What would help me right now?

Point to a card, hand it over or show your own choice.

A quieter space

Somewhere with less noise or activity.

A movement break

A chance to move for a little while.

Help from an adult

Someone to help me with the next step.

A little more time

A pause before I answer or get started.

My own choice

_____

One-minute guide for staff

Offer two or three cards privately. Say, “You can point to one or hand it to me. You can also pass.” Give the pupil time to respond. Use their usual communication aid if they prefer.

Repeat the choice back and agree what can happen now. If it needs to wait, say when you can help and offer a choice they can use sooner. Check back later and ask whether it helped.