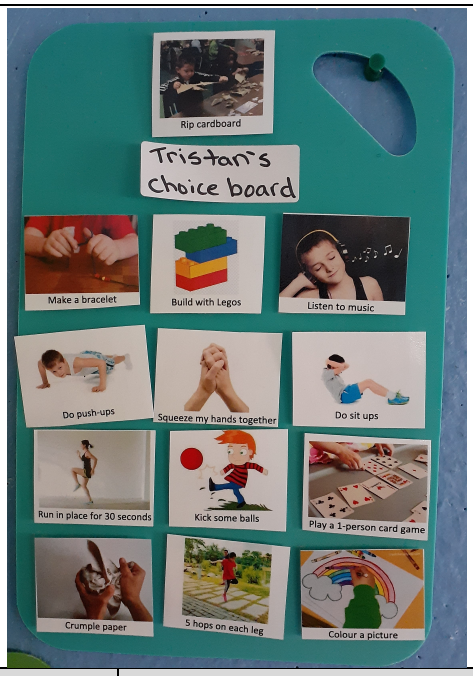
How to Make: the Personal Choice Board



You will need the following materials:

- Plastic cutting board (approximately 19 cm x 29 cm size), ***1 board per student with whom the intervention will be implemented***
- File folder labels (for name labeling)
- Velcro dots
- Emotions-Individual Tool Choice Board cards (color printing)
- Laminating sheets/laminator
- Scissors/Cutting board
- Materials associated with the activity cards being used with students

Step 1	**Preparing the choice board**
	▪ Decide how many 'options' will be provided for the student with whom this intervention is dedicated. Place and space out theVelcro dots to 'hold' the cards onto the board. Take into consideration the child's age and capacity to manage choices. ▪ Place 1 Velcro dot at the top middle section – this is where the 'chosen' activity for a time block will be placed ▪ Using the folder labels, write the child's name, sticking it onto the board. This now identifies this board, as this particular student's Personal Choice Board. It is key that each student benefiting from this intervention have their own board and that they not be shared amongst a few students. This provides a sense of belonging and significance within the NSC.
Step 2	**Preparing the activity cards**
	▪ Please print these documents in color as it will enhance the images. ▪ Laminate the sheets, then cut into individual card size ▪ Apply Velcro dots to the back of each card. Please take care of using the opposite texture of Velcro than has already been applied to the cutting board.
Step 3	**Setting up the intervention with the Personal Choice Board**
	▪ Please see the Video Capsule "Personal Choice Board Explained" to provide you with information, instructions and guidance. ▪ For safe-keeping please hang or place the Personal Choice Boards in a location that is easily accessible for students, meanwhile not accessible to all students, as this is a personal item.