

Show Me How



Make Your Own Educational Videos

Learn how to use this powerful tool to help your child learn

Video modeling is a teaching technique that involves videotaping what you would like to see your child be able to do, having him or her watch the video, and then practicing with your child what was seen.

If your child loves to watch TV, and has imitated something they've seen, this method

can work to teach: how to play appropriately with toys, use words, respond to questions and requests, lessen anxiety about change, learn basic concept skills like matching and sorting – the ideas for what to model in a video are limitless. So how do you do it at home? Read on to find out!

What to Teach

Decide which skills you want your child to learn.

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Lights, Camera, Action

Tips on making a good video, and suggestions on how to use peer and adult "actors" to teach new skills

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What to teach with video modeling



Examples:

Respond to –wh questions, Name objects, Name people, Draw a picture, Count, Work a puzzle, Pretend play, Alphabet, Verbs, Colors, Shapes, Point, Identify body parts, Grooming, Respond to name, PlayDuck Duck Goose, Doltsy Bitsy Spider, Greetings, Matching, Going to the grocery store, Take turns, Respond yes/no, Tie shoes, Identify emotions, Identify environmental sounds, Identify the function of objects, String beads, Color, cut and paste, Name common surroundings, Share, Opposites, Say I love you, Quiet hands, Read sight words, Sit for meals, Ask questions, Put on clothing, Ride the bus, Request with “I want”, Write name

Everything! Since video modeling can be used with any existing therapy program or strategy, you can start with any skill you want to see happen. If you child has an IFSP or IEP – you can use those goals as your starting point.

If you are using an ABA (Applied Behavior Analysis) or VB (Verbal Behavior) approach – video the programs your child is currently working on.

Using a picture exchange system? You can video examples of how to properly make the exchange.

Using a Floortime/RDI approach? Video examples of

appropriate play and social interaction you want to see happen.

Is your child having trouble with transitions or anxiety in new situations? Video the sequence of events that should take place – a live action social story!

Working on articulation? Zoom in on a mouth saying it correctly.

There are many curricula available for children of all ages with ASD. You can let them guide you as well.

Even things in your daily routine that you would like to see your child be able to do can be videoed. Sit for a photo, turn on/off the light, eat with a spoon, anything!

Different methods you can try

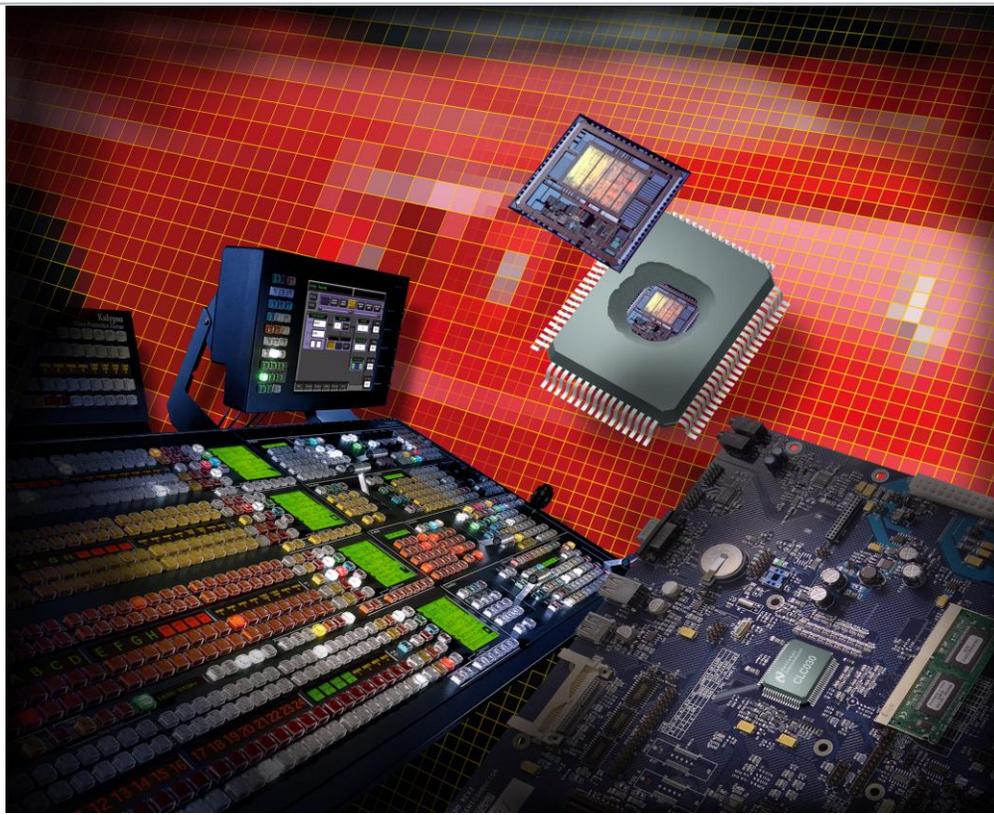
Point of view modeling involves holding the camera and videoing scenes from your child’s perspective. The camera acts as your child’s eyes and ears. You film and respond behind the lens with what you want to see him/her do or say.

