

A thick black L-shaped frame surrounds the central text. The top-left corner is a horizontal bar extending to the right, and the bottom-right corner is a vertical bar extending upwards. The rest of the frame is implied by the corners.

“LET’S GET VISUAL!”

All About Visual Supports and Why They Work

Presented by:

Cori Wagner, M.S.Ed., BCBA

District-Wide Behavior Intervention Specialist

Tonight's Goals:

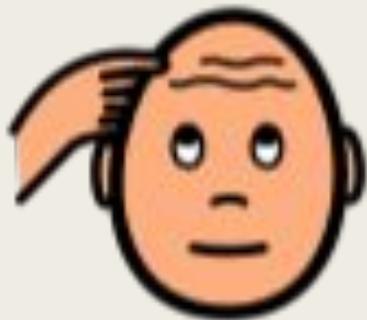
1. Learn about the purpose and power of visual supports
2. View examples of specific types of visual supports
3. Understand how to use visual supports at home
4. Make-and-Take: Create visuals to bring home



Opening Activity: Match Game

1. Read the phrases/directions in the first column
2. Flip your paper over and look at the pictures in the second column
3. Unfold your paper and match the phrases to the pictures

Were the language-based directions easy to understand?



How did the visual help you to better understand the message?

THE POWER OF VISUALS

Why do they work?



Visual Supports

- A visual support refers to using a picture or other visual item to communicate a message/idea or to help someone communicate
- **Can be:**
 - *Photographs*
 - *Drawings*
 - *Written words*
 - *Lists*



Why Do We Use Them?

- Visuals can help depict a simple or complex message
- Take the 'guess work' out of verbal language
- Can reduce frustration
- Provide predictability and routine
- Help us see, remember, and recall expectations
- Visual supports can enhance learning
- Help us become more independent
- Visuals can prompt us to use skills that we've learned

TYPES OF VISUALS

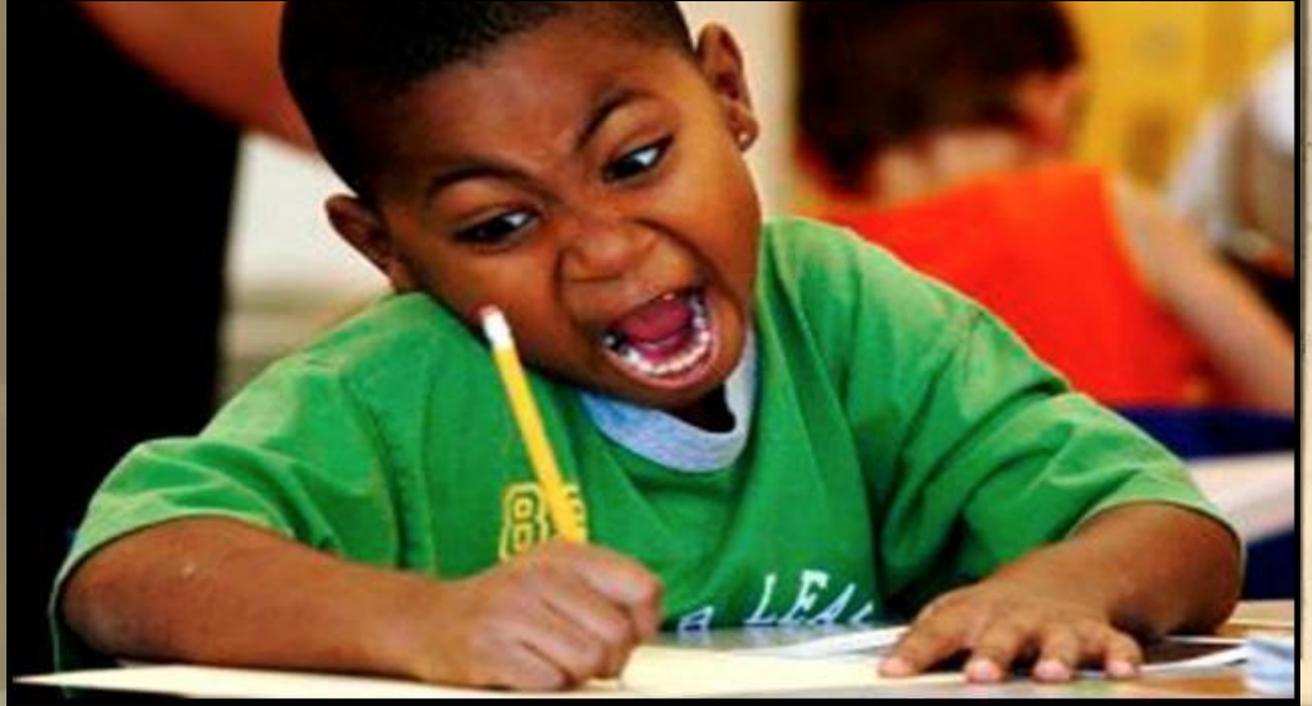
Different visual supports and how to use them



