

# Functional Transition Skills Bell-Ringers

## *Handouts & Activities*



BY: Josh Fearing

Adapted from the ME! Fundamental Bell Ringers

UNIVERSITY OF OKLAHOMA

# I am good at

List or draw all the things you are good at!

### **LIST 3 THINGS YOU LIKE DOING AT SCHOOL**

1. \_\_\_\_\_

Because \_\_\_\_\_

2. \_\_\_\_\_

Because \_\_\_\_\_

**LIST 3 THINGS YOU LIKE DOING AT SCHOOL**

3. \_\_\_\_\_

Because \_\_\_\_\_

## I DO NOT LIKE

1. \_\_\_\_\_

Because \_\_\_\_\_

2. \_\_\_\_\_

Because \_\_\_\_\_

3. \_\_\_\_\_

Because \_\_\_\_\_

## **What People Like About Me**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## What People Like About Me

Draw a picture of yourself!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# WHAT CAN YOU GET BETTER AT?

I would like to improve \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# WHAT SHOULD YOU STOP DOING?

I need to stop \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

At school, I like and admire \_\_\_\_\_.

I admire \_\_\_\_\_ because he/she is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

Not at school, I like and admire \_\_\_\_\_.

I admire \_\_\_\_\_ because he/she is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

My favorite character is \_\_\_\_\_.

I admire \_\_\_\_\_ because he/she is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What People Like About Me

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Write one thing you wish you could do better at school:

What are 2 things you can do right now to get better at your goal?

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## What is your favorite class?

My favorite class is \_\_\_\_\_, because:

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## What is your least favorite class?

My least favorite class is \_\_\_\_\_, because:

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# Being Patient

What does it mean to be patient?

Patient means waiting without being upset.

Are you patient? (circle one)

Yes

No

# Being Patient

What are three things you can do to calmly wait your turn?

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# Being Quiet

Are you a quiet person?

Do you talk too much? Do you talk too loud?

How do you know?

Are you a quiet person? (circle one)

Yes

No

# Being Quiet

What are three things you can do to calmly wait your turn?

1. \_\_\_\_\_

2. \_\_\_\_\_

Name: \_\_\_\_\_

# Asking for Help

When I need help, I know I can ask my parents, friends, or teachers for help.

I know to ask for help when I need to do something I can't do it myself.

I should also ask for help when:

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I Need Help

I can use this sign when I need help. My teachers and friends will know to help me.

I will use this sign when I need help with:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Name: \_\_\_\_\_

# Finishing your work

Are you good at finishing your work? \_\_\_\_\_

Being **efficient** means to do something quick, easy, and correct.

What can you do to be more **efficient**?

To work more **efficiently** and finish my work, I can let others help me. Other things I can do to finish my work:

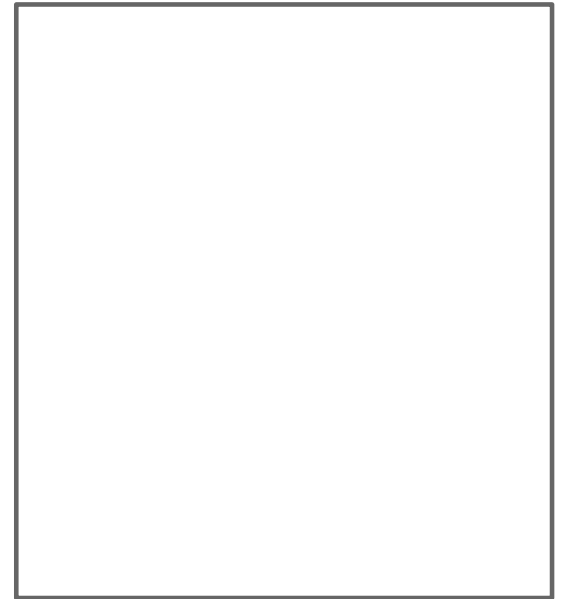
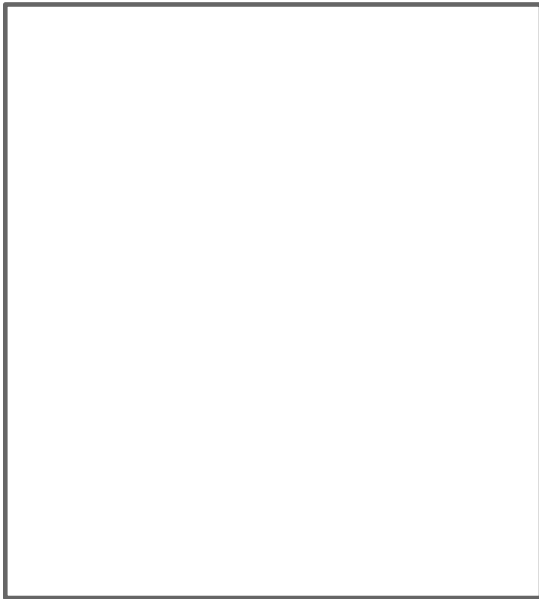


