

# News Notes

A Newsletter for Teachers of Students with Significant  
Cognitive Disabilities  
Educational Equity for All



February 2020



**Exceptional Child**

## Helping Students Develop Self-Regulation Skills

Managing your classroom can be challenging, especially when some of your students have limited self-regulation skills. With self-regulation, students can spend more time learning and taking responsibility for managing their own behaviors.

Self-regulated students take increasing control over their own thoughts, feelings, and actions—skills that are critical for success in school and life. Self-Regulation Definition  
Some of those skills include:

- Following rules and directions.
- Setting goals and carrying out plans to achieve those goals.
- Organizing and managing time and materials.
- Using strategies and resources.
- Staying on-task, working independently, and completing tasks.
- Asking for help when needed.

Students with disabilities may experience difficulties with self-regulation, and these skill deficits can appear across disability categories, from specific learning disabilities to autism to ADHD. But with the right strategies, educators can help students develop these important skills!

- Arrange your classroom to promote more student independence in use of space and materials.
- Clearly post, explain, and teach classroom rules and routines.
- Add visuals such as labels, lists of steps, or reminders.
- Teach students to highlight or color-code important information.
- Incorporate technology or other organizational tools to help students organize themselves.
- Encourage students to use an assignment calendar and break down large assignments.
- Provide students with frequent guided practice and offer positive feedback.

[t.ly/yMbW0](https://t.ly/yMbW0)



THERAPY  
TRAVELERS

TEACHING PRACTICAL  
TIPS FOR SPECIAL  
EDUCATION TEACHERS

- Recognize that you can make an enormous difference in this student's life!
- Learn more about intellectual disabilities in general and your student in particular.
- Be an active participant in the student's IEP team.
- The IEP is developed by the student's parents and school personnel—and, often, the student, too.
- Provide accommodations and supports that help students with intellectual disabilities.
- Accommodations are often made in five main areas:
  - scheduling
  - setting
  - materials
  - instruction
  - student response
- Be as concrete as possible.
- Go step by step.
- Break longer, new tasks into small steps.
- Give immediate feedback.
- Help the student learn life skills.
- Address the social aspects of the school.
- Communicate with your student's parents.

## 5 TIPS FOR SUCCESS

1. Teach Baby Steps
2. Concrete Learning Experiences
3. Immediate and Positive Feedback
4. Sing a Song
5. Patience

[t.ly/kqdjL](https://t.ly/kqdjL)

EDUCATIONAL  
EQUITY FOR ALL  
..... Giving kids what they need to succeed.

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## FEATURED IDEA OF THE MONTH

### 5 Alternatives to Laminating Pouches **LAMINATION HACKS** for **TEACHERS**



www.NoodleNook.net

- Hack #1: Dry Erase Sleeves
- Hack #2: Plastic Sleeves
- Hack #3: Bookmark Sleeves
- Hack #4: Packing Tape
- Hack #5: Clear Contact Paper Rolls

[t.ly/kqdyY](http://t.ly/kqdyY)



30 Pack



Special Olympics Southern California's Schools Program encourages inclusion, participation, and leadership in students through the power of sport. This partnership between schools and Special Olympics Southern California includes sports training and competition, inclusive youth leadership and whole school engagement for students of all ages.

FEBRUARY – JUNE

- ATHLETICS -Track and field is one of Special Olympics most popular sports.
- BASKETBALL
- BOCCE
- FLAG FOOTBALL
- SWIMMING

<https://www.sosc.org/schools>



LOS ANGELES

February 21 - 23, 2020

Los Angeles Convention Center, West Hall A

Fri. 11am-5pm | Sat. 11am-5pm | Sun 11am-4pm

Scale Actual Walls and Break Down Symbolic Ones at Abilities Expo

FREE workshops! Plan your Abilities Expo experience today!

<https://www.abilities.com/losangeles/>



Guided Reading Lessons + Rotation in Self Contained SPED – Part 1

[t.ly/dgqB1](http://t.ly/dgqB1)

## ALTERNATIVE AND AUGMENTATIVE COMMUNICATION

### 3 Practical strategies to support choice and control for all people

All people who struggle with communication can be supported to make their own decisions. There are many tools and strategies that can help with this.

Supported decision-making focuses on giving a person more autonomy, i.e. choice and control. It can be divided into three steps: expressing preferences, prioritizing them, and taking action.

[t.ly/1MyKA](http://t.ly/1MyKA)

## WEBSITES AND RESOURCES

<https://www.teachspced.ca/developmental-disability>

<https://www.merakilane.com/pecs-for-autism/>

<https://yourkidstable.com/sensory-diet-activities/>



## PROFESSIONAL DEVELOPMENT



**Project IDEAL**  
INFORMING AND DESIGNING EDUCATION FOR ALL LEARNERS

### Welcome to Project IDEAL Online

This Website is part of a teacher preparation program intended to better prepare teachers to work with students with disabilities. Project IDEAL (Informing and Designing Education For All Learners) was made possible by the Texas Council for Developmental Disabilities (TCDD).



We encourage you to start by watching the video to learn about teaching special education. Then you can explore the [Disability Categories module](#) and familiarize yourself with each disability category. Feel free to explore the other modules, supplemental information and resources as you see fit. In addition, the [IDEAL In Action](#) site is a great place to discover how teachers are using the ideas from Project Ideal in real world classroom situations.

### Modules

Each teaching module follows a similar structure and includes Key Concepts, Activities, Presentations, Tests and Media. Explore the Key Concepts or jump into the Activities section to get ideas of how to implement what you learn in your classrooms

<http://www.projectidealonline.org/>