NurseriesAndSchools.org
• Explore • Empower • Decide

My Voice, My Choice

Visual Communication Cards for Children

A practical, accessible resource for
expressing needs, feelings, choices and boundaries.



Adult guidance

Children can point to, look at, hand over or select cards.

Acknowledge every communication attempt.

Respect ‘No’, ‘Stop’ and other refusals.

Allow processing time and avoid rushing.

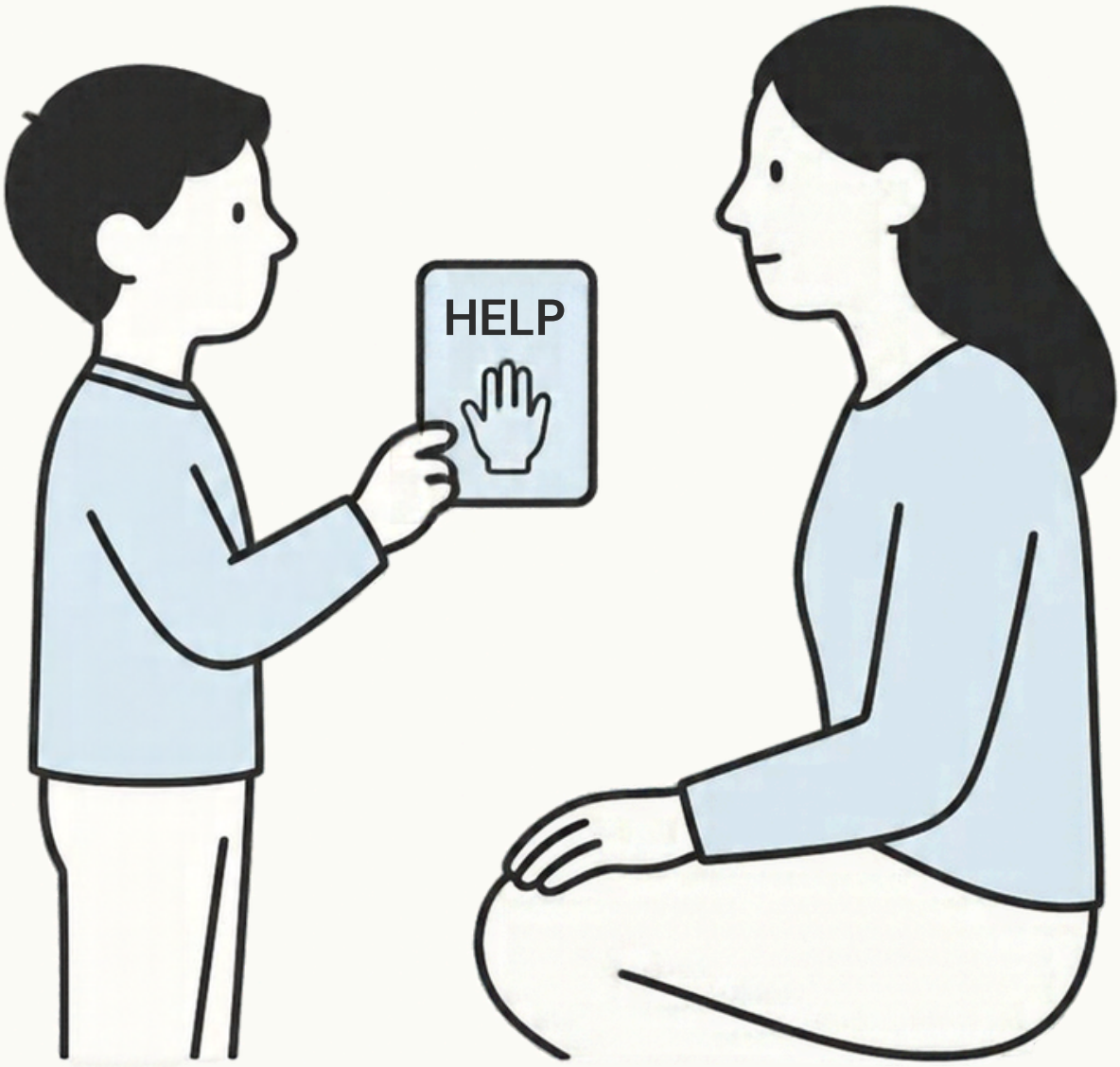
Do not require children to speak the phrases aloud.

Use the cards alongside speech, signs, gestures, objects or other communication systems.



