

PREMIUM MEGA BUNDLE



GRADES 6 - 12 | SPECIAL EDUCATION | LIFE SKILLS & TRANSITION

Self-Advocacy & Self-Determination Skills Programme

A comprehensive curriculum / empowering students with disabilities

A research-based, classroom-tested programme designed to empower students with disabilities to understand their rights, advocate for their needs, participate actively in their IEP meetings, and develop lifelong self-determination skills. This Mega Bundle includes ten structured lessons, a 12-page student workbook, accommodation request script cards, role-play scenarios, IEP participation guide, parent letter, IEP goal bank, progress monitoring tools, assessment rubrics, certificate of completion, transition toolkit, and extension activities.

10 Lesson Plans

12-Page Student Workbook

12 Script Cards

IEP Participation Guide

30 Role-Play Scenarios

Goal Templates

IEP Goal Bank

Progress Monitoring

Assessment Rubrics

Certificate of Completion

Transition Toolkit

Extension Activities

PUBLISHED BY

UM Printables

Premium Educational Resources

MEGA
BUNDLE EDITION

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A complete guide to every section, lesson, and tool included in this Mega Bundle. Use the page numbers below to navigate, or print this page as a quick reference for planning your self-advocacy and self-determination unit.

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SECTION

Lesson Plans — Lessons 1–10

The following ten lesson plans form the instructional core of this programme. Each lesson follows a consistent structure: objectives, key vocabulary, materials, lesson activities (introduction/hook, direct instruction, guided practice, independent practice, closure), assessment, and differentiation suggestions for students needing support, students ready for extension, and non-verbal students. Lessons are sequential but can also stand alone for targeted instruction.

LESSON
1

What Is Self-Advocacy?

Grade 6-12 | 45-60 minutes | Introduction to self-advocacy concepts

Objectives

- Define self-advocacy in their own words.
- Identify the three components of self-advocacy: self-knowledge, communication, and action.
- Recognise examples of self-advocacy in everyday situations.
- Understand why self-advocacy is important for students with disabilities.

Key Vocabulary

Self-advocacy — Speaking up for yourself; communicating your needs, wants, and rights clearly and respectfully.

Self-knowledge — Understanding your own strengths, challenges, and needs.

Communication — Expressing yourself clearly through words, writing, or other methods.

Action — Taking steps to get what you need.

Materials Needed

- Whiteboard or chart paper and markers
- Student journals or notebooks
- “What Is Self-Advocacy?” reflection handout
- Sticky notes (two colours per student)

Lesson Activities

Introduction / Hook (8–10 minutes). Begin by asking students: “Have you ever had to ask a teacher for something you needed? How did it feel?” Allow 2–3 students to share. Then present this scenario: “Imagine you cannot see the board from your seat, but you don’t say anything. What happens?” Discuss how staying

3

SECTION

Know Your Disability — Student Workbook

This twelve-page student workbook is the heart of the programme. Each student should receive their own copy to complete progressively across Lessons 2 through 10. The workbook becomes a personalised reference tool that students can revisit throughout the year and bring to their IEP meetings.

Workbook Page 1: This Workbook Belongs To

This workbook is a private space for you to learn about yourself. There are no wrong answers. Write, draw, or use whatever way helps you express yourself best!

This workbook belongs to:

My Grade:

My Teacher:

Date:

Workbook Page 2: What Is a Disability?

A disability is a condition that affects how a person learns, moves, communicates, or interacts with the world. Having a disability is just one part of who a person is. It does not define everything about them.

In your own words, what is a disability?

Why is it important to know about your own disability?

Requesting Reduced Distraction

"Excuse me, [Teacher's Name]. I work best in a low-distraction setting. May I please use a study carrel or sit in a quieter spot for this activity? Thank you."

Requesting Oral Testing

"Excuse me, [Teacher's Name]. My IEP includes oral testing as an accommodation. May I please take this test by answering the questions out loud with you or another staff member? Thank you."

Requesting Written Directions

"Excuse me, [Teacher's Name]. I process information better when I can see it. Could you please write the directions on the board or give me a printed copy? Thank you."

Requesting a Fidget Tool

"Excuse me, [Teacher's Name]. I use a fidget tool as an accommodation to help me focus. May I please use it during this activity? Thank you."

Requesting a Sensory Break

"Excuse me, [Teacher's Name]. I am feeling overwhelmed by [noise/lights/crowd]. May I please take a short sensory break in a calmer space? Thank you."

Requesting Assistive Technology Support

"Excuse me, [Teacher's Name]. My assistive technology [name of device/software] is not working. May I please get help fixing it or use a backup option? Thank you."

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SECTION

Student Rights Mini-Poster

Display this mini-poster in your classroom as a constant visual reminder of students' rights. Print on cardstock and laminate for durability. Consider giving each student a personal copy for their binder or workbook.

