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

- <u>C.R.O.S.S.ROADS Chant</u> 1 no emoji Printable poster
- <u>C.R.O.S.S.ROADS</u> Chant 2 with emoji Printable poster
- · <u>C.R.O.S.S.ROADS Process Poster</u> with emoji includes 5 step questions
- <u>C.R.O.S.S.ROADS</u> 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

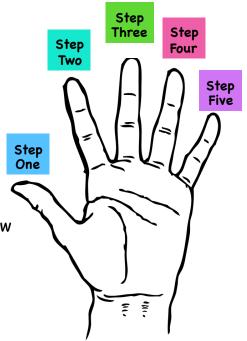
Third I seek the options to what might work ... somehow

Fourth I select what is best for me right now

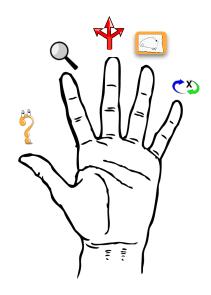
Finding answers for the Who? the What? the How?

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 \dots somehow

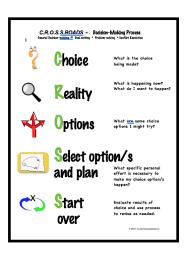
Fourth I pick out what is best for me right now

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.

<u>C.R.O.S.S.ROADS Process Poster</u> 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.

Emoji	Sign	Hand Sign Instructions
CHOICE What is the choice I'm trying to make?	A	<u>Choice</u> : 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?		<u>Option</u> /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?	Selecti Plani	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 Over	<u>Start</u> : Twist right index finger in between the left index and middle finger of open left hand. <u>Over:</u> With palm-down, circle right hand over the back of the left.