

Sharing and taking turns

Make a Turn Plan Together

Children ages 5 to 8 with a supportive adult | 10 to 15 minutes

Sometimes two people want the same thing. A grown-up can help make a plan. Choose a game or item that is okay to share. You do not have to share your body, food, special comfort item, or communication tool. You can draw your ideas or point.

Choose a shared activity. Ask what each person wants, then pick a turn plan with a grown-up's help.

Ask before taking

You can say or show: Can I have a turn? The other person may not be ready. A grown-up can help tell whether it is a shared item or a personal one. Grabbing and hurtful words need help, not a bigger argument.

Choose a plan

You might take turns after one short round, use two similar items, or choose another activity. A timer is optional if it helps both people. Decide how to ask for a break or help if waiting feels too hard.

1. What shared game or item are we choosing?**2. What does each person want?****3. What turn plan could we try?****4. How can I ask for help or a break?****Clinical use and adaptation**

Use assent and simple language. Do not force surrender of comfort, food, disability, or communication items, or require physical affection. Adjust for development, sensory needs, and capacity to wait. Adults retain responsibility for safety and fair access; the page is not a behavior score.