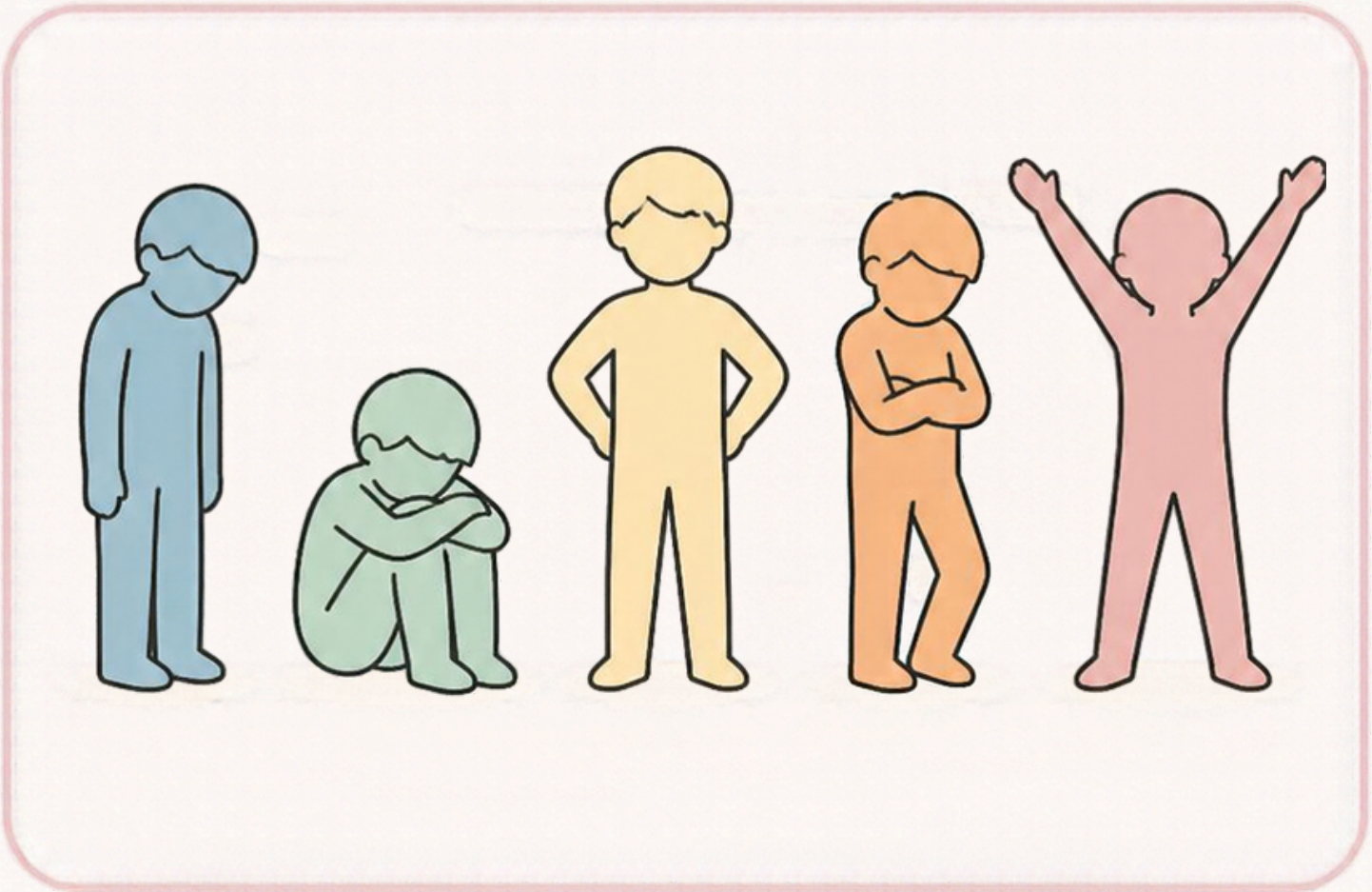
1. Help and understanding

Cards for asking for help, clarification, modelling and extra time.



2. Feelings and emotions

Cards for naming feelings and communicating emotional needs without requiring facial-expression recognition.



3.

3. Everyday needs

Cards for communicating basic body needs and everyday requests.



