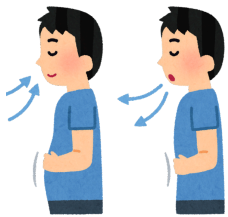




SELF-CARE GOALS FOR THE IEP

As an adult, you will be responsible for your own actions and your own self-care. Understanding what your body and mind need is the first step. Work with your ARC team to create self-care goals in your Transition Plan.



I can identify and use calming techniques to manage my emotions when I am upset.

By the end of the IEP cycle, the student will be able to identify specific calming techniques to use when managing negative emotions with ____% success.



I can identify situations and events that will create negative emotional situations.

By the end of the IEP cycle, the student will be able to list what situations or events can trigger negative behavior, and identify how that could impact them in their environment ____% accuracy.



I can identify areas where I need assistance and seek help.

By the end of the IEP cycle, the student will be able to identify their own strengths and weaknesses, and seek guidance prior to escalating behaviors ____ times out of ____ times.



I can participate in developing a plan to meet my personal self-care goals.

By the end of the IEP cycle, the student will work with teachers to create and execute a self-care plan for in school and outside of school using checklists, electronic reminders or picture schedules as options.