

C.R.O.S.S.ROADS Choice Chants, Posters, and Literature

- [C.R.O.S.S.ROADS Chant 1](#) no emoji - Printable poster
- [C.R.O.S.S.ROADS Chant 2 with emoji](#) - Printable poster
- [C.R.O.S.S.ROADS Process Poster](#) with emoji - includes 5 step questions
- [C.R.O.S.S.ROADS Choice Poetry and Literature Examples](#)

Learn this simple chant to remember the five steps in the [C.R.O.S.S.ROADS Choice process](#). It works for general decision-making, problem-solving, conflict resolution, and goal setting.

C.R.O.S.S.ROADS Choice Chant 1

Five fingers on my hand will help me to recall

Five steps to good choices, whether great or small.

First I define my choice, thinking it clearly through

Trying to set my mind on what I want to do

Second I look at the facts of what is happening... now

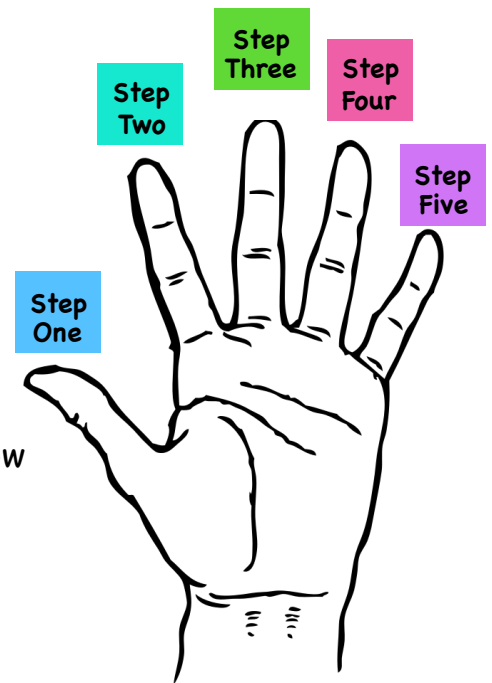
Third I seek the options to what might work ... somehow

Fourth I select what is best for me right now

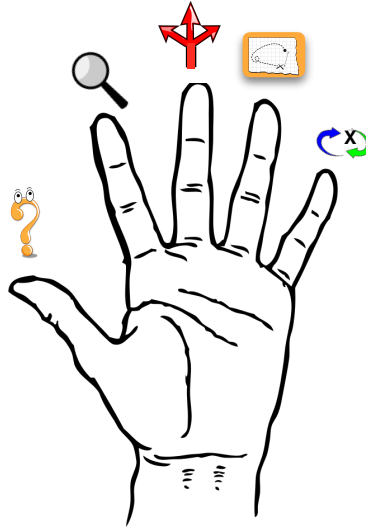
Finding answers for the Who? the What? the How?

Then I work very hard to put my plan together,

And **Fifth** is checking if I can make it any better.



Pam Deering



C.R.O.S.S.ROADS Five Finger Choice Chant 2

Five fingers on my hand will help me to recall

Five steps to good choices, whether great or small.



First I define my choice, thinking it clearly through

Trying to set my mind on what I want to do



Second I look at the facts of what is happening... now

Third I seek the options to what might work ... somehow



Fourth I pick out what is best for me right now

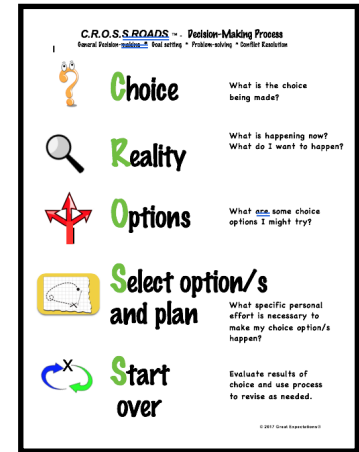
Finding answers for the Who? the What? the How?

Then I work very hard to put my plan together,



And Fifth is checking if I can make it any better.

C.R.O.S.S.ROADS Process Poster with emoji - includes choice decision-making 5 questions



C.R.O.S.S.ROADS Sign Language Chart -

- Emoji representing steps
- Five Steps process
- Sign Language (Signing Exact English) for each of the steps.

C.R.O.S.S.ROADS Emoji and Sign Language Chart

Emoji	Sign	Hand Sign Instructions
CHOICE What is the choice I'm trying to make?		Choice: Make a palm-out 'C' with right hand. Touch the index finger of a palm-in left hand 'V' and move it back towards body.
REALITY What is happening now? What do I want to happen?		Now: Drop down bent hands palm up.
OPTIONS What are some choice options I might try?		Option/s: Make a palm-out 'O' with right hand. Move it back towards body from a palm-in left hand 'V'.
SELECT & PLAN What specific personal effort is necessary to make my choice option/s happen?		Select: Put the palm-out heel of right 'S' on index finger of a palm-in left hand 'V'. Move it back towards body. 'V' stays stationary. Plan: Move palm-facing flat hands facing out from the body to the right.
START OVER Evaluate results of choice and use process to revise as needed.		Start: Twist right index finger in between the left index and middle finger of open left hand. Over: With palm-down, circle right hand over the back of the left.

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Note: For most of these words and signs there is a video online showing the motions. There may be some variation if the sign is shown in American Sign Language instead of Signing Exact English.