First/Then Visual

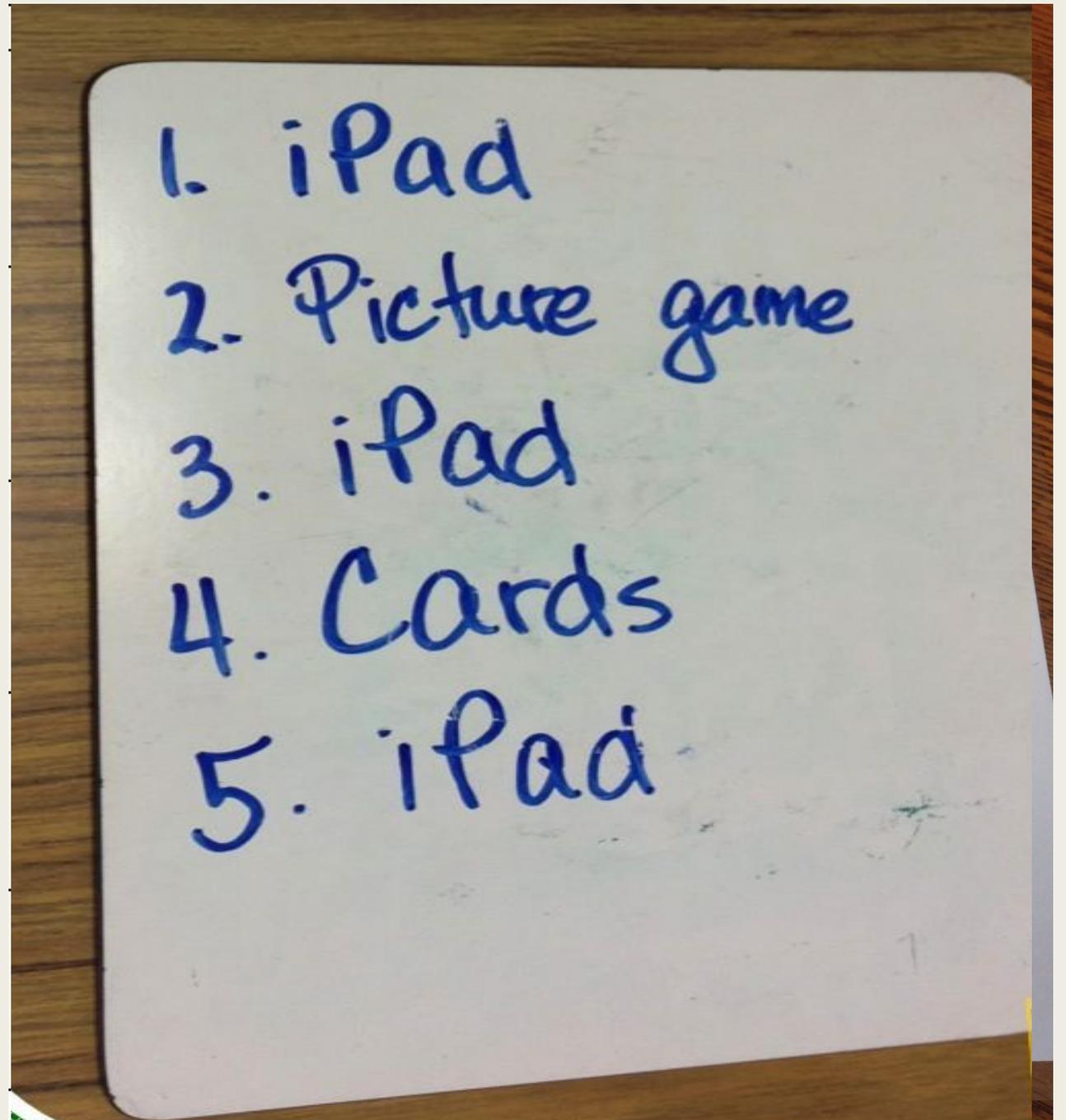
- Visual representation of the expectations and/or order of an activity
- Sets up the expectations and provides predictability
- **To be most successful:** The less-preferred activity should be first, followed by the more-preferred activity