Name: \_\_\_\_\_

# Free Time

Free time is when you are done with everything you *have* to do, and can do something you *want* to do.

What do you like to do with your free time? Draw pictures below to show your favorite things!



Name: \_\_\_\_\_

# What is a disability?

19

A **disability** is a physical or mental condition that limits a person's movements, senses, or activities.

It is something someone has that makes certain things harder to do. Sometimes, a disability in one thing makes you better at something else.

Do you have a disability?

Yes, I have a disability \_\_\_\_\_ No, I do not have a disability

One disability is Dyslexia. Dyslexia makes it harder for a person to read.

Can you name any disabilities?

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# Happiness

Being Happy means:

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What makes you happy? You can write or draw a picture, or even find a picture in a magazine.

Could a person with a disability do that too?

Yes!

No, I don't think so



# Disability at Home

People with disabilities go to school like everyone else, and there are a lot more kids at your school with a disability than you might think.

What is your disability? \_\_\_\_\_

How does your disability make life at home harder?

\_\_\_\_\_



# Living with Disability

Disability is when you have something that makes certain things hard to do

1. What is one way that people can help you at school?

- 
1. What is one thing you can do to make school easier for yourself?

# Living with Disability

Disability is when you have something that makes certain things hard to do

1. What is one way that your family can help you at home?

- 
1. What is one thing you can do to make being at home easier for yourself?



# IEP

What does IEP mean? (circle one)

Intelligent Elephant Program  
Problem

Interesting Electrical Problem

Individualized Education

Ice Energy Proton

Individualized Education Program

Do you know anyone who uses an IEP?

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Have you heard of an IEP before?

# IEP

25

IEP means Individualized Education Program.

Individual means: for one person

Education means: all about school and learning

Program means: all the stuff an individual is going to do

It is a like a book that is all about a person and tells what they can do, what they can't do yet, and what they will be able to do in the future.

**Everyone in this class has an IEP all about them.**

This means that your teachers and your family, and one day you too, will meet to talk about what you can do, what you can't do yet, and what you will learn and be able to do in the future.

## Others Talking About ***YOUR*** IEP

Have you heard other people talking about your IEP?

YES

NO

People talk about you to make a *program* to help you learn.

**How do you feel when other people talk about you?**

Draw a picture of how you feel.

## Who's who of your IEP?

Every person with an IEP has a teacher who is in charge of the IEP. Do you know who is in charge of **YOUR** IEP?

The person in charge of my IEP is \_\_\_\_\_.

My IEP is all about \_\_\_\_\_.

Besides that person, many other people help make my IEP. Those people are my teachers, my therapists, my Principal or Counselor, and me.

# Who's Who of your IEP?

The people who get together to make up YOUR IEP are called the "IEP Team."

Do you know who is on *your* team? Write their names below or write "I don't have one"

1. My Principal: \_\_\_\_\_

1. My Special Education Teacher: \_\_\_\_\_

1. My Speech Teacher: \_\_\_\_\_

1. My Physical Therapist: \_\_\_\_\_

1. My Occupational Therapist: \_\_\_\_\_

# Who's Who of your IEP?

The people who get together to make up YOUR IEP are called the "IEP Team."

