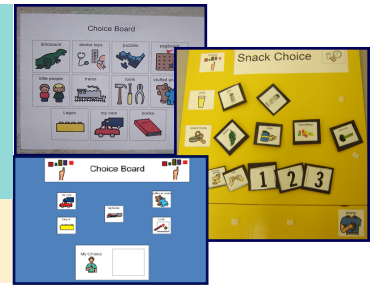


How~To Templates

Choice Boards



Making choices can be a difficult task for some individuals with Autism Spectrum Disorder (ASD). Making a choice requires the individual to consider all possible appropriate options, select one option, and indicate that selection to another person. Difficulties may arise in any one of these steps, or in all three. By providing the individual with a choice board, she or he may be better able to make choices.

A choice board is a visual representation of all possible, appropriate choices. By providing visual choices, the individual does not have to think of the options on his or her own. The visual choices can help the individual focus on the appropriate options rather than get distracted by other options that may not be appropriate or available. The choices on a choice board should be arranged in a shape, not a line. A list of words or pictures presented in a straight line may be mistaken for a schedule, thus the individual may believe she or he must complete each item in order. On a choice board, options are arranged in a more random order, encouraging the individual to select any one of the options.



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To Make:

1. Begin by considering the situation in which a choice board would be most beneficial. Choice boards may be utilized at mealtimes, leisure times, or any other times in which an option or choice is available.
2. Use one of the templates provided here (or create your own) to create a list of choices.
3. Affix each choice option to a larger board with Velcro in a non-linear order (e.g., square, circle).

To Use:

1. When it is time for the individual to make a choice, present him or her with the choice board.
2. Use a simple phrase, such as "make choice" to indicate that the individual can choose any of the options.
3. Consider providing only 2-3 choices initially, and slowly increasing the number of presented choices as the individual is better able to discriminate choices.
4. The individual may need to be supported through prompts to make a choice.

Also, check out...

How-To Video Series

How-To Templates Series

Kid's Corner Series

Life with ASD Series

Academia Series

Strategy in Practice

e-Learning Options

Stay in touch via listserv &



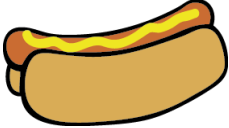
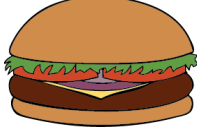
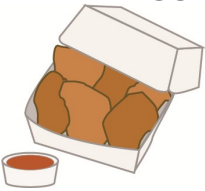
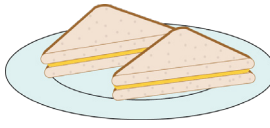

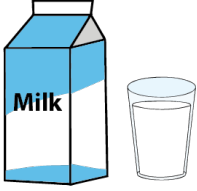
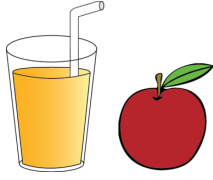
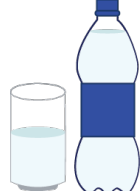
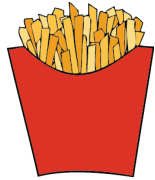

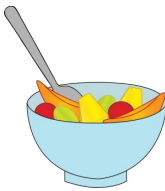
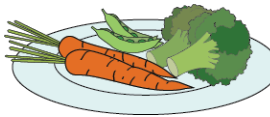
& Learning Connection!

Materials provided are **samples only!**


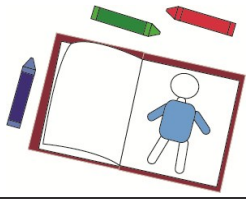

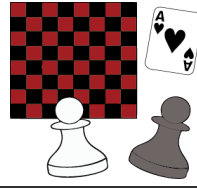
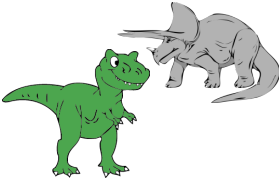



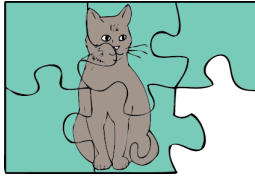
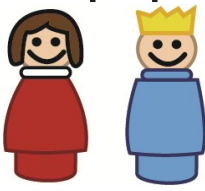
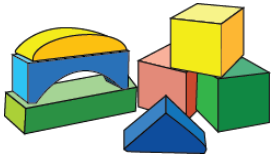
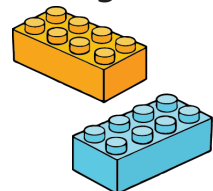
Items may need to be individualized to meet each person's specific needs!

Board Label Template

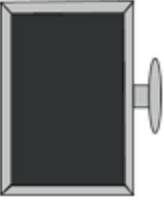














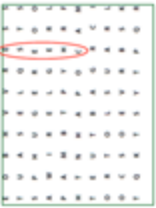



CHOICE BOARD**MY CHOICE***Meal Choices*

hot dog 	hamburger 	chicken nuggets 	grilled cheese 
Chocolate milk 	milk 	Apple juice 	Water 
French fries 	applesauce 	Fruit salad 	vegetables 

Leisure Choices

Toy cars 	Coloring book 	read 	game 
dinosaurs 	ball 	Stuffed animal 	Dress up 
puzzle 	Little people 	blocks 	Legos 

Choices for Medical Settings and Service Providers

Video 	Toothbrush 	Crossword 	Surprise 
Headphones 	Music 	Coloring Page 	Drawing 
Sunglasses 	Game 	Magazine 	Eye Spy 
Rubber band 	Sticker 	Book 	Word Search 
Heavy Apron 	Balloon 	Pen 	Sudoku 