

How to Create and Use Videos for Video Modeling

Step-By-Step Guide by:

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www.SpeechAndLanguageKids.com/videomodeling

Video modeling is an instructional technique where a child watches a video of himself successfully performing a skill or behavior. This is especially helpful for children with autism or low cognition who may not learn well from other instructional strategies. Here are the steps to creating videos to use with video modeling. You can watch a video demonstration of this using the link above.

1. Record a video of the child doing a skill. Use whatever supports you need to get the child to do the skill but try to back yourself out of the video when the child is doing part of the skill on his own. Give lots of prompts and reminders as you go but then let him actually do the skill on his own in between your reminders and prompts. Record the whole thing (I use my smart phone).
2. Upload the video to your computer and put into a video editing software (the free one that came with your computer will work fine). If you recorded the video on your iPhone or iPad, download the free iMovie app and open the video in iMovie for editing instead of on your computer.
3. Play the video until you reach a section where the child gets off track, needs a reminder, or needs help. Pause the video here and click "split track" (or something similar on your video editing software).
4. Push play again and keep playing until you get to the point where the child gets back on track or starts doing the skill on his own again. Pause the video again here and again click "split track" to cut the video right there.
5. Select the section of the video that falls between the two splits. This is the part where he is off track. Delete this section of video.
6. Move the next section of video right up against the first part so there is no gap.
7. Repeat steps 3-6 again until you have deleted all sections where the child is not doing what he's supposed to be doing. Don't worry about choppy editing. The child won't notice that the screen jumps a bit where you edited something out.
8. If desired, remove the audio from all sections of the video by selecting each clip and choosing "silence audio" or "delete audio". Then, record your voice as a narration over the video where you describe what you want the child to do as the video shows him doing it. In my software, there was a button labeled "record narration". Try to find something like that.
9. Save the video and upload to an iPad, computer, or some other device that the child can view it on.
10. Play the video for the child at various times throughout the day and talk about the skills demonstrated. Play it many times for the child.
11. Once the child is familiar with the video, play it once more right before you expect him to do the behavior or skill from the video. Talk about what he will do and then immediately go do it. If possible, play the video for him while he's doing it or talk him through the steps that were shown in the video.
12. Praise the child for any success he had with performing the desired skill.
13. Repeat steps 10-12 as needed until the child can do the behavior or skill independently.