Cognitive Picture Rehearsal (www.grodencentre.org)

What:
- A Cognitive Picture Rehearsal is an instructional strategy that uses repeated practice of a sequence of behaviors to teach appropriate socially desirable behaviours. The sequence is introduced to the student in the form of pictures and an accompanying script.

Why:
- The strategy is based on the concept of positive reinforcement of learning and visual supports. The individual is provided with opportunities to practice the appropriate behavior skills repeatedly, while immediate reinforcement is provided each time the strategy is implemented.

How:
- Identify a potential teaching objective that is currently difficult for the student (change in routine, going to bed, thunderstorms, etc).
- Identify the target behaviour (what you want to teach the student to do)
  Example: breathe and relax
- Identify reinforcers for the student
  Example: listen to music
- Create the specific cognitive rehearsal scene (written script)

Sometimes the routine changes
I can handle it
I say to myself “I’m fine”
I can take a deep breath, count to 3 then breathe out and relax. I do this 3 times.
Then I can put on my MP3 player and listen to music for 5 minutes.

When:
- A student who requires a visual tool to assist with the implementation of a strategy and sequence of behaviours.
- Introduce in a positive and safe environment.
- Practice and rehearse in a positive and safe environment including just before the difficult situations occurs.