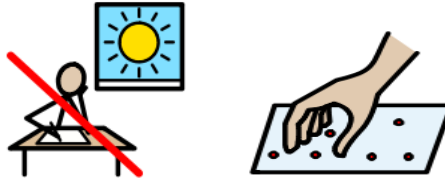


Sybil Elgar School | Our Transdisciplinary Team Newsletter

Making Choices



The holidays give time for making choices for different activities, foods, games and going out.



- Provide opportunities for making choices in a wide variety of situations and activities for example - Which pen? Which bubble bath? What food? Who to play with?
- Structured choices: support flexibility by structuring the choice for example the computer is only an option on a certain day of the week. Choice-making may sometimes be stressful and confusing. At times people may prefer clear structure and being told what to do/ what's happening rather than having to choose.
- Provide visual information about available options: written lists, objects, photos, symbols board, pictures
- Be clear about whether an activity is a choice or a necessary part of the timetable.
- Only offer choices that are possible.
- The more information you have the more chance you have of making your preferred choice.
- Increasing your experiences develops your range of available choices.
- Choices can be made by talking, using Makaton signs, iPad apps, pointing to pictures or objects or answering yes/ no.



Enjoy your holiday!



