

SELF-DETERMINATION T-CHART FOR CHILDREN

Learning to Help Myself



Column 1: During the day, make a list of things you ask your parent or other family member to help you do.

Column 2: Look at the first item you listed in Column 1. In Column 2, write what you need to learn so you can help yourself perform this task. What else do you need? Now do this for each item in Column 1.

Child's Name: _____ **Date:** _____

Question: What is my parent/family doing for me that I can do for myself?	What do I need to learn? What tools will I need?