

# Transition Activities

## Resources for Independent Living

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### **Focus Area Independent Living**

- Assess your child's independent living skills for future planning/ instruction: [Independent Living Checklist](#) and [Spanish version](#)
- [Casey Life Skills Resources](#)
- [PowerPoint slides for lessons on travel training](#) from the Kennedy Center in Connecticut – extracted from NACT's [Quick Guide on Transportation](#)

### **Budgeting**

- Develop “payment” for specific activities completed at home. (Payment may be monetary or preferred activities). Have students “pay” for meals, gas, or rent (as appropriate). Simple resource on “token economy” [Video and brief description](#)
- [Cents and Sensibility](#): A guide to money management for students with disabilities
- [Budget Your Life](#): Forming a budget is one of the most important parts of financial success. This interactive site assist students in exploring budgeting strategies.
- [Busy Kid - Chore-Financial Routine - App](#)
- [Practical Money Skills](#)

### **Recreation and Leisure**

- [Cultural and Virtual Museums](#)
- Google Arts and Cultures - <https://artsandculture.google.com>

## Cooking

- [Accessible Chef](#) – online free visual recipes and resources to help teach cooking skills to individuals with intellectual and developmental disabilities
- **Self-Determination** “bell ringers”, associated with the Me! Lessons for teaching self- awareness and self-advocacy: [Bell Ringer PowerPoints](#)
- Links to the Me! Lesson resources, Choicemaker Self-Determination curriculum resources, Whose Future Is It Anyway? IEP participation curriculum, and other self-determination resources for FREE at [Zarrow Center Transition Resources](#)
- Self-Determined Learning Model of Instruction website: <http://www.selfdetermination.res.ku.edu/homepage/resources/>. Three phases of the SDLMI worksheet: [Accessible/ Printable Worksheet](#) and [Interactive Online Page](#)
- Mobile Apps to Support Transition-Age Youth - [PACER Center - The Path to Independence](#)
- Healthy Lifestyles instructional ideas from Oregon Health Sciences University: [Summary of Lessons from Young Adult Curriculum](#) and [39 Pages of Handouts](#)
- Healthcare Transitions quiz for Youth and Young Adults: <https://gottransition.org/youthfamilies/HCTquiz.cfm>
- HCT Readiness Assessment for Youth: <https://gottransition.org/resourceGet.cfm?id=224>
- HCT Readiness Assessment for Parents/Caregivers: <https://gottransition.org/resourceGet.cfm?id=225>
- HCT Readiness Assessment for Students in Special Education: <https://gottransition.org/resourceGet.cfm?id=526>
- Mental Health conversation starters and infographics/ tips through [NAMI](#) and [Pathways](#)

## Mental Health

- [NAMI COVID-19 - Information and Resources](#)
- [Sensory Impairments](#)
- [Virtual Activities for Teachers and Families - TX Sensory Support Network](#)

## **Independent Living Lesson Plan Starters**

- [Using Self-Management to Teach Task Initiation](#)
- [Using Least to Most Prompts to Teach Laundry and Cleaning Skills](#)
- [Using Response Prompting to Teach a Specific Skill](#)
- [Using Simulation to Practice Social Skills](#)
- [Using Self-Monitoring to Teach Game Related Social Skills](#)
- [Using Simulated Instruction to Teach Selecting the Correct Bus Stop](#)
- [Using the "One More Than" Purchasing Strategy](#)
- [Using Response Prompting to Teach Grocery Store Shopping](#)
- [Using Time Delay to Teach Selecting the Lower Priced Item](#)
- [Using Video Modeling to Teach Meal Preparation](#) (this lesson features use of a DVD; however, a YouTube or other video featuring a recipe could be substituted)
- [Using Time Delay to Teach Snack Making](#)

Each of the lesson plan starters above could be used to teach a different skill in a different setting than those included in the original lesson plan.

## **Exercise and Fitness**

- [Special Olympics - School of Strength](#)
- **Planet Fitness:** One of the country's largest gym chains, Planet Fitness, has been live-streaming [free online workout classes on its Facebook page](#) on weekdays at 7 p.m. ET. These 30-minute, equipment-free workouts are also available on demand on their [YouTube channel](#).
- **Nike Training Club:** This app lets you download [free 15-, 30-, and 45-minute workouts](#) designed by Nike trainers. Most of the workouts are equipment-free and use GIFs to demonstrate how to do each exercise — from squats, to walkouts, to lunges. There's a premium version, too, that includes nutrition advice.
- **YogaWorks:** Have a little more time? You can find plenty of 60-, 75-, and 90-minute classes on various studios' YouTube accounts. [Full schedule here](#).
- **Downward Dog:** This company is offering its suite of fitness apps — from the seven-minute workout, to Barre, to Yoga for Beginners — for free, with no subscription required [www.downdogapp.com/schools](http://www.downdogapp.com/schools)