

Self-Directed Program Planning Worksheet

 Life Skills & Independence			
Activity Idea	Planned Frequency 2x/week	Note/ Adjustments (recipes, shopping list, support needed)	Completed 
Cooking/meal prep, shopping			
Household tasks: laundry, cleaning, recycling, dishes			
Personal hygiene			

Planning Tip: Focus on tasks that increase independence. Ask your child what they enjoy or want to learn.

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 Work & Vocational Skills			
Activity Idea	Planned Frequency 2x/week	Note/ Adjustments (locations, skills to practice, support needed)	Completed 
Job sampling/ volunteer work			
Skill building (filing, bagging, sorting, cleaning)			
Entrepreneurship project			

Planning Tip: Start small and gradually increase responsibility. Document success and challenges.

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 Social and Community Engagement			
Activity Idea	Planned Frequency 2x/week	Note/ Adjustments (schedules, transportation, locations, social goals, friends. support needed)	Completed 
Clubs or interest groups			
Volunteering			
Social outings			

Planning Tip: Encourage participation in community life and help build social skills.

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 Health & Wellness			
Activity Idea	Planned Frequency 2x/week	Note/ Adjustments (location, type, resources, support needed)	Completed 
Exercise routine, gym, biking, walking			
Mindfulness. relaxation			
Nutrition & meal planning			

Planning Tip: Make wellness a regular part of the schedule, and adjust intensity to your child's comfort level.

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Hobbies & Personal Interests			
Activity Idea	Planned Frequency 2x/week	Note/ Adjustments (materials needed, project steps, lessons, apps, resources, support needed)	Completed 
Arts & crafts			
Music/ performance			
Technology/ games			

Planning Tip: Encourage exploration and celebrate achievements. Keep hobbies fun and flexible.