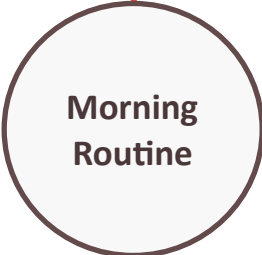





Learning choice-making skills takes practice. This worksheet can help make choice-making part of your child’s daily routines. **Directions:** In the “Choice” box on the left side, write a choice your child can make at this time of day. On the right side, write the options that you will offer your child and how you will ask.

	Choice	Choice Options / How to Ask
 <p>Morning Routine</p>	1. 2. (Example: Choose a shirt)	1. 2. (Example: Do you want to wear the red or the blue shirt today?)

 <p>After-school Routine</p>	1. 2. (Example: Select your snack)	1. 2. (Example: Do you want an apple or banana?)
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 <p>Evening Routine</p>	1. 2. (Example: Free time)	1. 2. (Example : Would you rather play in the backyard or watch a movie)
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 <p>Bedtime Routine</p>	1. 2. (Example: Self-care)	1. 2. (Example: Which do you want to do first, get into your pajamas or brush your teeth?)
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