Peer or adult modeling involves a child and/or adult acting out a script to show

what a desired interaction looks like. You carefully set up the situation, and have the actors perform as you film.

Video self -modeling involves video taping your child engaging a desired behavior in order to encourage more of that behavior.

You can mix these methods to fit the situations you are trying to teach.



No complicated equipment required

A video recording device and a way to connect it to a TV or computer for viewing are all you need.

Tips for shooting a good video

- Speak and move slowly and steadily.
- Eliminate all background distractions and noise before filming. Zoom or point to draw attention to an object.
- Write out a script. Plan the video before filming.
- Start short – One to three minutes for the whole video. Build from there.
- Film as if you are your child's eyes and ears. Respond to questions when asked, manipulate toys in front of you, use a tripod at high chest level if you need two hands.
- Video the people your child likes to watch as actors in your movie.
- Re-take any scenes flawed by flubbed lines, background noise, laughter, etc.
- Use peer models for actors if what you are teaching involves peers.
- Practice the scene before you film.
- Watch what you filmed before showing it to your child. Fix any mistakes.
- Use short, simple language.
- Act realistically, with appropriate enthusiasm.

The Format

One format that works particularly well filming a movie with two specific parts, showing one immediately after the other:

- **First, an educational part:** Two or three examples of one thing you want to teach.
- **Then, a short clip of a reinforcing activity:** Such as anything your child likes to do or watch. If it's a DVD, film the TV playing it. If trains are reinforcing, film yourself playing with them. If you're using a computer with internet to view your video, pull up a favorite YouTube movie clip.

Alternate these two elements back and forth, with a different educational part each time. Keep the reinforcing part the same between each clip or change it, whatever works best. Adjust the length of each to fit your child's attention.



Practice time is an important part of video modeling.

There are several options available for practicing AFTER your child has watched the videos several times with you. Use which method(s) you prefer.

- Watch the video with your child. After the educational part, press pause and practice. Afterwards, press play for the reinforcing part.
- If the educational part has a prompt,

pause before the modeled response so your child can respond. ("What's your name? PAUSE VIDEO, wait and encourage response, then press play.)

- As similar situations arise throughout day, mimic the video model.

A Sample Script

Goals: Name three foods, respond to, "Go get your shoes", and put together a simple puzzle.

Name 3 foods: milk, cookie, banana

Prepare: Before filming, arrange target foods at the front of cabinet or refrigerator.

Film yourself walking to the location, opening the door, pointing and labeling. Repeat with each food. Stop the camera. Arrange the items on an uncluttered surface. Record yourself pointing and labeling again. Stop the camera.

Film a minute or so of a reinforcing activity.

"Go get your shoes"

Prepare: Before filming, establish a consistent place where shoes are kept.

Facing the actor as you hold the camera and film as you are asked, "Please go get your shoes." Walk to the location, pick up the shoes, and bring them back to the actor. As you hand them over, the actor will say, "Thank you", with appropriate enthusiasm. Repeat with different actors.

Film a minute or so of a reinforcing activity.

Puzzle

Set the camera on a tripod at high chest level in front of you so both of your hands are free to work the puzzle. First remove all the pieces, then replace them. Describe your actions at a level tolerated by your child.

Troubleshooting

What to consider if you're not getting good results

- Mix up the order in which the educational tasks appear in each video to prevent boredom.
- Reduce the number of educational goals per video. Or reduce complexity.
- Adjust the ratio of instruction to reinforcer parts of the video.
- Pay attention during the day of what your child finds interesting (which people could be potential actors, ideas for a reinforcer)
- If your child has mastered most of the skills on the video, they can lose interest. Re-film a video of un-mastered items presented a different way, along with new items.
- Reinforcers can change over time too. Be aware of changes in preferences. If the task you are teaching is more challenging, make the reinforcing part a bigger deal.



Books

- Video Modelling And Behaviour Analysis: A Guide for Teaching Social Skills to Children With Autism by Christos Nikopoulos, Mickey Keenan, and Sandy Hobbs
- Seeing Is Believing: Video Self-Modeling for People with Autism and Other Developmental Disabilities by Tom Bugey



Books (cont.)

- Video Modeling: A Visual Teaching Method for Children with Autism by Liisa Neumann
- How to use Video Modeling and Video Prompting By Jeff Sigafoos, Mark O'Reilly, and Berenice de la Cruz.



DVD's

- Watch Me Learn
- Model Me Kids
- Teach2Talk
- Teach2Play
- BabyBumblebee
- Social Skill Builder
- TD Social Skills
- The Activity Trainer by Accelerations Software
- Max and Friends ABA Videos
- The Transporters