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# Communicating about restrictive practices

Picture cards template (A4)



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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:


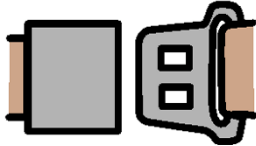




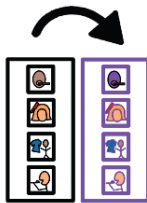
- Communicating about behaviours of concern picture cards  
([A4 discussion mat size](#), [A4 large size](#))
- Communicating about restrictive practices picture cards  
([A4 discussion mat size](#), [A4 large size](#))
- [A4 template](#) (our discussion-mat template size),
- [A4 template](#) (large-size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

Discussion mats:

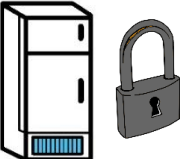
- [Example mat for communicating about behaviours of concern](#)
- [Example mat for communicating about restrictive practices](#), and
- [Discussion mat template](#).

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

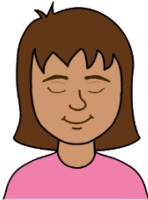



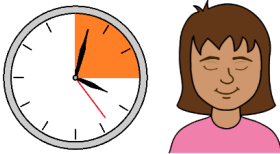
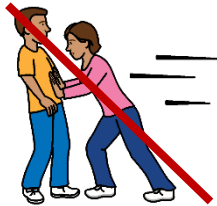
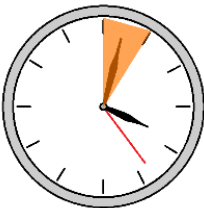
### If I feel upset by

<p>Too much noise</p> 	<p>Having to wear a seatbelt</p> 	<p>Needing to stop using my iPad</p> 
<p>Not being allowed to eat chips because of my special diet</p> 	<p>People coming into my room without asking if it is ok</p> 	<p>Being in a crowd</p> 
<p>My routine changing without people telling me</p> 		

## I might need this

<p>Medication to help calm down</p> 	<p>My support worker to put a seatbelt guard around me</p> 	<p>To have my iPad locked away</p> 
<p>Someone might need to lock the fridge or cupboard to stop me eating chips</p> 	<p>Someone might keep me in a room by myself</p> 	<p>Someone might hold my arms</p> 

## Until

<p>I feel calm / I say that I feel calm</p> 	<p>We get home / the car stops</p> 	<p>For 15 minutes</p> 
<p>We can remove the chips from the cupboard</p> 	<p>For 15 minutes or I feel calm / I say I feel calm</p> 	<p>I stop trying to push people</p> 
<p>For 5 minutes</p> 		



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**[therightdirectionpbs.com](https://therightdirectionpbs.com)**

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**NDIS Quality  
and Safeguards  
Commission**