Do you know who is on *your* team? Write their names below or write "I don't have one"

6. My General Education Teacher: \_\_\_\_\_

6. Me!!! \_\_\_\_\_

6. My Mom

6. My Dad

6. Other Special People in my life: \_\_\_\_\_

\_\_\_\_\_

**Student Statement**  
**YOUR IEP** has a statement all about you!  
Let's write your statement!

First, plan your statement by answering a few questions. Then write a statement, or sentence, about you!

Your statement will include your name, age, grade, and at least three things you like to do.

1. What is your name? \_\_\_\_\_

1. How old are you? \_\_\_\_\_

4. Where do you go to school?

1. What grade are you in? \_\_\_\_\_

**Student Statement**  
**YOUR IEP** has a statement all about you!  
Let's write your statement!

Choose (at least) three things you like to do.

I like \_\_\_\_\_

I like \_\_\_\_\_

I like \_\_\_\_\_



**Student Statement**

**YOUR IEP** has a statement all about you!  
Let's write your statement!

Your statement will be:

Your name is a 1. how old are you boy or girl in the 2. what grade are you in at 3. where do you go to school. 1. Your name likes to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Example:

Timmy is a 12 year old boy in the 6th grade at Whittier Middle School. Timmy likes making good choices, Youtube videos, and hanging out with his friends.

**Student Statement**

**YOUR IEP** has a statement all about you!  
Let's write your statement!

28d

Your statement:

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# My Strengths

*In school I am good at:*

*Circle what you care good at!*

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Talking to others

Listening to others

Helping others

Math

Making friends

Doing my chores

Reading

Art

Being kind to others

Spelling

Music

*Working by myself*

# My Areas to Improve

*In school I am not that good at:*

*Circle what you can get better at!*

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Talking to others

Listening to others

Helping others

Math

Making friends

Doing my chores

Reading

Art

Being kind to others

Spelling

Music

Working by myself

Social Studies

Walking

Science

# IEP Goals

A goal is something you want to do.

*YOUR IEP* has goals for the different things you are going to learn in one year.

Do you have any goals for the next year? What do you want to do?

Let's brainstorm some goals!

# IEP Goals

Next year, in Math I want to learn: (circle *at least* one, or write your own)

- To add and subtract without a calculator
- To do all my work
- To learn *all* my times tables
- To count money better
- To do algebra (whatever that is)
- To do all my work by myself
- To be a better student

# IEP Goals

30c

Next year, in Math I want to learn: (circle *at least* one, or write your own)

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# IEP Goals

Next year, in Reading I want to learn: (circle *at least one*, or write your own)

- To read by myself for 5 minutes
- To read by myself for 10 minutes
- To read by myself for 15 minutes
- To learn 100 new words
- To do all my work by myself
- To be a better student and a better reader
- To be able to read a book to my family



# IEP Goals

31b

Next year, in Reading I want to learn: (circle *at least* one, or write your own)

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# IEP Goals

Next year, in Writing or Typing I want to learn: (circle *at least one*, or write your own)

- How to type a sentence by myself
- How to write a letter by myself
- How to open a Word document and type by myself
- How to type with both hands
- To be able to write words that everyone can read
- To spell all my words correctly
- To do all my work by myself

# IEP Goals

32b

Next year, in Writing or Typing I want to learn: (circle *at least* one, or write your own)

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# IEP Goals

Next year, in Science I want to learn: (circle *at least one*, or write your own)

- To be able to name different kinds of weather
- To safely complete some awesome Science Experiments
- To learn about recycling
- To learn about robots and computers and crazy stuff!
- To learn about bugs and gross stuff
- To be able to make things!
- To do all my work by myself

# IEP Goals

33b

Next year, in Science I want to learn: (circle *at least one*, or write your own)

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# IEP Goals

Next year, in Social Studies I want to learn: (circle *at least one*, or write your own)

- To be able to name 50 different countries
- To name all 50 States
- To know about other cultures
- To name all the different US Presidents
- To know about landforms
- To be able to sit and watch a whole History documentary
- To do all my work by myself

# IEP Goals

34b

Next year, in Social Studies I want to learn: (circle *at least* one, or write your own)

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# IEP Goals

Next year, I want to improve my behavior by: (circle *at least one*, or write your own)

- I will always say “please” and “thank you”
- I will talk in a quiet voice when I'm inside
- I will not run in the hall
- I will listen to and respect adults
- I will do my best to be a Whittier R.O.C.K.S. Warrior!
- I will follow directions
- I will be kind to others and keep my hands to myself



# IEP Goals

35b

Next year, I want to improve my behavior by: (circle *at least* one, or write your own)

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# Who's Your Team mate?

