Choice board

Offer two things you are happy with. Wait. Give the choice straight away.

Child _____

I choose from two

I choose from three

Cards to cut out — keep them on a key ring or in the school bag

 I need a break	 wait	 help	 stop
 yes	 no	 quiet	 toilet

Only offer what you can give now. Practise the break card when your child is calm.