

Appropriate Escape Menu

A menu designed to allow a student to escape or avoid non-preferred activities in socially appropriate ways

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| <ul style="list-style-type: none">● Use an appropriate refusal statement.<ol style="list-style-type: none">1. "No thank you."2. "All done."3. "I need a break."● Ask for a break:<ol style="list-style-type: none">1. Say the words "Break", "Break, Please", "I need a break."2. Exchange a break symbol or picture.3. Show an agreed upon hand signal (thumbs down, #2, etc.)● Develop a list of break choices the student can choose from.<ol style="list-style-type: none">1. Rest, head down on the desk.2. Go to a calming/break area.3. Use sensory equipment.4. Listen to music5. Take a walk.6. Go to another location in the school building.● "Do 1" routine- complete 1 step, 1 problem, or follow 1 direction then take a break. | <ul style="list-style-type: none">● Use visuals (written or picture form) to plan what other activity the student would like to do before or after the non-preferred activity.● Visually show how much of the non-preferred activity needs to be completed.<ol style="list-style-type: none">1. Highlight problems2. Cross out work3. Draw a box around a portion of an assignment4. Use a visual timer to represent the length of participation time.● Reduce the number of demands placed during non-preferred activities. Consider...<ol style="list-style-type: none">1. Consider having the student be physically present ONLY.2. Complete the activity with adult support.3. Complete 1 one problem with an adult then do one on their own.4. Etc. |
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