction, lots of repetition, the opportunity for breaks, and tasks broken down into smaller, manageable steps.
- I need to be with my peers.

## Health

- I need my teachers and paras to understand how I communicate pain and discomfort.
- I need to have someone take care of my toileting needs in a way that is comfortable and respects my privacy.
- I need to visit the nurse for medication per my doctor's schedule.

## Other

- Ask me before you move my chair.
- Communicate what you are doing when you must change my position or physically touch me.
- Remember that I communicate differently but still have things I want, need, like, and dislike.
- Don't be afraid to ask someone for help if you don't understand what I'm trying to communicate.

## A Little about Me

### Personal Information

Name

Birthday

Who I live with

### Favorite Things

Book genre

Game

Sport

Subject

### What I Did this Summer

### My Strengths

My biggest academic strengths are:

### Ways You Can Help Me

### Things I'm Working On

Some of my biggest challenges are:

### **Sentence Starters Your Child Can Use to Build Self-Advocacy at School**

1. Can I speak to you privately/in the hallway?
2. I'm feeling confused about ...
3. I'm worried about ... Can we discuss it?
4. I need help with ... Could you help me?
5. I'm having trouble with ... Can you assist me?
6. I'm struggling with ... Can we talk about it?
7. I'm not sure how to ... Could you show me again?
8. Can you please check if I understood the instructions correctly?
9. Can you please slow down? I'm having trouble keeping up.
10. I'm not comfortable with ... Is there another way I can do this?

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