



## ***Using Video Modeling to Teach Language, Social and Behavioural Skills***

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*Have you ever...*

*watched a cooking show?*

# ***What is video modeling?***

**VIDEO**

A white hand-drawn hand with the index finger pointing upwards towards the word 'VIDEO'.

***Videotaping the expected or desired behavior so that our students can see, hear, and better understand the skills they are trying to learn.***

# Which is better for you?

Learning through pictures

VS.

Learning through videos

# What the research says

- Both video modeling and video self-modeling meet the criteria for evidence-based practices by the *National Professional Development Centre on ASD*, the *Council of Exceptional Children*, and the *Autism Society of Canada*.
- More than 60 studies in past 20 years.

Bellini, S. & Akullian, J. (2007), A meta-analysis of video modeling and video self-modeling interventions for children and adolescents with ASD. *Exceptional Children*, 73, 261-28.



# Why does video modeling work?

**Self-modeling  
allows students  
to see  
themselves  
succeeding, and  
increases self-  
efficacy  
(the belief that  
one can succeed  
at a task).**

*(A. Bandura, social learning and  
observational learning theories)*



# What areas can be addressed with video modeling?



# Students with ASD and video modeling

- Many students with ASD have strong visual skills.
- Videos can focus student's attention on the right stimuli (stimulus overselectivity can be addressed).
- Some students have an easier time attending to videos than real-life situations.



# ***Videos vs. real-life***



***Videos can be rewound and repeated...life can't.***

# ***Types of video modeling***



# ***Basic video modeling***

One of the student's peers, or teachers, can model the behavior or skill you are trying to teach. Then the individual watches the video and models the behavior.



# Social language

## “Saying hi”



# Social language “hey”



# Social language “taking turns speaking”



# Social and recreational behaviours “bowling”





# ***Video self-modeling***

- In this type of modeling your student acts as his/her own model.
- Have the student imitate you or complete a skill after you prompt it. This works well for social behaviors and language.

# Behavioural skills, academic setting “All done”

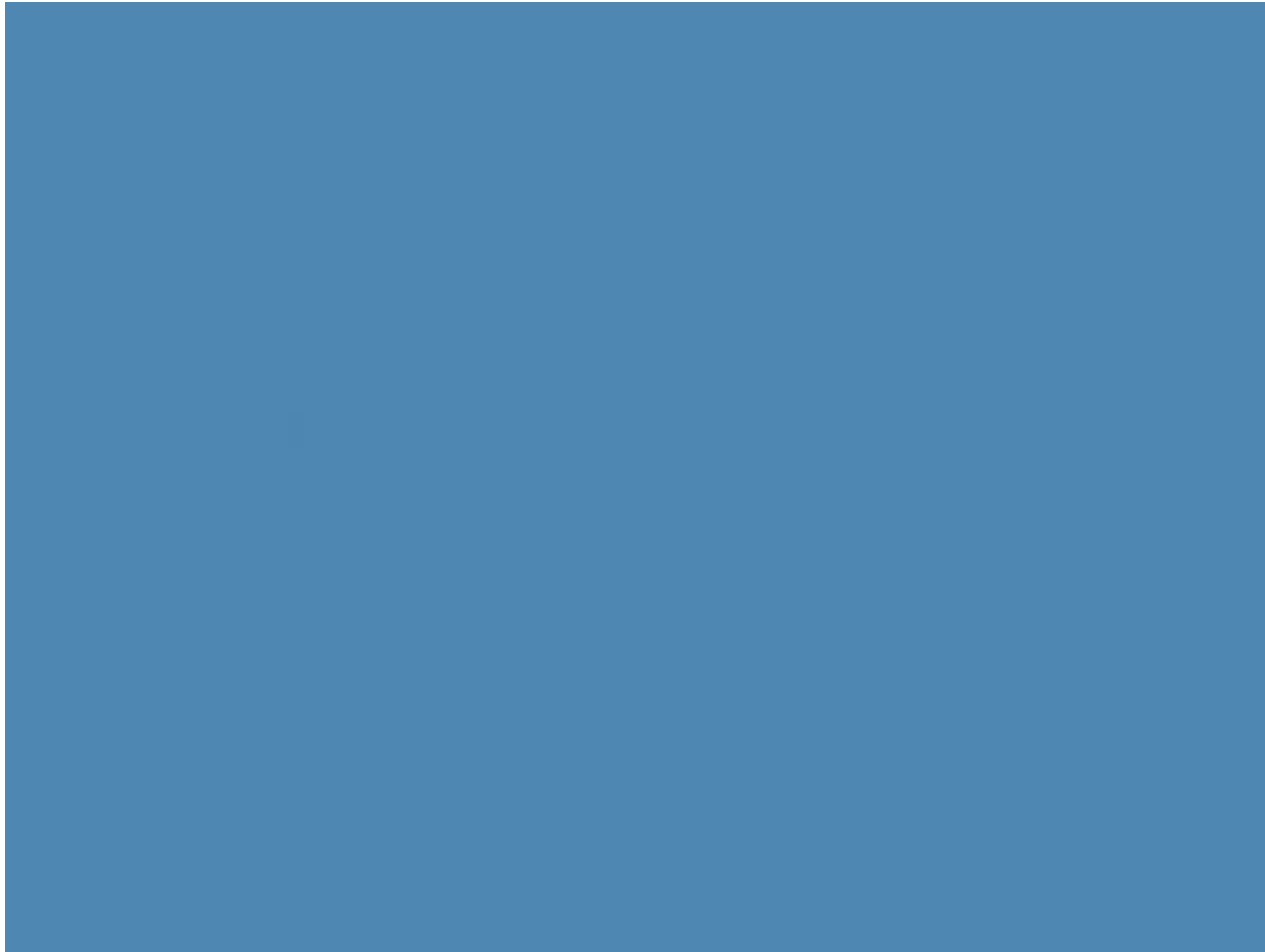


# Language skills

## “yes, no, thank you, all gone”

- Wordtoob app

# Social skills “sharing”



# Play skills

## “playing with friends”



# ***Point of View Modeling***

- In POV modeling, you show the student a video that would show what completing the task would look like from his or her point of view.

