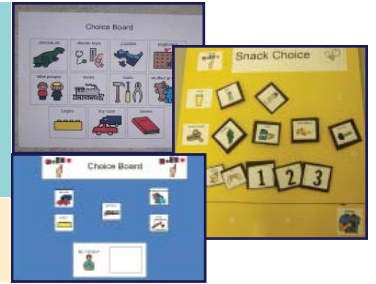


How-To Templates

Choice Boards



Making choices can be a difficult task for some individuals with autism spectrum disorders (ASDs). 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, s/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/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 s/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.

Depending upon the individual's functioning level, s/he may either verbally indicate the choice or may physically remove the selected option from the board and give the card to an adult or place on a designated space to indicate the choice.

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/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.



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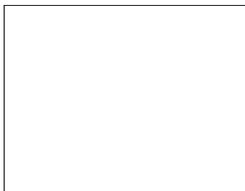
Christian Sarkine Autism
Treatment Center
Department of Child
and Adolescent Psychiatry
1120 South Dr., Suite 302
Indianapolis, IN 46202
For referrals, call 317-274-8162
For research, call 317-274-8162
Other resources: call 317-278-7839
www.iupui.edu/~psycdept/autism/

rileyhospital.org


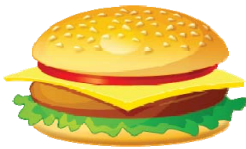










Materials provided are samples only!
They may need to be individualized to meet the particular needs of a person with an ASD!

Board Label Template




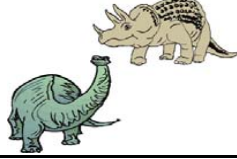

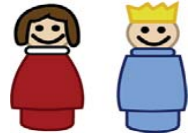


 **Choice Board** 

My Choice:  

Meal Choices

<p>hot dog</p> 	<p>hamburger</p> 	<p>chicken nuggets</p> 	<p>grilled cheese</p> 
<p>chocolate milk</p> 	<p>milk</p> 	<p>apple juice</p> 	<p>water</p> 
<p>french fries</p> 	<p>applesauce</p> 	<p>fruit cocktail</p> 	<p>vegetables</p> 

Leisure Choices

<p>toy cars</p> 	<p>coloring book</p> 	<p>read</p> 	<p>game</p> 	<p>dinosaurs</p> 
<p>ball</p> 	<p>little people</p> 	<p>stuffed animal</p> 	<p>dress up</p> 	<p>puzzle</p> 