VISUAL SUPPORTS AND DAILY ROUTINES

Calming Choices Board

Free download · My SEND Friend Shop

A board of calming or regulating choices a person can point to when they need to feel safer or quieter.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure. This is not therapy or medical advice. Offer only choices that are actually available and safe for that person.

Who this is for

Families and settings who want a visible menu of things that already help, for use at home or in a calm corner.

What is inside

- How to build a real menu
- A choices board
- Cards to cut out
- A "what helps me" planner

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Only offer what you can say yes to

Build the board from what already helps this person, not from a generic list of “calm down” ideas. Include movement as well as quiet if that is what they need. Practise using the board when things are already reasonably okay.

A calming choices board

Put six or fewer choices out at a time if a full board is too much. Leave blank cards for the person's own ideas.



Quiet space



Movement / heavy work



A break



Help from an adult



Something to eat or drink



A familiar activity



A book or music



Outside air

My own idea

Smaller cards to hold or hand over



Quiet



Break



Help



Outside



Eat



Play



Wait

My own

What helps me

Things that already help when I start to feel wobbly

Things that do not help, even if they look “calm” on a generic list

How adults will offer this board, and how I can say no to it

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

mysendfriend.co.uk · My SEND Friend Shop · Supporting families together