

# Choice Boards

Choice boards are a visual aid for children who have difficulties processing information and communicating verbally their choices. Choice boards can be used for choosing between two – eight different things depending on what the child can cope with.

## Aims of a choice board:

- To encourage the child to communicate by giving them an alternative means to request something specific whilst also supporting their language development
- To narrow down the number of choices available as too many can be over whelming for some children
- To reduce anxiety by promoting order to the child's day and allowing them to have some control and independence

With acknowledgement of original concept : *Gerhardt, P, Cohen, M. (2014) Visual supports for people with autism: a guide for parents and professionals. Woodbine House*

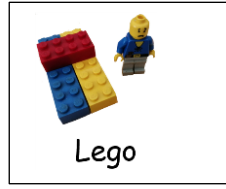
Supporting the child to communicate and giving them choice and control can prevent their anxiety and frustration rising and prevent an escalation in undesirable behaviour

## How do I use 'Choice' Boards?

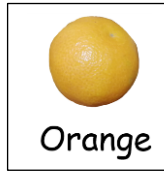
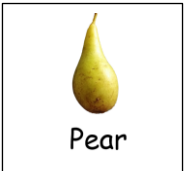
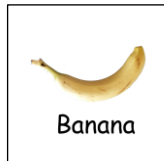
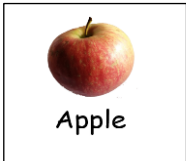
1. Select the pictures for the choices of activities or items and stick them on the board. Ensure that all items are available.
2. Place the board in the child's view at their level and show them the pictures.
3. Using a hand over hand approach, prompt the child to choose a card. As soon as a card is chosen, say the word/s and give the child their choice straight away so that they learn cause and effect. Praise them and celebrate their achievement
4. As the child begins to understand the process, gradually reduce the amount of support that you give and encourage them to choose independently

## Examples of choice boards

### Harry's Choice Board



### Sophie's Choice Board



## Zara's Choice Board



Arts and  
Crafts



Computer



Dressing Up



Car Mat



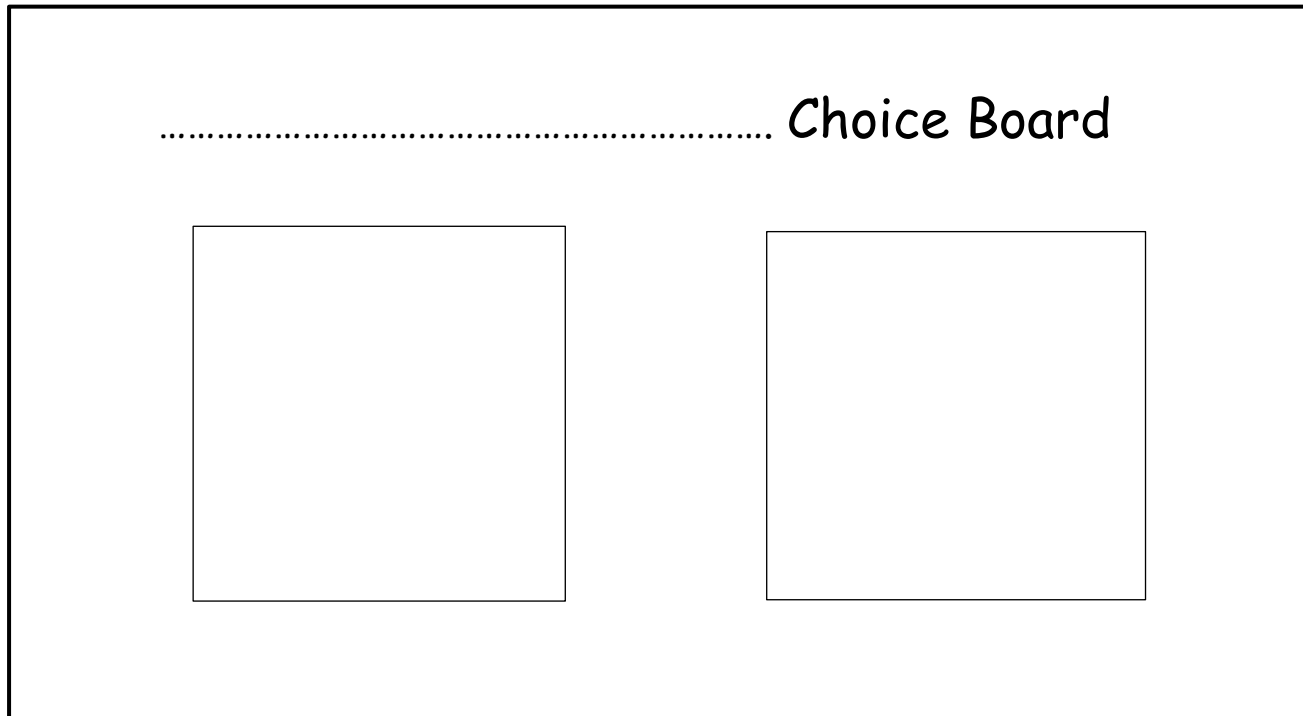
Doll



Ball

# 'Choice Board' templates for you to print, laminate and use

## Two Choice Board Template



Three Choice Board Template

..... Choice Board

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Four Choice Board Template

..... Choice Board


Six Choice Board Template

..... Choice Board


Eight Choice Board Template

..... Choice Board

