



# How to Start Your Own Natural Supports Effort

- Ways to...Hold A Kick-Off Event
  - ◆ School-wide assembly featuring panel of youth with disabilities
  - ◆ Lunch-time pizza party to attract new members
  - ◆ Pancake breakfast
  - ◆ Meet & greet at beginning of school year
  - ◆ Video screening for entire school
  - ◆ Field trip
  - ◆ Booth at back-to-school or freshman orientation
  - ◆ Float in Homecoming parade
  
- Ways to...Recruit Students
  - ◆ Ask them!
  - ◆ Make it fun
  - ◆ Offer food
  - ◆ Keep asking...
  - ◆ Give students information about what you want to start and why
  - ◆ Tell other teachers
  - ◆ Encourage students to invite friends
  - ◆ Be cool (or find an adult who is)
  - ◆ Offer credit/volunteer hours

- Ways to...Maintain a Club
  - ◆ Meet regularly (at least once a week)
  - ◆ Try something new (e.g. snowshoeing, rock climbing)
  - ◆ Use e-mail/Facebook and make sure students with disabilities have e-mail/Facebook accounts
  - ◆ Keep it fun
  - ◆ Rotate youth leadership
  - ◆ Have semester/yearly kick-off events
  - ◆ Recruit new students throughout the year
  - ◆ Document activities (photos, videos, stories)
  - ◆ Have adults who can manage logistics
  - ◆ Engage in team building activities (e.g. ropes course)

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### **Natural Supports Project**

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