Choose a Game

PACK 1 / Tourette syndrome

INSTRUCTIONS & ADAPTATIONS FOR ADULTS



Short, supported play for children aged 3-5. Model, pause and let the child choose how to join in.

What you need

Picture choice cards and familiar play materials.

Getting started

Offer just two comfortable game choices at first.

Try it together

1. Show two choices.
2. Follow the child's preferred game.
3. Let them change activities or stop whenever they wish.

Choices and adaptations

- Offer a quiet or active alternative.
- Accept pointing, gestures or AAC.
- Skip timed turns or performance.
- Children can change their mind.

How to keep it playful

Offer choices without checking for a correct response. Point, demonstrate, wait and follow the child. A little play is enough.

Safety: Never use a game or break to reward suppressing tics.