



Michigan Alliance for Families

Session 2: Self-Advocacy and Self-Regulation Components of Self-Determination

Resources

Self-Determination

- [I'm Determined Website](#)
- I'm Determined: [Toolbox for Self-Determination](#)

Self-Advocacy

- Zarrow Institute on Transition and Self Determination:
 - [Me! Lesson Plans and Materials for Teaching Self-Awareness and Self-Advocacy](#)
 - [Me! Scale](#): brief student self-assessment on self-advocacy in school
- Pacer's National Parent Center on Transition and Employment: [Advocating for Myself](#)
- Pacer's National Parent Center on Transition and Employment: [Your IEP Meeting: A Great Place to Practice Self- Advocacy Skills](#)
- [PEATC Life Skills Checklist](#): focuses on personal, home, and community skills
- Michigan Alliance for Families-[Self-Advocacy](#)
- Statewide Autism Resources and Training (START): a list of ideas for [Home Independence Goals](#) and [School Independence Goals](#)

Self-Regulation

- Child Development Institute: [Tip Sheet for Parents on Emotional Regulation](#)
- Pathway2Success: [15 Strategies to Help Build Self-Regulation Skills](#)-strategies can be adjusted for children, teens, or young adults
- PBIS World: [Teach Relaxation Techniques](#)
- Social Thinking: [Social Self-Regulation Concepts, Tools & Strategies for Teaching Your Students](#) (some strategies may be useful for home too!)
- The OT Toolbox: [Zones of Regulation and Self-Regulation Activities](#)
- Understood: [Trouble with Self-Regulation-What to Know](#)
- [Zones of Regulation Curriculum](#)