COGNITIVE PICTURE REHEARSAL

What is it?
- Social skills teaching strategy used for a specific problem situation
- Consists of cartoon-like drawings on index cards that include the antecedents to a problem situation, the targeted desired behavior, and a positive reinforcer with a script on the top or back of each card describing the desired sequence of events

For whom is it appropriate?
- Students who persist in socially-inappropriate behavior
- Kindergarten and up

Why should I use it?
- Helps students see cause-effects and how to avoid problems
- Provides a visual reminder of desired behavior
- Aids development of self-talk to guide behavior

Creating and Using Cognitive Picture Rehearsal
1. Draw cartoon-like or stick figure pictures on index cards depicting the situation. Use 1-2 cards for each: antecedents to the problem situation, targeted desired behavior, and positive reinforcer. Involve the child, if possible, in giving input about the cards' content.

2. Show and read the card sequence repeatedly until the child can repeat what is happening in each picture. Ex: Teacher reads cards to the child several times a day. Parent reads cards to child as part of bedtime routine.

3. Review the card sequence just before the child enters the potentially problematic situation.

4. May pair with a reward chart for reinforcing positive behavior.


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