



# Positive Behavior Support for Distance Learning: **Choice**



## What is choice?

Choice involves three steps: 1) presenting a child with two or more options, 2) allowing the child to make a selection, and 3) providing the child with the option selected.



## How does choice support distance learning?

Choice provides access to preferred activities or tasks. Additionally, choice empowers children with a voice during the transition to distance learning.



## How do I use choice?

### 1. Embed Choice

Incorporate choice making opportunities into the distance learning activities provided by your child's teacher or school.



### 2. Make a List

Scan through the distance learning activities in advance to develop a list of predetermined choices. Be sure you are comfortable with your child selecting either choice option.



### 3. Consider Within-Activity Choices

When providing a within-activity choice, the activity itself remains the same. Instead, your child makes a choice about instructional materials and/or environmental arrangements.



who to work with



what order to complete tasks



what materials to use



where to work

### 4. Consider Across-Activity Choices

An across-activity choice allows your child to select between different activities.



**Tic-Tac-Toe Board:** Fill in each square with a different distance learning activity. Let your child choose which three activities to complete to achieve a tic-tac-toe.

### 5. Start Small

Provide choices along a continuum. Initially, present your child with simple and concrete choices. Gradually expand and intertwine choice-making opportunities (e.g., choice of activity and choice of working independently or with an older sibling).



### 6. Follow Through

Maintain predictability by reliably honoring your child's choice options.



**Source:** Jolivet, K., Stichter, J. P., & McCormick, K. M. (2002). Making choices - improving behavior - engaging in learning. *TEACHING Exceptional Children*, 34, 24-30.

