



Using a Choice Board

Choice boards are used to improve communication, provide a visual reminder of available activities, and encourage independent decision-making. Offering choice before an activity or task increases active participation and motivation in activities and decreases challenging behavior. Providing choice promotes autonomy and is the start of learning decision-making skills.

Choice boards can be used to provide a variety of different choices: such as food, drinks, rewards, activities, places, people, toys, and materials and supplies.

- 1 Choose two choices that you can live with.
(Only provide options that are available and appropriate at the time)
- 2 Use pictures that portray each choice to attach to the board with Velcro or tape
- 3 Show the child the choice board, read each choice, pointing to each one as you say the word
- 4 Ask the child to make a choice and wait for them to show you by either pointing or removing the choice, handing it to you, or verbally choosing.

TIP: Make sure one choice is a more preferred item or activity to increase motivation.

I Choose...