First, do your homework. Then, iPad.



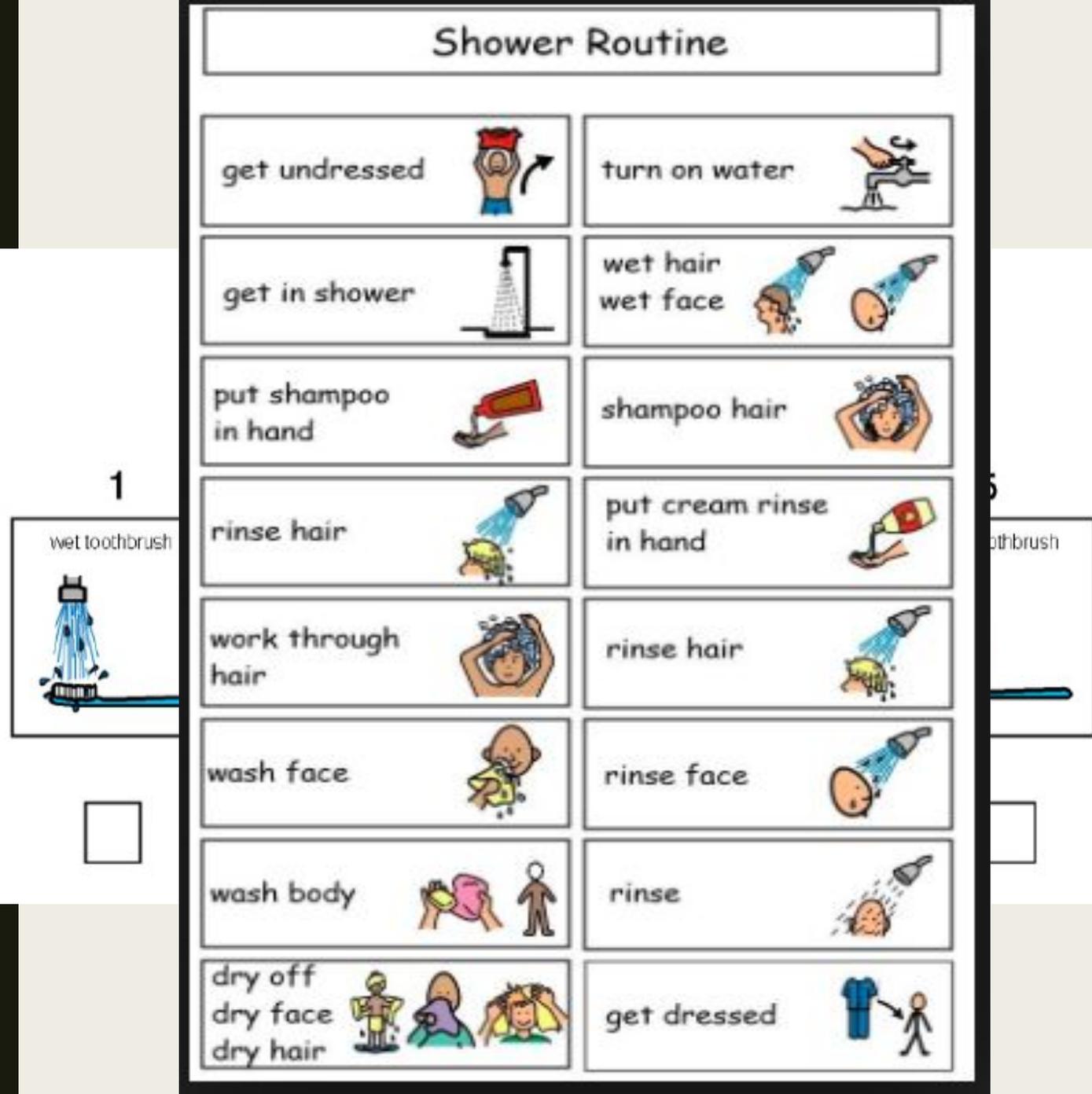
Visual Schedule

- Visual representation of a schedule or routine
- Set up the environment to be more successful
- Sets up the expectations and provides predictability
- You can arrange schedules to your advantage and reduce power struggles



