



Video Self Modelling (VSM) to teach self regulation and coping skills using iPads

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Video Self Modelling is a highly successful, useful and efficient evidence based strategy to use within the classroom. It is time and cost effective, simple to make using iPad technology, skills are well generalised and maintenance of skill is high.

VSM involves creating a short 2 minute video, shot and edited on iPad, edited in a way to show the student performing a skill that in actuality was beyond their current skill level. This video is viewed by the student twice a day over 3 weeks, with no other significant change in practice or teaching on that skill.

An example of data results are as follows-

An autistic child spoke 5 understandable requests in the week pre-intervention. A VSM of him saying "I want a drink" was shown twice daily for 2 weeks. On the first day of intervention he made 15 clear requests and averaged around 30 requests a day by the end of 3 weeks. At a 2 month follow up he made 45 requests in one day.

VSM can be used to teach self regulation, social skills and coping skills to students with complex behavioural issues, autism, physical and intellectual disabilities.

Over three years all teachers in the school have had PD about VSM. We have created over 300 VSM and VPM products across the school, used with both individual students to address individual goals, as well as Group VPM to teach group behaviours and skills. These videos cover a range of skills such as social skills, play skills, augmentative communication skills, speech and functional living skills.