

# Student Choice

## *Caregiver Handout*



Your student's teacher is using student choice to help your student succeed within the classroom.

## What is student choice?

Student choice is when teachers let students pick from a list of approved tasks or assignments. This gives students some control over their learning and helps them feel more responsible for their work.

Caregivers can also use student choice at home. Offering choice can reduce power struggles and improve cooperation. When your student feels trusted to make decisions, they will be more likely to stay engaged and follow through. See the back side of the handout for some helpful tips for using student choice at home.

\*The term "caregiver" refers to parents, family members, and other adults who interact with students before and after school

## BENEFITS OF STUDENT CHOICE

**Increases engagement**

**Decreases disruptive behaviors**

**Encourages students to take responsibility for their work**

**Teaches decision-making and independence**

# Tips for Supporting Student Choice at Home



## Limit choices to two or three options

Too many choices can be overwhelming, especially for younger children.



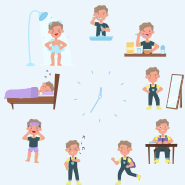
## Make choices within your boundaries

Make sure all options are acceptable to you.



## Acknowledge good decision-making

Acknowledging and encouraging your student's choices helps them feel confident, responsible, and proud of their effort and decision-making. This reinforces the importance of making good choices and builds their sense of independence.



## Use choice in routines

Make choices a part of regular routines such as homework, chores, or bedtime.



## Learn from Choices

Help your student learn from their choices by asking what was good about their choice (benefits) or not so good (what might they choose next time).



## Examples of Using Student Choice at Home

- Homework: "Do you want to do math or reading first?"
- Chores: "Would you like to feed the pet or water the plants?"
- Routines: "Do you want to brush your teeth before or after putting on pajamas?"
- Meals/snacks: "Do you want an apple or grapes with your lunch?"
- Getting ready: "Do you want to wear the blue shirt or the red one?"
- Budgeting: "Do you want to spend your allowance on a game now or save for something bigger later?"