One day, you will go to YOUR IEP meeting. A whole bunch of people wearing nice pants are going to talk about you. Your mom and dad will be there, and your teacher.

If you could pick someone to be there, who would you choose?

I want \_\_\_\_\_ to be on my team, because: \_\_\_\_\_

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## What is an Accommodation

An **accommodation** is when a person has a hard time doing something, so they need help.

Sometimes an **accommodation** can mean changing the job or work.

Sometimes an **accommodation** can mean using a different tool.

Sometimes **accommodation** can mean changing the place you're in, like turning volume down in a loud room.

Think about a person who uses a wheelchair to move. We'll call this person Tyler.

Tyler wants to go to a baseball game. What accommodations will Tyler need?

(circle the accommodations Tyler will need)

Tyler will need a private game

Tyler needs free hot dogs

Tyler needs a ramp

Tyler needs an ipad to watch the game

Tyler needs an elevator to get to the top of the stadium

Tyler needs a lower sink to wash hands

Tyler needs someone to talk about the game

Tyler needs glasses

Tyler needs a private meeting with the team

Tyler needs a free hat

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## Can I accommodate ya' mate?

### Math

To **accommodate** someone means to make a change, give a tool, or just help out, so that person can do something.

To **accommodate** someone *does not* mean you do the work for them or give them extra help. To **accommodate** gives a person the chance to do the same things everyone else is doing.

How can I **accommodate** you so you can do your best at math? DO NOT circle the answer that is  $(339 - 139) / 20!$

1. I need larger fonts to help me see
2. I need a big pencil to help write
3. I need to use a calculator.
4. I need a small pencil to help write
5. I like shorter assignments.
6. I like to type my work
7. I work best in a quiet space
8. I need a person to help me
9. I need to do my work a few questions at a time
10. Math is dumb and I don't need math

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## Can you accommodate, mate?

### Reading

To **accommodate** someone means to make a change, give a tool, or just help out, so that person can do something.

To **accommodate** someone *does not* mean you do the work for them or give them extra help. To **accommodate** gives a person the chance to do the same things everyone else is doing.

How can I **accommodate** you so you can do your best at reading?

1. I need larger fonts to help me see

2. I like to read white words on black paper

3. I like to read on a computer or tablet

4. I like pictures

5. I like shorter assignments.

6. I like to type my work

7. I work best in a quiet space

8. I need a person to help me

9. I need to do my work a few questions at a time

10. I dunt ned no dummm reedign

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## Can you accommodate, mate?

### Reading

To **accommodate** someone means to make a change, give a tool, or just help out, so that person can do something.

To **accommodate** someone *does not* mean you do the work for them or give them extra help. To **accommodate** gives a person the chance to do the same things everyone else is doing.

How can I **accommodate** you so you can do your best at reading?

1. I need someone to write for me
2. I need a different kind of pencil
3. I like to write inside pre-drawn boxes
4. I prefer to type on a computer
5. I like to write over-top highlighter
6. I prefer to type on an Ipad
7. I work best in a quiet space
8. I need a person to help me
9. Don't count off for spelling
10. I da besstest at wrting. Dnt need help none?

## Lean on me! Who, me?

School can be hard. Sometimes adults tell you it's easy to be a kid, but that's not true. You are growing, changing, and learning and it is **really** hard sometimes.

It's okay to need help. Who can you ask for help when you need help or have questions?

Name at least two people not school you can ask for help, two adults at school, and two kids at school you can ask for help.



