



# 1 Is there a with an activity?

2 **No.**  
carry on  ALL GOOD

2 **Yes.** What is it?  
\_\_\_\_\_ 

2 **Yes.** I don't know what the problem is. That's OK. I can still try to figure out what TYPE of activity it is. 

3 **Is it a "Must Do" Activity?-**  
These are activities that have to be completed for safety (e.g., wearing a seatbelt in a car) or health (e.g., wearing mask in public)

**Is it a "Needs to be Done but Negotiable" Activity?-**  
These are activities that have to be completed (e.g., school work or chores), but may be modified in ways that will help to solve the problem that the original activity presented.

**Is it a "It's up to Me" Activity?-**  
These are activities that you can decide to do or decide not to do (e.g., playing video games or participating in an after school activity)





I don't know what kind of activity it is.

4a **Consider options to help get ready to complete the activity**

**Consider modifications to the activity with trusted adult or on your own. What does completion look like?**

**Consider options. Do you want to participate or not?**

**Ask a trusted adult what type of activity it is.**

- 4b
- Do you need to eat, drink, sleep, or go to the bathroom?  

  - Are you missing any helpful information?  

  - Can you ask someone to help? How?  

  - Will a Power UP or Power Down Strategy help? A Sensory Modification?  


- Can you change **where** the activity is done?
- Can you change **when** the activity is done?
- Can you change **how** the activity is completed?
- Can you change **who** is involved in the activity?
- Can you change **how much** of the activity needs to be done?

- Yes.**
- No.**
- Don't**
- Consider and determine options to get ready for an activity and/ or to modify the activity with the trusted adult or on your own.**

**Consider and determine options to get ready for an activity and/ or to modify the activity with the trusted adult or on your own.**

**Complete the activity with help if needed**

**Complete the activity with modifications and help if needed**

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