

## Good Choice, Bad Choice Board

Good Choice, Bad Choice Boards can be used to support children to learn and understand the difference between an action being a good choice or a bad choice and that these choices set off a series of events for which they are responsible and accountable for. Making good choices can lead to things happening which they enjoy or make people happy, but a bad choice can lead to themselves and others being unhappy, things being broken or people getting hurt. They will then have to accept the consequence of this action.

These visual aids will support children to understand that even if they make a wrong choice during the day, they can still turn things around through making good choices and leave the club with a positive thumbs up.

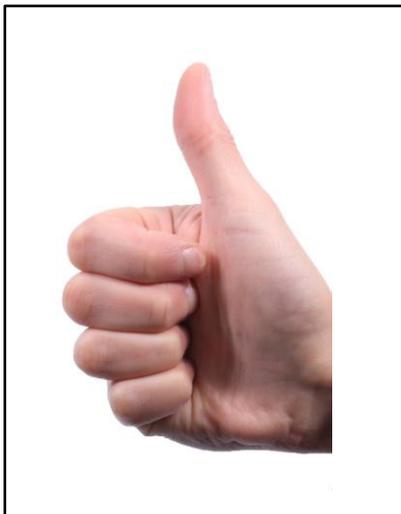
With acknowledgment of original concept: *Hieneman, M., Dunlap, G., & Kincaid, D. (2005). Positive support strategies for students with behavioural disorders in general education settings. Psychology in the Schools. Gardner, R. III, Heward, W. L., & Grossi, T. A. (1994). Effects of response cards on student participation and academic achievement: A systematic replication with inner-city students during wholeclass science instruction*

### How do I use a Good Choice, Bad Choice Board?

1. Introduce the thumbs up and thumbs down signs to the child which represent good choice and bad choice. Talk about what sorts of actions are good choices and what aren't and why. Maybe have a game together where you sort out different actions into two different piles for good choices and bad choices. Ask the child if they know what a consequence is and explain that when we make a bad choice then something needs to happen so that we learn not to do this action again. Explain that we all make a bad choice sometimes but what matters is how we then turn that around by then making good choices.
2. Introduce a 'Good Choice, Bad Choice' Board with a space for each day of the week the child attends. Show the child that when they make a 'bad', or the wrong choice during your session, then you will put a thumbs down picture on their board for that day. Then through their consequence, they have the opportunity to turn this round by the end of the session to be a thumbs up through then making good choices.

3. When the child makes a bad choice, ensure first that the child is calm and feels emotionally safe to be able to tell the truth and accept any consequence for their actions. Ask them if they think their action was a good choice or not and then reinforce that it wasn't and put the thumbs down symbol on their board. Ask them how they felt when they made this choice so that they can link the feeling to the action. You could use the Emotions board to support them with this. Reinforce to the child that they made a bad choice, so there will be a consequence to this but that they can still turn this around by making a good choice. Try to use the same language each time "you have made the wrong choice/bad choice so now there will be a consequence". A consequence should be something which encourages self-examination and reflection to learn from the mistake and take responsibility for it, rather than a punishment which can cause resentment, doesn't teach the child anything and destroys the trust between you. Consequences could be:
  - time away from activities to think about their actions then demonstrating that they understand what they did wrong, showing remorse and apologising to those affected by the action. For example, this could be after hurting another child.
  - loss of a privilege until the child demonstrates good choices through their actions. For example. this could be after deliberately damaging property
4. When the child responds to the consequence by taking responsibility for their actions, give lots of positive praise and reinforce that they have now made a good choice and turn the thumbs down to thumbs up.
5. During your sessions, regularly recognise the small good choices that the child makes and give praise for these actions whilst calling them "good choices" so that the child is regularly reminded what good choices are. This will remind them that they can do things well and will boost their self-esteem. Reward with a thumbs up picture on the board when good choices are made.

### Good Choice, Bad Choice pictures



**Template of a 'Good Choice, Bad Choice Board'**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>