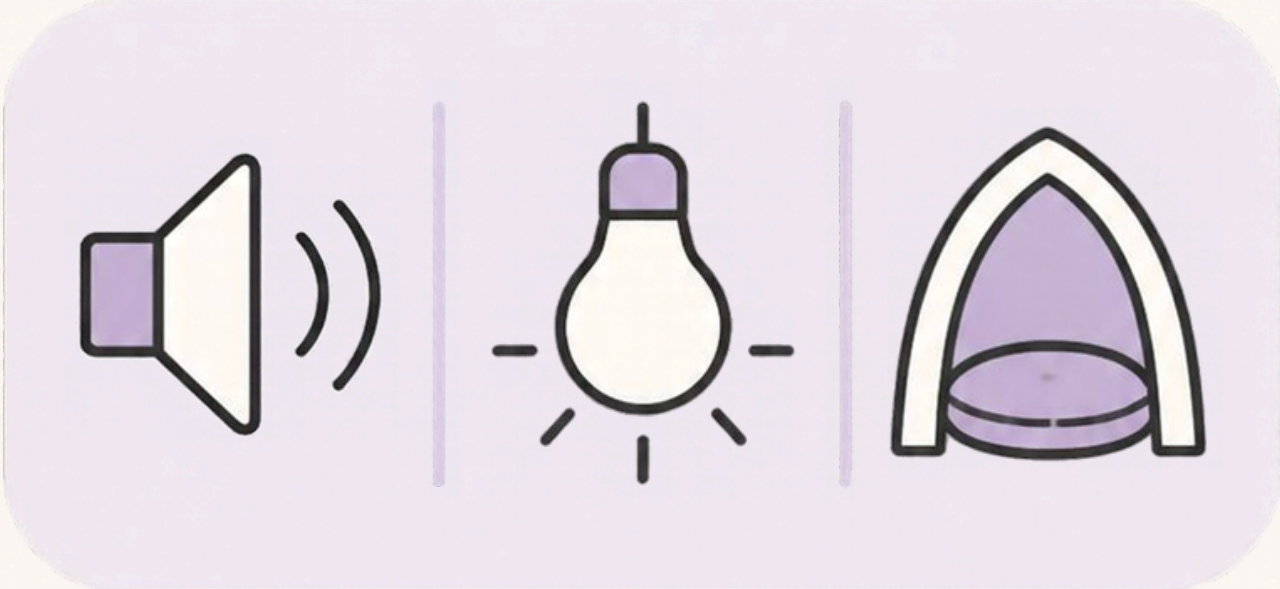
4. Choices and control

Cards for saying yes, no, stop, more,
finished, wait and choosing what happens next.