YOUR RIGHTS AS A STUDENT with a Disability

1

RIGHT TO FAPE

You have the right to a Free Appropriate Public Education that meets your unique needs.

2

RIGHT TO AN EVALUATION

You have the right to be tested to find out if you have a disability and what supports you need.

3

RIGHT TO AN IEP

You have the right to an Individualized Education Program written just for you.

4

RIGHT TO ACCOMMODATIONS

You have the right to changes that help you learn and show what you know (like extra time or technology).

5

RIGHT TO PARTICIPATE

You have the right to be part of the team that makes decisions about your education.

6

RIGHT TO DISAGREE

You and your family have the right to disagree with the school and ask for a hearing.

Self-Advocacy Means KNOWING Your Rights & USING Them!

PREVIEW

UM Printables • TPT Preview

10

SECTION

IEP Goal Bank

Use these sample IEP goals as a starting point for developing self-advocacy and self-determination goals for your students. Each goal is written in SMART format with measurement criteria. Adapt the language, timeframes, and criteria to fit individual student needs and developmental levels. Always involve the student in goal selection when possible.

Self-Awareness Goals

- By the end of the IEP year, [Student] will independently identify and explain 3 personal strengths and 3 challenges in 4 out of 5 opportunities, as measured by teacher observation and student self-reflection.
- By [date], [Student] will name their disability and explain how it affects their learning in student-friendly language, with 90% accuracy across 3 consecutive IEP meetings or classroom discussions.
- By the end of the IEP year, [Student] will complete a personal learning profile identifying at least 5 accommodations that help them learn, with minimal adult prompting, in 4 out of 5 trials.

Communication & Self-Advocacy Goals

- By [date], [Student] will use a 4-step self-advocacy script to request an accommodation from a teacher in 4 out of 5 observed opportunities, with no more than 1 verbal prompt.
- By the end of the IEP year, [Student] will independently initiate communication with a teacher to request help or an accommodation at least 2 times per week, as measured by teacher log.
- By [date], [Student] will demonstrate appropriate tone, volume, and clarity when making accommodation requests in role-play scenarios, scoring 4 out of 5 on the Self-Advocacy Rubric, across 3 consecutive trials.
- By the end of the IEP year, [Student] will write a personalised accommodation request script for 3 different classroom situations, with no more than 1 adult prompt per script.

Accommodation Use Goals

- By [date], [Student] will identify all accommodations listed in their IEP and explain when each is appropriate, with 90% accuracy on a written or oral inventory.
- By the end of the IEP year, [Student] will independently request their test-taking accommodations (e.g., extra time, quiet space) in 4 out of 5 testing situations.
- By [date], [Student] will advocate for the use of assistive technology in 3 different class settings, as measured by teacher observation and student self-report.

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SECTION

Certificate of Completion

Present this certificate to students who complete the Self-Advocacy & Self-Determination Skills Programme. Print on cardstock for a premium feel. Consider hosting a small celebration where students share one thing they learned and receive their certificate.

CERTIFICATE OF COMPLETION

Self-Advocacy & Self-Determination Skills Programme

This certificate is proudly presented to

Student Name

For successfully completing the Self-Advocacy & Self-Determination Skills Programme, demonstrating growth in self-knowledge, communication, knowledge of rights, IEP participation, and self-determination. Your voice is your power. Use it well.

Teacher Signature

Date

UM Printables • Premium Educational Resources

Inside This Mega Bundle

A complete curriculum for Grades 6-12 Special Education

16 sections • 71 pages • Ready to print and teach

71

PAGES

16

SECTIONS

10

LESSON PLANS

12

WORKBOOK PAGES

30

ROLE-PLAY CARDS

1

Introduction & How to Use

Pacing guide, standards alignment, differentiation

2

10 Lesson Plans

Sequential 45-65 min lessons with full activities

3

Student Workbook

12-page personal reference tool

4

Script Cards (12)

Cut-out accommodation request scripts

5

IEP Participation Guide

Before, during, after + one-page profile

6

Goal Template

SMART goal framework with check-ins

7

Role-Play Cards (30)

Classroom, social, transition scenarios

8

Rights Mini-Poster

6 student rights for classroom display

9

Parent Letter

Ready-to-send introduction template

10

IEP Goal Bank

25+ SMART goals across 6 categories

11

Progress Monitoring

Weekly checklist, accommodation log, tracker

12

Assessment Rubrics

4 rubrics across 4 performance levels

13

Skills Checklist

5-domain pre/post assessment

14

Certificate

Printable completion certificate

15

Transition Toolkit

Post-secondary readiness + agencies

16

Extension Activities

Cross-curricular + community projects

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