

SELF DETERMINATION ACTIVITY PACKET



1. What are the four principles of self-determination?

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2. Freedom means to make _____ for ourselves.

3. Control means we get to _____ our lives the way we want.

4. List some responsibilities you have at:

- School:
- Home:
- Work:

5. List 3 people that SUPPORT YOU:

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6. A Self- Advocate is someone who _____ for themselves.

7. Self-Advocacy teaches you about your _____ & _____.

8. Do you speak up for yourself? Check one.

_____ ALL THE TIME 😊

_____ SOMETIMES :/

_____ NEVER ☹️