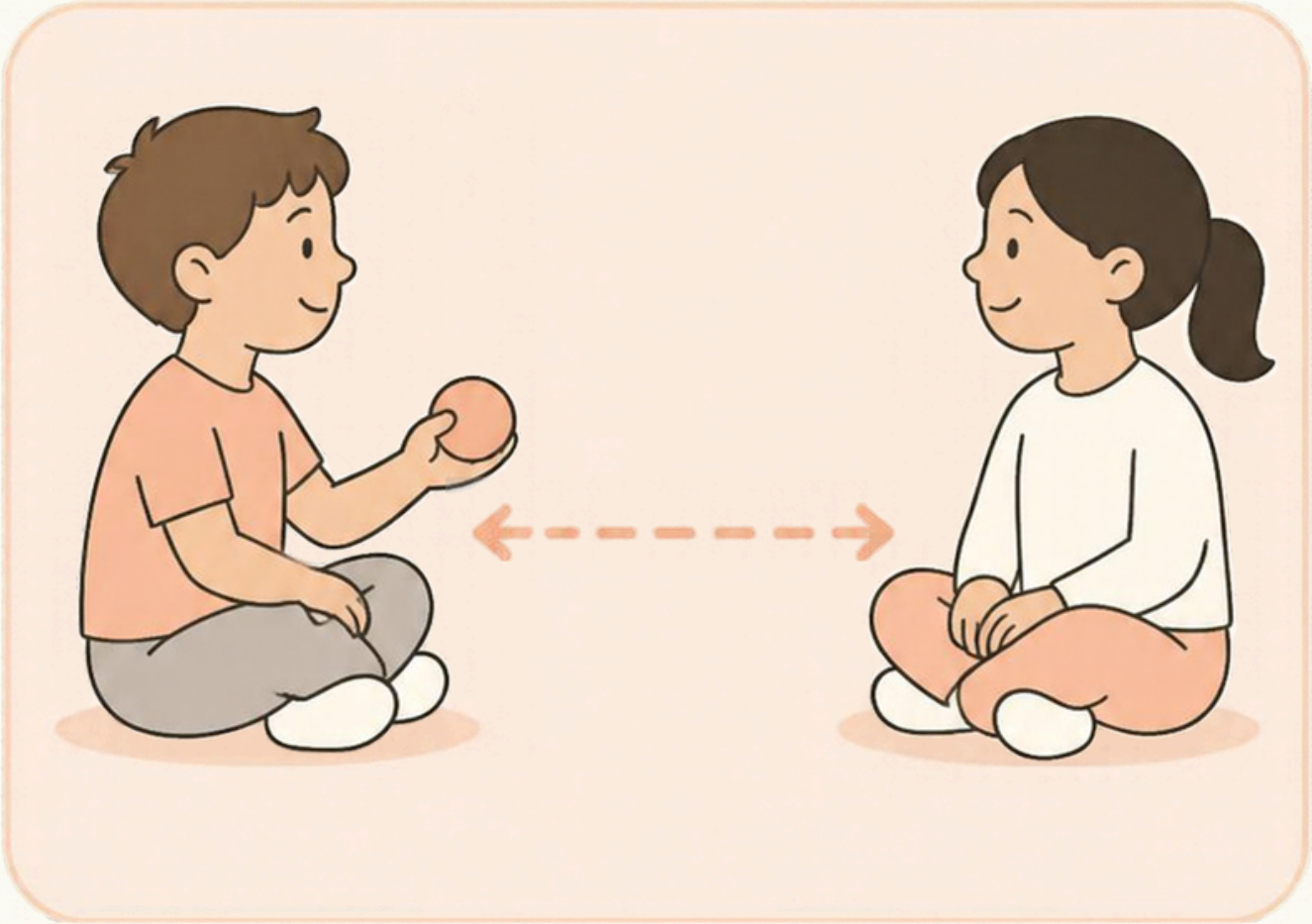
5. Sensory needs and regulation

Cards for communicating sensory discomfort, regulation needs and ways to feel more comfortable.



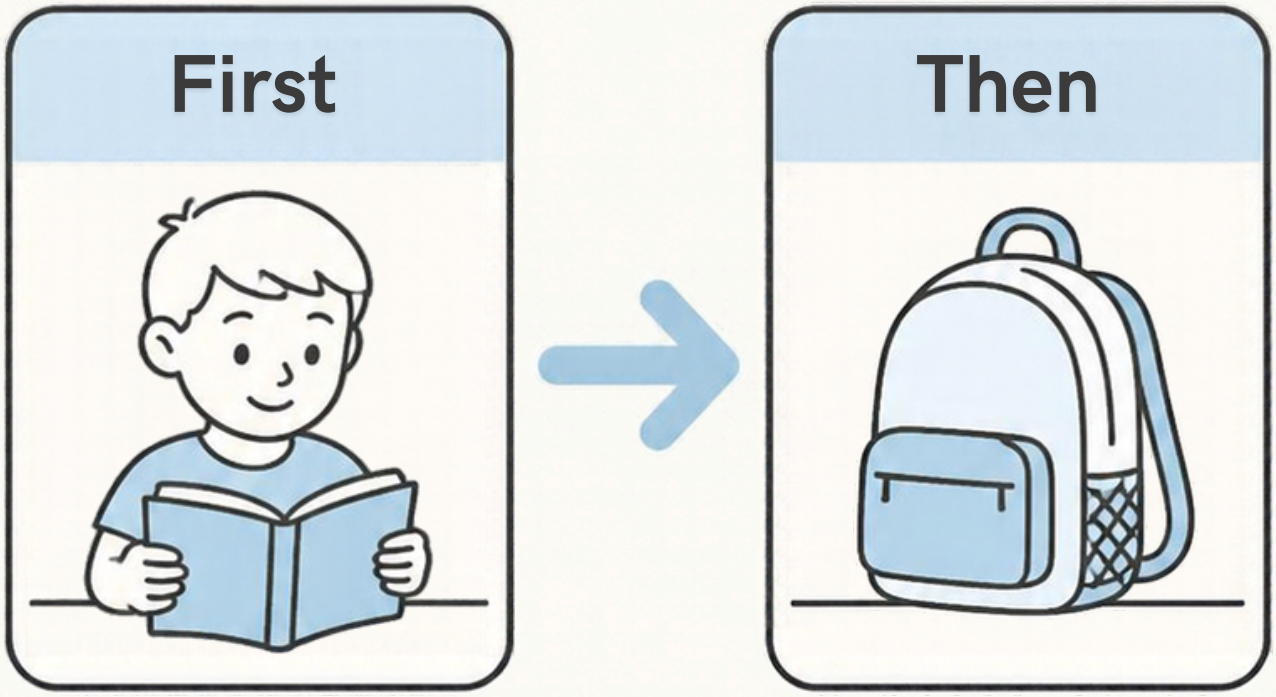
6. Social interaction and personal boundaries

Cards for joining in, taking turns, greeting others and communicating personal boundaries.