# Lean on me! Who, me?

At school I can talk to two kids:

\_\_\_\_\_,'

\_\_\_\_\_

At home I can talk to:

\_\_\_\_\_,'

\_\_\_\_\_

At school I can talk to two kids:

\_\_\_\_\_,'

\_\_\_\_\_

# When I need help...

I don't always like asking for help because I like to do things by myself, but when I forget something about my work, I know I need to ask for help.

## Circle the options you might use to ask for help

1. HEY, HELP ME NOW!!!
2. Pwetty pwease, I need heeeelp.
3. Excuse me, I need help please.
4. I need help.
5. I need a \_\_\_\_\_ please.

Write what you will say to ask for help:

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# Help! I need somebody...

When I don't like my class schedule and I want a change, I can:

Scream, shout, and cry until my problem is magically fixed.

Tell

my friends.

Punch a wall, break my hand, and go to the doctor. That will fix my schedule!

Tell a teacher or counselor and ask for help.

Tell my parents and ask for help.

My favorite class right now is: \_\_\_\_\_

## Talking to friends

43

Sometimes talking to other people is hard. It's easy to get mad sometimes.

When you get mad, you know it's not okay to yell, hit, or scream.

You know it's better to talk. You could say "I am upset, I need a break."

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*What could you say when you are mad at a friend?*

*What could you say when you're mad at a teacher?*

Fill out the back of this page, then practice talking to 2 friends and 1 teacher.

When I am mad at friends I will say:

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When I am mad at teachers I will say:

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Check off the boxes after you talk to 2 friends and 1 teacher

Friend

Friend

Teacher

# My Future!

Next year I will be in the \_\_\_\_\_ grade.

What classes do you want?

What do you want to do for fun next year?

Fill out the schedule on the back page to help plan your year!

# Work, work, work

Working is when you do something and get paid for it. A Job is work you do everyday to earn money.

If you could have any job in the world, what would it be?

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What can you do at school to get ready for this job?

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# Planes, Trains, and Automobiles

There are lots of different ways to get places!

When you're older, you might drive a car or ride a bike. Do you plan to drive a car or ride a bike?

Yes, Bike

Yes, drive

No

How will you get places?

Circle the different ways you will get places. Put an "X" through the ways you will not use.



Donkey



Bike



Tractor



Bus



Walk



Taxi



# Graduation

After middle school, you will go to high school! After high school, you will *graduate*.

What does it mean to graduate?

Graduate means: \_\_\_\_\_

How do you think you will feel and why?

Happy

Sad

Nervous

Excited

# Graduation

When I graduate I will feel \_\_\_\_\_ because

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# After Graduation

After you graduate you will get a job!

List your top three most wanted jobs!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is a class at school you can take to help get ready for this job?

\_\_\_\_\_

# Dirty Jobs...

After you graduate you will get a job!

List three jobs you know you DON'T want.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

On the back of this page, write at least one word for each job to explain why you don't want it.

**Write at least one word or sentence that tells why you DON'T want your least favorite job choices.**

examples: 1. The job is boring.

2. not fun

3. lame

Job 1. \_\_\_\_\_

Job 2. \_\_\_\_\_

Job 3. \_\_\_\_\_

# After High School...

When I'm done with high school, I plan to...

(circle all that apply)

**Work**

**Learn More**

Full Time

Online

At College

At Work

Part Time

In Person

At Career  
School

At Home

Online

Here I go, again...

After High School, where will you live? Will you live by yourself? With Joey and Chandler? With your parents?

When I am finished with high school, I will live... (circle at least one)

By myself

With roommates

With my boyfriend or girlfriend

husband or

wife

My parents

## Adults Just Want to Have Fun

53

What will you do for fun, when you are an adult? (Check at least one. You can write your own ideas on the back page.)

- Computer all day!
- Video Games
- Chores
- Hiking
- Work on my novel at Starbucks
- Sports
- Play music
- Draw, paint, or other art
- Listen to music
- Watch cat videos
- Hang out with friends
- Hang out with family
- Hang out with my significant other



## Adults Just Want to Have Fun

1. -----

-

1. -----

-

1. -----

-