# Language skills “open”

- Wordtoob app



# Play behaviours



# Video Prompting

- This type of modeling is where the video serves as a cue for the steps of a task.
- Example: videotaping a student getting his winter clothes on to go outside for recess while narrating each step.

# Task breakdown “brushing teeth”



What skill would you like to target with video modeling?



# Important!

## Prior to videotaping

- Consent from school principal and parents is **MANDATORY** when you are videotaping your student-as well as **ANY OTHER** student that you are videotaping.
- Parents must sign a **written consent form**. Ask your principal for information.
- This is LBPSB policy.



# ***Video modeling checklist***

# Important considerations

## Content and Student

Make sure that the student is attending to the video when you present it.

Model only successful behaviours or skills in video.  
Write a script!

Show the video before you expect the skill to be used.

You can use video modeling for a wide variety of ages and skills.

The skill must be “do-able” or developmentally appropriate.

You can use video modeling "on the fly"



# Important considerations

## Technical

Use ample lighting.

Shoot close-ups.

Make it short and to the point.

Decide where you will safely store the video.  
No public access!!

Add extras later if you need to.  
(narration, editing)

Don't worry if its not perfect.

# If you want to make your own videos...

- Camera app on iOS or Android-free
- Magisto (iOS, Chrome app, Android, free)
- WeVideo (Chrome app)
- Movie Studio Video Maker (Android, free)
- Photo booth or Quicktime player (Mac, free)
- ShowMe-iOS, free
- AutismMate 365-(iOS, free)
- iMovie (iOS, \$5.79, Mac, free)
- Explain Everything-(\$3.99 iOS, \$2.99 Android)
- My Pictures Talk- (iOS, \$2.99)
- WordToob-(iOS, \$29.99)
- Video scheduler-(iOS, \$12.99)
- SpeechJournal (iOS, \$3.99)

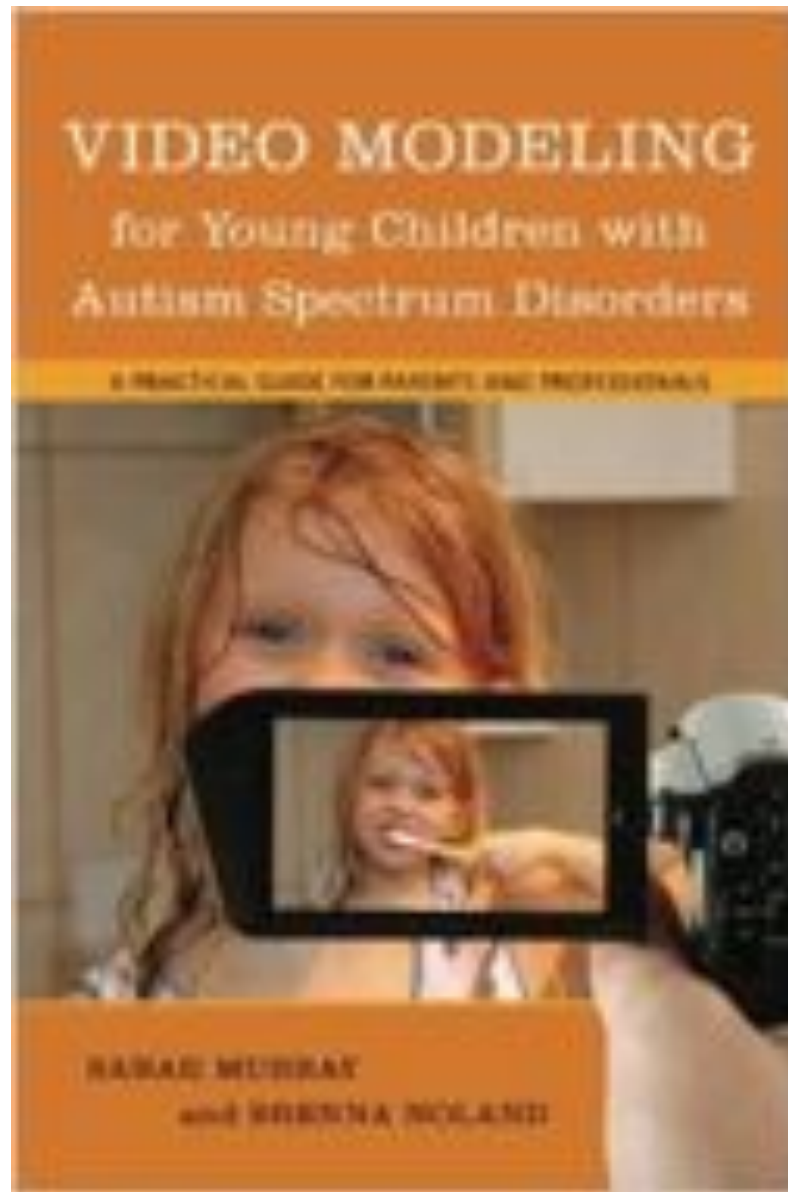
# If you don't want to make your own videos...

## *Apps*

- AutismMate 365-free
- Social Skills Sampler HD-free
- Social Skill Builder Lite-\$3.49

## *Videos*

- Model Me Kids-\$29.99  
(<http://www.modelmekids.com>)



# Thank you!



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