
Communicating about restrictive practices

Large picture cards template (A4)



The
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Working together on positive
behaviour support (PBS)

How to use these cards – instructions for practitioners

Before using these cards, read our page on [communicating about restrictive practices](#) and watch our video about [using discussion mats](#).

These picture cards are designed to be used with a discussion mat and match our [example discussion mat for restrictive practices](#) but they can be used in any way you find helpful in your behaviour support practice.

You may wish to use our [customisable discussion mat template](#) so that you can use the blank mat together when discussing behaviours of concern with your participant.

To use these cards, print them on A4 paper and cut them out. You may choose to laminate them or use thick paper so that they last longer.

Before going to see your behaviour support participant, you can also use our [customisable picture card templates](#) to create cards you know will be relevant to the participant, using pictures, photos or words.

Other useful resources include:

Guides:

- [Communicating about behaviours of concern: Using discussion mats](#)
- [Communicating about restrictive practices: Using discussion mats](#)
- [Different communication techniques: Using discussion mats](#) (video)

Picture cards:

- Communicating about behaviours of concern picture cards ([A4 discussion mat size](#), [A4 large size](#))
- Communicating about restrictive practices picture cards ([A4 discussion mat size](#), [A4 large size](#))
- [A4 template](#) (our discussion-mat template size),
- [A4 template](#) (large-size cards), and
- [A3 template](#) (discussion-mat template size).

Discussion mats:

- [Example mat for communicating about behaviours of concern](#)
- [Example mat for communicating about restrictive practices](#), and
- [Discussion mat template](#).

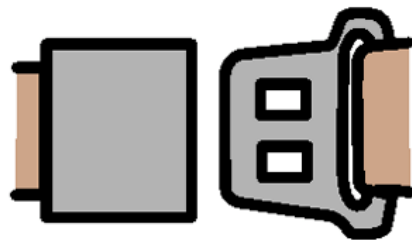
These cards support the ideas in the [example discussion mat for discussing restrictive practices](#).

If I feel upset by

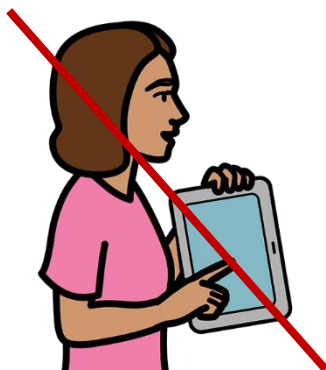
Too much noise



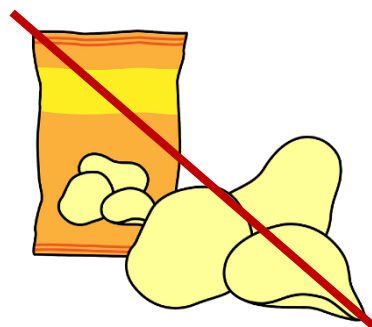
Having to wear
a seatbelt



I need to stop using
my iPad



Not being allowed to
eat chips because of
my special diet



If I feel upset by

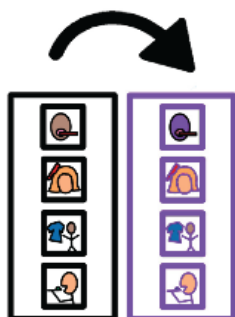
People coming into
my room without
asking if it is ok



Being in a crowd



My routine changing
without people
telling me

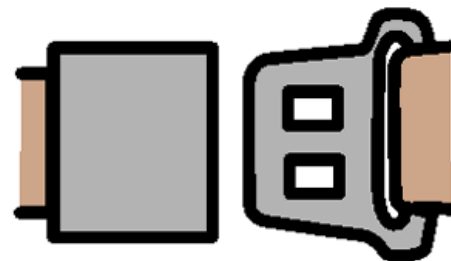


I might need this

Medication to help
calm down



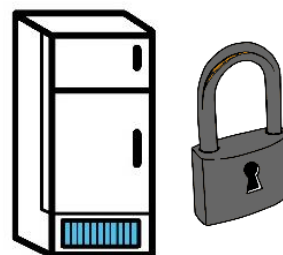
My support worker to
put a seatbelt guard
around me



To have my iPad
locked away

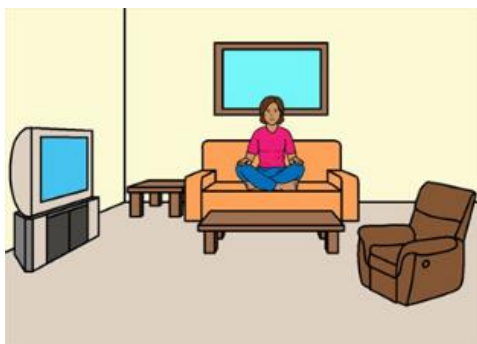


Someone might need to
lock the fridge or
cupboard to stop me
eating chips



I might need this

Someone might keep
me in a room by myself

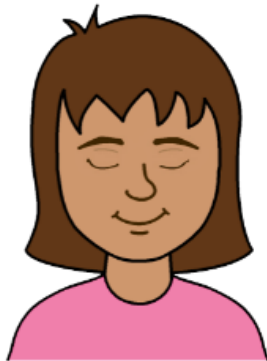


Someone might hold
my arms



Until

I feel calm / I say
that I feel calm



We get home / the
car stops



For 15 minutes



We can remove the
chips from the cupboard



Until

For 15 minutes or I feel
calm / I say I feel calm



I stop trying to
push people



For 5 minutes





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