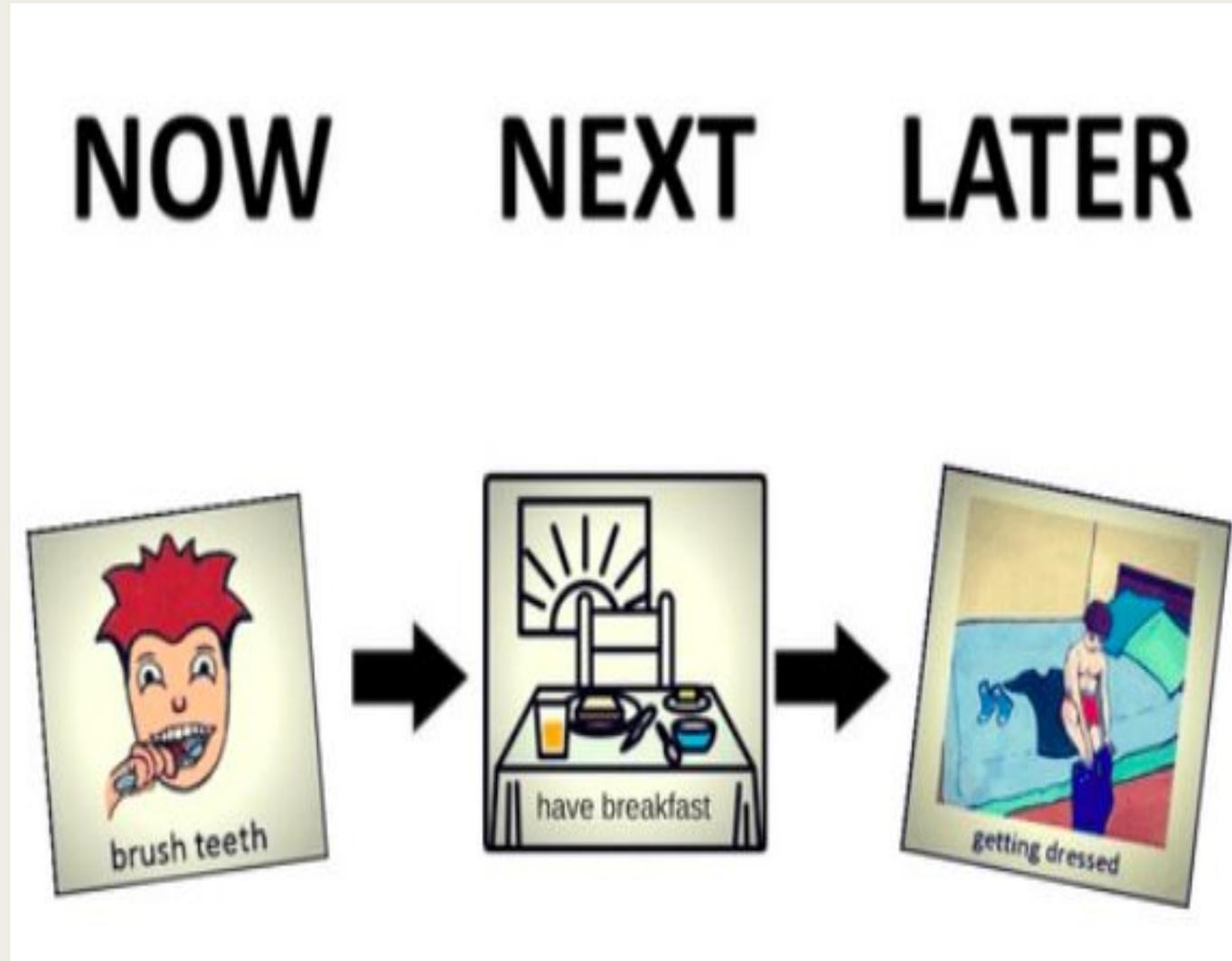
Visual Task Analysis

- Depicts the steps of a larger task (such as getting dressed or brushing teeth)
- Serves as a prompt and reminder of what to do
- Helps develop independence



Visual Limit Setting

- Visually depicts abstract concepts such as “wait” or “later”
- Helps to set boundaries and display clear limits in a concrete way
- If related to a time concept, pair with a timer to make time more tangible



Visual Communication Supports

- Visuals help facilitate functional communication
- Prompt a child to communicate
- Communicating leads to an increase of needs being met and a decrease in challenging behavior

Joinin


Can I


How do y


Maybe gam

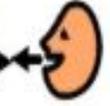

Taking Turns

	Stop
	Take a deep breath.
	Think: "I can wait"
	Wait for your turn with a smile.

or games.


Turns

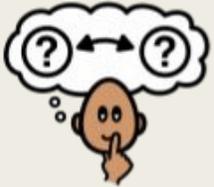

Nicely


nd Share


Activity: Experts Unite!



- Listen to the description of all four situations



