

Transition Activities and Websites:

- I. Engaging Students in **Every Day Activities** (no technology needed)
 - a. Organizing personal or common family spaces
 - b. Cooking side meals, setting table, and/or getting drinks ready. Also helping with the planning of meals
 - c. Games
 - d. Cleaning inside/outside
 - e. Virtual communication (helping students to remain connected to school friends via (monitoring) texting, FaceTime, Zoom, Social Media)
 - f. Television, radio, podcasts
 - g. Exercise (inside/out)
 - h. Hobbies
 - i. Creating a choice board of the various daily activities: taking pictures of your student participating in daily activities, and then student using pictures to choose the activity to complete. Pictures can be stored in electronic device or printed.

- II. Creating a Home Learning Schedule: give students choices creating their individual home learning schedules
<https://www.teacherspayteachers.com/Browse/Search:home%20learning%20schedule>

CAREER EXPLORATION:

- III. Explore-Work.com: <https://explore-work.com/>
Series of web-based modules that align with the WIOA Pre-Employment Transition Services (PETS) Program.
- IV. Career One Stop: <https://www.careeronestop.org/>
Information regarding career exploration, training, and jobs.

INDEPENDENT LIVING SKILLS - Budgeting

- V. Cents and Sensibility - <http://www.studymoney.us/#/Home>
A guide to money management for teen students with disabilities.
- VI. PA Career Zone: Budgeting your Life: <https://www.pacareerzone.org/budget/summary>
Interactive site assisting students in exploring budgeting strategies

Recreation and Leisure

- VII. Low Tech: taking a walk around the neighborhood, having a family dance party, play charades, kicking soccer ball around, playing basketball, jumping rope, playing hop scotch, riding bikes, jumping jacks, sit up/push-up challenge, running/jogging in place, learning a new dance move are just a few ideas.
- VIII. Planet Fitness: <https://www.planetfitness.com/>
Free in home workouts on Facebook Live – daily at 7p.m.
-Popsugar: <https://www.popsugar.com/Fitness-Video>
Free, in home work out yoga videos

Health: Supporting Students during uncertain times.

- IX. Supporting individuals with Autism: <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>
- X. Autism Society: <https://www.autism-society.org/covid-19/>
- XI. Supporting individuals with Intellectual Disabilities: <https://thearc.org/covid/>
- XII. Mental Health Supports: <https://www.nami.org/>

Regional Agencies:

Erie County Care Management: 814-528-0600 Mary Huber <https://www.eccm.org/>

Occupational Vocational Rehabilitation (OVR): 814-871-4551 Karen DiGangi
<https://www.dli.pa.gov/Individuals/Disability-Services/Pages/Disability-Services.aspx>