

CHAT BOARD & CHOICE MAKING

CHOICE-MAKING TOOLS

It is important that individuals are able to communicate their wishes and choices direct their play.



CHAT BOARDS

People communicate a range of feelings, emotions, thoughts and actions whilst they play. Chat boards have pictures and words that individuals may like to say.



PICTURE EXCHANGE COMMUNICATION SYSTEM

Also known as PECS.

PECS are a useful communication tool used by individuals to communicate without having to be verbal.

Individuals can use cards with pictures, symbols, photographs, or words to communicate their needs, wants or ask and answer questions.

PECS cards can be used on a daily basis and everyone within the individuals network can use PECS to communicate with the individual.

PECS can help improve communication and interaction for those that use them. It may also limit frustration for those that find it harder to communicate verbally and allow them to gain confidence to communicate.

There is no age limit on PECS cards.



USEFUL RESOURCES

PECS:

- <http://www.tukeschool.co.uk/wp-content/uploads/2020/03/PECS-symbols.pdf>
- <http://www.mypecs.com/categories.aspx>
- <https://www.twinkl.co.uk/search?q=pecs+communication+cards+free&c=244&r=parent>

CHAT BOARD & CHOICE MAKING FOR PLAY

- <https://www.qld.gov.au/disability/children-young-people/early-childhood/communication-tools-for-play>

SOCIAL STORIES

- <https://www.climbingtherainbow.org/shop>
- <https://happylearners.info/social-stories/index.html>
- <https://www.massgeneral.org/children/autism/lurie-center/social-narratives>

HOW TO EXPLAIN SCARY SITUATIONS

- <https://www.samhsa.gov/sites/default/files/tips-talking-to-children-after-traumatic-event.pdf>
- <https://www.mentalhealth.org.uk/sites/default/files/2022-04/talking-to-your-children-scary-world-news.pdf>

REMEMBER...

We are all unique!
Ask the individual what their preferred communication style is.



SOCIAL STORIES

Short descriptions of a particular situation, event or activity, which will include what to expect in a situation and the reasons behind it.

Social stories can be used to :

- Develop self care skills
- Help to understand how others may behave in a certain situation.
- Help others understand the perspective of an individual and why they may behave in a particular way
- Help a person to cope with changes to routines and unexpected or distressing events.
- Provide positive feedback to a person about an area of strength in order to develop self esteem and positive well-being.
- As a behavioural strategy such as what to do when angry.

Social Story Example.

Code: Blue – Descriptive
Red - Prescriptive

Sometimes our class sits on the carpet.

We sit on the carpet to listen to stories and for group lessons.

My friends are trying hard to listen so they can enjoy the story or learn from the lessons.

It can be hard for them to listen if someone is noisy or not sitting still.

I will try to sit still and stay quiet during our time on the carpet.

COMMUNICATION TOOLS

COMMUNICATION TOOLS ARE DESIGNED TO HELP PEOPLE WHO HAVE DIFFICULTY COMMUNICATING. HERE ARE SOME EXAMPLES...



MAKATON

- Signs and symbols and speech to enable communication.

BRITISH SIGN LANGUAGE

- Is a visual means of communication using a combination of hand gestures, facial expressions and body language

COMMUNICATION BOOKS

- Is for the individual to get their message across, it could include pictures or the individual could write their own messages.



VERBAL

TONE OF VOICE



FACIAL EXPRESSION

COMMUNICATION

DID YOU KNOW THAT COMMUNICATION IS MORE THAN TALKING ?



BODY LANGUAGE



LISTENING



RESPECT