- Pick the situation that best represents typical challenges you may experience at home or best represents someone that you may know



- Sit at the corresponding table

Morning Mayhem



Susie has a hard time waking up in the morning! After finally getting her out of bed, you need to help put on her clothes. If you don't help her, you'll never get out of the door!

Time for breakfast! Susie slowly eats as you keep reminding her to take a bite of food. Now, brushing teeth can be a struggle and sometimes you may have to do it for Susie.

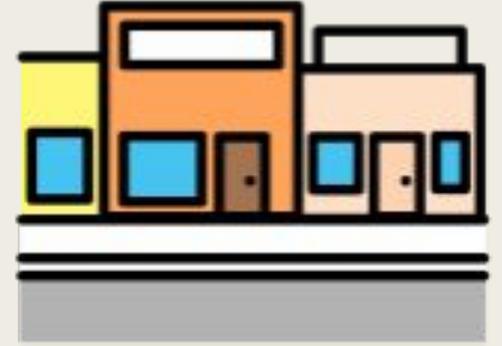
Finally, after quickly putting on her shoes, it's time to run to school!

Homework? More Like “No”work

Norman gets home from school, eats a snack and plays video games. When he’s told to do his homework, he says “no” or “not right now.” After some discussion, he says that he will do it later and continues to play games. Soon dinner comes and it’s quickly time for bed – no homework was done.



