



# T.I.P.S

Tools Inspiration Parents Students

## Including Choice During the Day

Edition 2

Providing your child choices throughout their day can:

- Improve on-task behaviour
- Encourage engagement in learning
- Provide opportunities for your child to tell you what they want/need (self-advocacy)
- Makes learning more collaborative
- Promotes “buy in”

### Types of choice:

**WHAT** choices provide your child options around what **materials** they want to use, what they want to **do first** and what they want to **do after**. What choices can also encourage your child to identify **what strategies they need to be successful** (such as noise-cancelling headphones or a standing desk).

**WHO** choices help your child identify **what people can help them** with a given problem (teacher, parent, sibling, etc.)

**WHERE** choices encourage your child to **find a spot** that they think will help them be successful

**WHEN** choices allow your child to **pick a time** during their day when they can focus on their work

**HOW** choices encourage your child to identify **how long they can work**, **how many questions** they want to do, or **how often they need a break**. How choices can also allow your child to communicate **how they prefer to learn** – through reading, watching a video or listening to a story.

### Try This!

Make your choices **close-ended**. Too much choice can be overwhelming. If your child is struggling with making a choice, **reduce the number of options** that are available. “Do you want to work before or after lunch?”  
“Do you want to do 5 or 8 math questions?”

**All the available choices need to be ok with you**

















Make choices **visual**

Individuals who are **deaf or hard-of-hearing** may need **more information** to make an informed choice. These choices should be written.






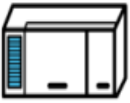


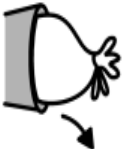









*Examples that can be printed are attached*

**Next Edition: Engaging your child in play**

Created by the Special Education Services Team

	Home Activities	Literacy	Numeracy	Physical
I am responsible for	 pick a daily chore	 practice writing letters	 make a daily schedule	 dance to a youtube video
I can care for others	 draw a picture for someone in your family	 make a video for a family member	 follow a recipe with someone	 help someone with a chore
I can talk to people I	 take a picture and share it with your teacher	 video chat with someone	 do a puzzle with someone	 go for a walk with someone and talk about what you see
I can learn a new skill	 plan what you will have for a snack	 read with someone	 count things around your house	 learn a new exercise

Choose 1 Chore for the day!

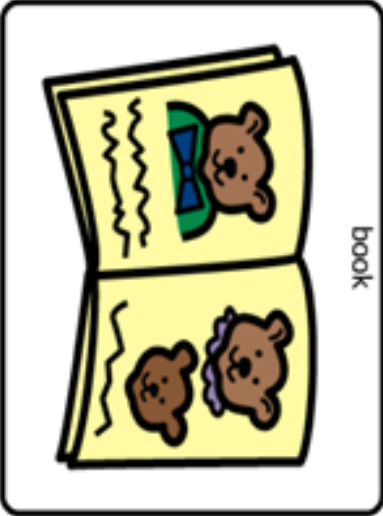
<p>clean my bedroom</p> 	<p>clean and wipe table</p> 	<p>vacuum</p> 
<p>feed the dog</p> 	<p>put away dishes</p> 	<p>clean the fridge</p> 
<p>walk the dog</p> 	<p>set table</p> 	<p>take out the garbage</p> 
<p>clean my bedroom</p> 	<p>clean the bathroom</p> 	<p>pick up around the house</p> 
<p>clean and wipe counter</p> 	<p>wash dishes</p> 	<p>dust</p> 
<p>wash windows</p> 	<p>fold clothes</p> 	<p>put away clothes</p> 



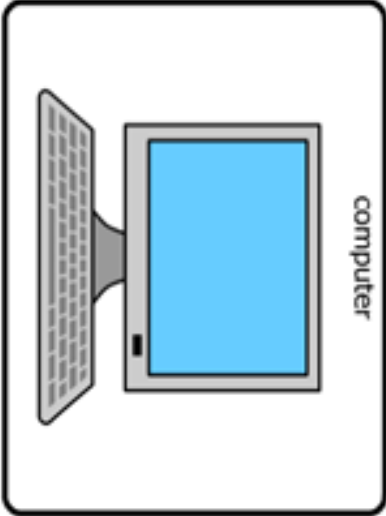
playdoh



iPad



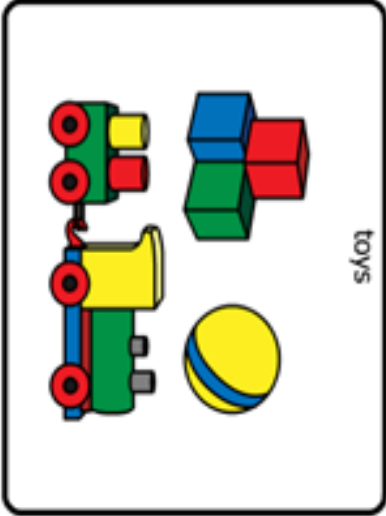
book



computer



listen to music



toys

I choose

