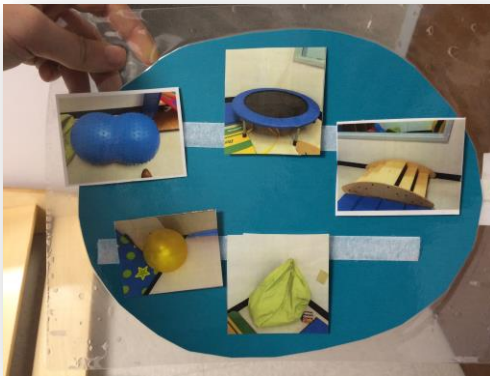


TEACCH TIPS CHOICE BOARDS

How do we know what's an option and when we can do certain activities?
How do we know where we can sit in a room or what we can have for lunch? We can help structure the environment with a choice board to help individuals with Autism Spectrum Disorder understand just that.

PROVIDING CHOICES

We can provide choices throughout the day by incorporating choices into what snack to eat, where to sit, what activity to do next, who to play with on the playground, what color marker to use... the list goes on. Below we have a picture of a choice board used to help a child select what activity they would like to do in the gym. Having a choice in something can help us all have some buy-in to what we are doing.



TIPS FOR USING A VISUAL CHOICE BOARD

Show the choice board and the person will make their selection using their communication mode (e.g. pointing, reaching, saying the word, getting the picture). If you are using a visual schedule, make sure the choice board looks very different from the schedule so the person knows when things are an option (choice board) and when they are required (schedule). We made this choice board (pictured above) a circle of a different color than the child's schedule and presented the choices horizontally.

CHOICE BOARDS

Choices can be provided in whatever format the individual best understands including: real objects, pictures, line drawings, and written or spoken words.

Offering Choices Helps To:

- Promote independence
- Increase motivation
- Clarify what's available (and not)
- Promote Communication