

CHOICES... CHOICES

Here are some ideas for opportunities to make choices through-out the day:

- Clothing (shirts; pants; socks; hair “do-dads”, bandanas)
- Food choices (type of cereal, fruit, juices, etc; between food or drink)
- Cups to drink from (2 colours)
- Directions (which way to go for a walk)
- Books
- Music
- Videos/ TV shows
- Who to sit with, do things with, etc.
- Where to sit
- Activities (watching tv, going for a walk, playing a game, etc.)
- Order in which to do things (e.g., bath first; story first)
- Which colour, material or tool to use next in an art or woodworking project
- Which ingredient can go in a recipe next (if the order can be somewhat flexible – for example, fruit salad)
- Which row gets to be dismissed next for recess/home
- PE warmups – Student makes choices using pictures for class routines (fast, slow, jumping jacks, shopping, running, different directions)
- Different materials or colours in art project