VISUAL SUPPORTS AND DAILY ROUTINES

Choice Board

Free download · My SEND Friend Shop

A set of simple choice boards so a person can show what they want, when talking is hard or choices feel overwhelming.

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.

Who this is for

Children, young people and adults who communicate choices more easily by pointing, exchanging a card, or looking.

What is inside

- How to offer a real choice
- Two-choice and four-choice boards
- Blank boards and cards

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.

A choice has to be real

Only offer options you can actually follow through on. Start with two choices if four is too many. Leave a “something else” or “I need help” option if you can. Wait. Do not treat a choice board as a test of compliance.

Two choices

Write or place one option in each box, or use the cards that follow.

CHOICE 1

Place a card or write here

CHOICE 2

Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

A four-choice board

Use four of these boxes on a table, or cut them out and arrange only as many as the person can manage.

Choice 1

Choice 2

Choice 3

Choice 4

Everyday choice cards

Add pictures, photos or words. Include a help card so “I do not know” is also allowed.

Play	Quiet	Eat	Outside
Book	Home	Help	Something else
My own	My own	My own	My own

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

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