🎭 My Role-Play Plan

Name: _____ Date: _____

Scene # _____

👋 **Start politely:** "Excuse me, _____."

🧰 **Say what I need:** "I need _____."

💬 **Reason:** "It helps me when / because _____."

🙏 **Thanks + check:** "Thank you. So I should _____?"

Scene # _____

👋 **Start politely:** "Excuse me, _____."

🧰 **Say what I need:** "I need _____."

💬 **Reason:** "It helps me when / because _____."

🙏 **Thanks + check:** "Thank you. So I should _____?"

Word bank. repeat that · show me · write it down · a checklist · one step at a time · headphones · a quiet spot · a break · extra time · fix my order · which stop · thank you · I understand

📁 Unit 1 Reflection: Speaking Up for Me

Name: _____ Date: _____

✅ Check what I can do now

☐ I can name my rights at school and work. ⚖️

☐ I can respect other people's boundaries. 🧱

☐ I can name my strengths, a goal, and my supports. ⭐🎯🧰

☐ I can ask for what I need, politely and calmly. 🗣️

☐ I can take part in my IEP meeting. 🎤

🌟 The skill I'm proudest of:

_____

_____

🎯 One place I'll speak up this month (school, work, or community):

_____

_____

📁 File in my Portfolio: Tab 3 Personal Life → 3A All About Me, behind my IEP Prep Page.

✂️ **Scene 1 of 6 · School**



Your teacher gave directions too fast. You didn't understand.

🎯 Ask them to repeat or show you.

✂️ **Scene 2 of 6 · School**



The room is too loud. You can't focus on your work.

🎯 Ask for headphones or a quiet spot.

✂️ **Scene 3 of 6 · Job site**



Your supervisor gives you 3 jobs at once. You can't remember them all.

🎯 Ask for a checklist or one job at a time.

✂️ **Scene 4 of 6 · School**



It's test day. You need your extra time.

🎯 Tell the teacher what helps you.

✂️ **Scene 5 of 6 · Community**



Your food order is wrong. You asked for no onions.

🎯 Tell the cashier politely.

✂️ **Scene 6 of 6 · Community**



You're on the bus. You don't know which stop is yours.

🎯 Ask the driver for help.

✂️ **Card 1 of 3 · Which ask is best?**



You don't understand the directions.

A: “This is dumb. I don't get it.”

B: “Excuse me, can you show me the first step?”

✂️ **Card 2 of 3 · Which ask is best?**



You feel overwhelmed at work.

A: “Excuse me, I need a 2-minute break. Can I take it now?”

B: You walk away without saying anything.

✂️ **Card 3 of 3 · Which ask is best?**



Your food order is wrong.

A: You eat it and feel upset.

B: “Excuse me, I ordered no onions. Can you fix it, please?”