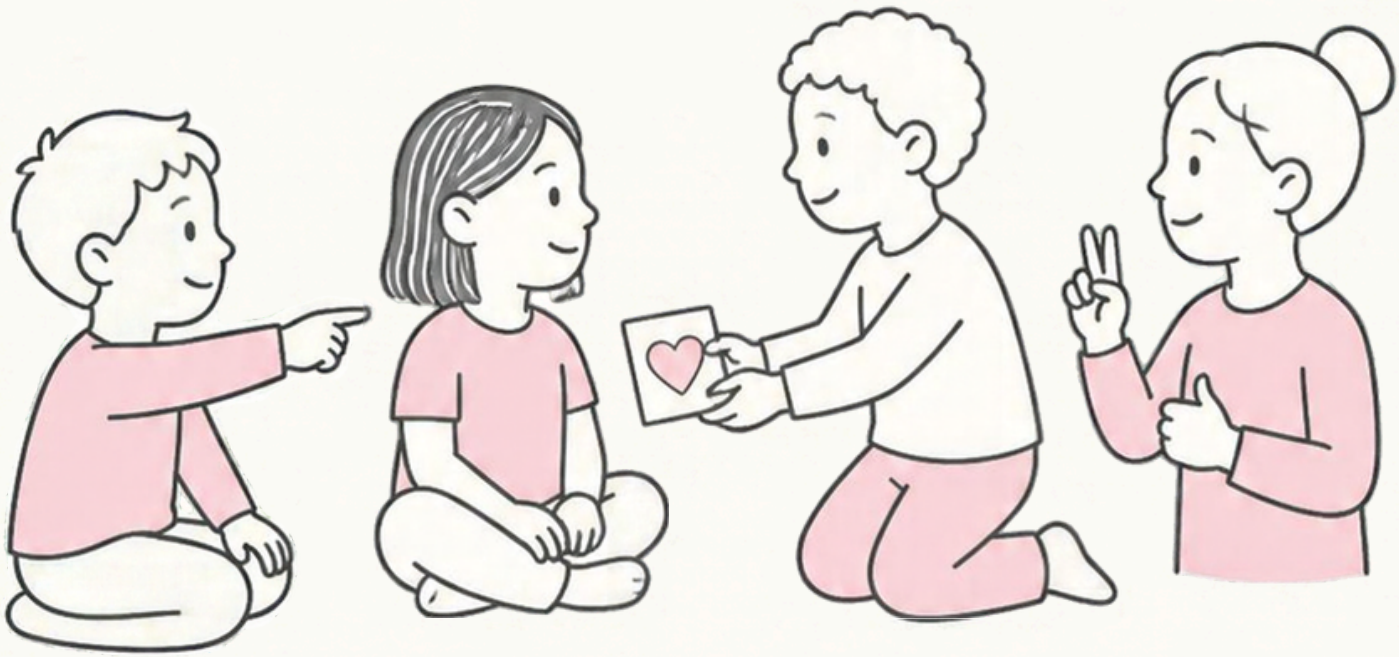
7. Routines and transitions

Cards for understanding what happens next, waiting, changing activities and getting ready.



8. Communication preferences

Cards for showing how a child communicates and what helps communication work well.