Out in the Community



The whole family loves going to Target on the weekends! On the car ride there, Ted asks for a new toy and you tell him “maybe.” After walking around the aisles, Ted asks for the toy again, and is told “to wait.” Ted becomes upset and begins to cry and yell at the store. To keep him calm, he is given the toy (or if you don’t want to give him the toy, you may end up leaving Target earlier than expected).

Let's Talk About It

Franny can sometimes be shy when talking to others. She is unsure of what to say and is afraid of saying the wrong thing. However, when she's play games, she can become frustrated when the game isn't going her way, which leads to yelling and ending the game. She may even hit her sibling or a friend.

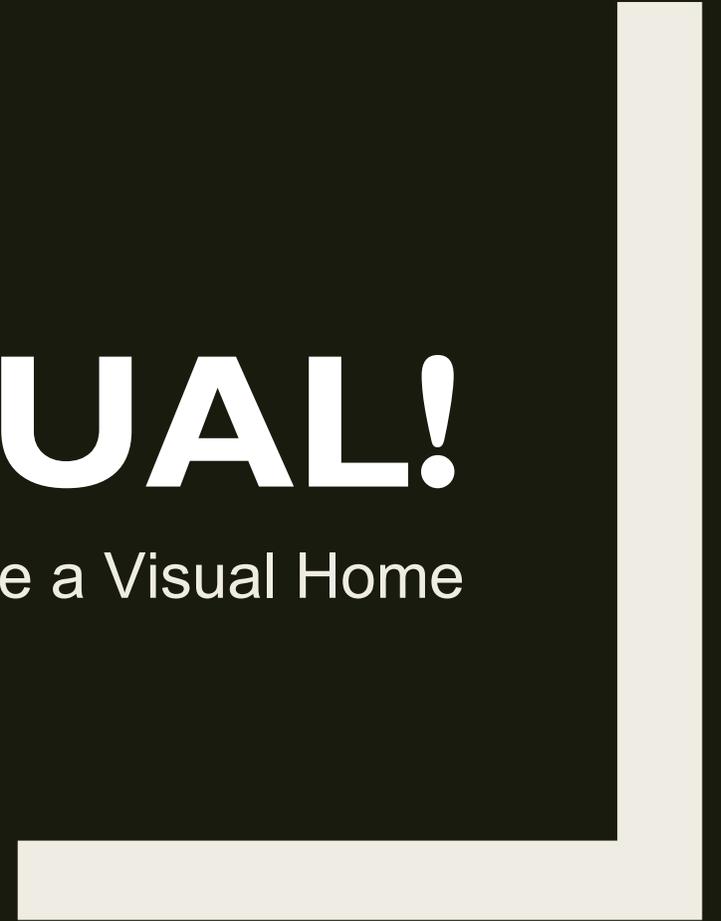


Activity: Experts Unite!

- Think about the visual supports you've learned about tonight
- How can you use one (or more) visual supports to help promote positive behavior?
- Discuss with your small group for 2-3 minutes
- Present your ideas to the whole group
- **Whole Group share options:**
 - *Choose a presenter to briefly explain your visual support choice(s)*
 - *Write it down and Cori will share with the group*

LET'S GET VISUAL!

Make-and-Take a Visual Home



Making Visuals

- Choose a template that best fits your needs
- Decide what kind of visual your child needs (photo, drawing, icon, words)
- Cut and paste the icons/pictures provided or draw/write your own

- **Don't see a picture/item you need? Let me know!**

Recommended Apps for Creating Visual Supports

1. **Choiceworks**: This app contains four types of boards to create a visual schedule for daily routines, a waiting visual (with includes a timer feature), a feelings board and feelings scale. There is capability to print the created boards from the app.
2. **First Then Visual Schedules**: This app allows you to create first/then boards, visual schedules, and checklists.
3. **Visual Schedule Planner**: This app expands on visual schedules and allows you to create daily/weekly and activity schedules.