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

**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 chose 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.