My Voice, My Choice

Visual Communication Cards for Children

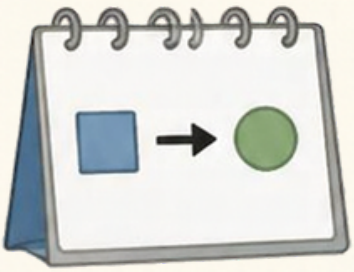
1. Help and Understanding



Help me



I don't understand



Show me



I need more time



Please show me



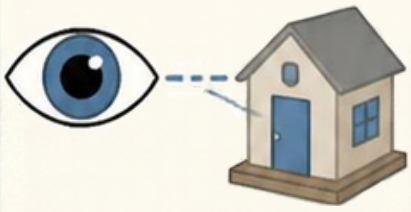
Give me time



Again



Explain it



I need to see

My Voice, My Choice

Visual Communication Cards for Children

2. Feelings and emotions

I'm happy



I'm worried



I'm overwhelmed



I'm sad



I'm angry



I'm calm



I feel okay



I need help



I am relaxed

My Voice, My Choice

Visual Communication Cards for Children

3. Everyday needs



Toilet



Drink



I'm hungry



I'm tired



Hot



Cold



Pain



I feel sick



I need a adult

My Voice, My Choice

Visual Communication Cards for Children

4. Choices and control



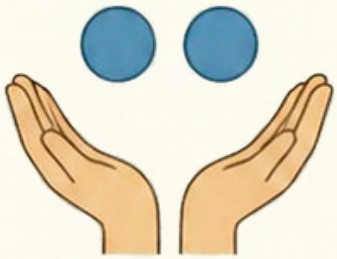
Yes



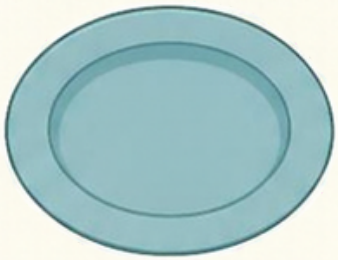
No



Stop



More



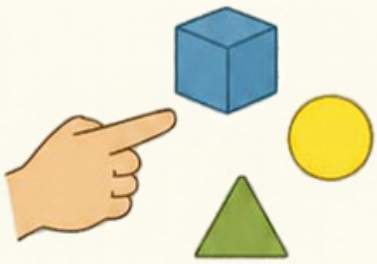
Finished



Wait



I choose



Not that one

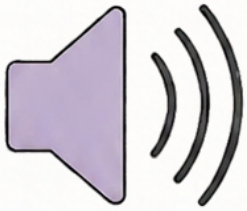


Something Else

My Voice, My Choice

Visual Communication Cards for Children

5. Sensory needs and regulation



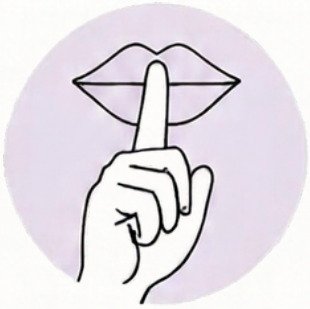
Too loud



Too bright



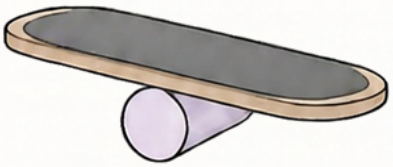
I need a break



Quiet please



I need headphones



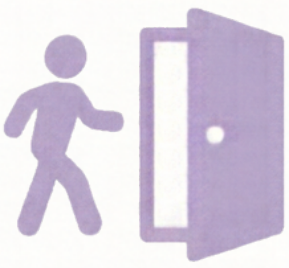
I need movement



I need calm



I'm overwhelmed



I want to leave

My Voice, My Choice

Visual Communication Cards for Children

6. Social interaction and personal boundaries



Don’t touch me



I need space



Can I play?



My turn



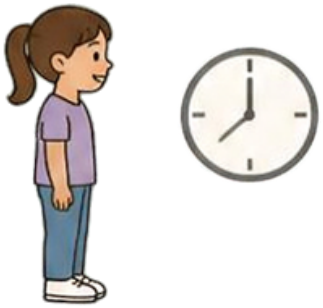
Your turn



Hello



Goodbye



Please wait



Let’s share

My Voice, My Choice

Visual Communication Cards for Children

7. Routines and transitions



What's next?



I'm not ready yet



First



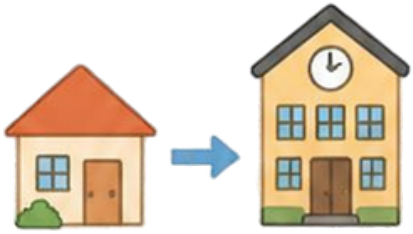
Then



Wait



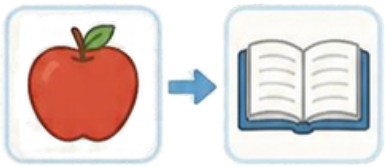
Finished



Change



Ready



Ready for Reading Time

My Voice, My Choice

Visual Communication Cards for Children

8. Communication preferences



Please show me



Give me time



I can point



I can look



I can hand it over



I use signs



Please listen



I need quiet



I want this