

Providing Choice



Providing an individual with choice can lead to a number of positive outcomes:

- ❖ Increasing compliance
- ❖ Decreasing problem behaviours
- ❖ Encouraging independence
- ❖ Promoting the individual's feelings of control and confidence

What are some choices that can be offered?

- ❖ Snacks
- ❖ Activities
- ❖ Toys
- ❖ Tasks (e.g. chores, academic work)
- ❖ Materials (e.g. red or green toothbrush, pencil or pen)
- ❖ Time
- ❖ Location
- ❖ Relaxation and/or coping strategies

Other Helpful Tips:

- ❖ Choices can be provided verbally many times throughout the day
- ❖ For some individuals it may be beneficial to have a visual that displays his/her options – this is called a Choice Board
- ❖ Choice Boards should be tailored to best fit the individual's needs
 - It may only include 2 options or it could offer many more
 - Choices may be presented in pictures or written words



If you are using pictures, the internet is a great resource to find clipart or real-life photos to use. Taking your own photos and putting them into a Choice Board is a great option as well!

