

Positive Behaviour Support and Trauma-Informed Practice

Phase 2: Module 4

Provide choice in behavioural instruction

Why use Choice?

Choice making has been proven effective through many years of research and practical application.

Research indicates:

- Choice offers students increased control over their own learning or behaviour by allowing them to select from two or more naturally occurring options



Why is it important to give children the power to make choices?

- Choices can stop power struggles
- Invites [cooperation](#)
- The use of choices increase engagement and decrease problem behaviour
- Capitalises on kids' normal human need for power and control.



- Choices allow children to develop decision-making and problem-solving skills
- Making good choices is a skill that children will use for the rest of their lives.

Take a moment to record your thoughts on why is it important to provide children with opportunities to make choices?

Use the table below to plan ideas/opportunities for increasing children's choices during your day/activities.

| Choice Type | Example | Ideas for increasing choice |
|--------------------------------|---|-----------------------------|
| This or that | Would you like to read a book or do a puzzle? | |
| How to do it | Would you like to walk to the car fast or slow? | |
| How many? | Would you like 2 or 3 pieces of fruit on your plate? | |
| Who? | Would you like do it by yourself or with some help today? | |
| What colour/shape/size? | Would you like to have a red or a blue cup today? | |