Calm or Active Choice

PACK 4 / 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 choices, quiet space, room to move safely.

Getting started

Offer a calmer activity and a movement option without labelling either as better.

Try it together

1. Offer two activity stations.
2. Let the child choose, pause or switch.
3. Ask what would make play comfortable.

Choices and adaptations

- A child can enjoy either or both options.
- Do not assume all children need a calm space.
- Offer headphones if wanted, not required.
- Let the child leave without explanation.

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: Options support comfort and participation, not tic suppression.