



iMsocial™ Individual with an Intellectual Disability Session One – Getting to Know You 1

One thing that you will notice once you start with the program is that sometimes a session is repeated. Your child will need to practise the new skills and you will find that a video model you make the first time will look different to the video you make last. Your child will have picked up skills and will show these in the latest video model. Not only does watching the video model increase the skill also the practising of the skill will increase the quality of the skill. The complicated skills will have more sessions focussed on the skill.

At the start of this program everything is new, the camera, doing a role-play and watching yourself therefore we give you and your child the time to get used to everything.

Being filmed whilst doing a role-play can be very scary for the first time. Watching and listening to your self can be very embarrassing too. It is important that your child feels comfortable about being filmed and watching themselves. This activity is created to get a feel for the camera, the filming and viewing.

Activity – Talk about your favourite toy video model (Step 1)

Let your child think about what their favourite toy is. They can talk to the camera about this favourite toy. Your child can sit or stand in front of the camera, whatever is most comfortable.

If your child finds it difficult to talk about their favourite toy, they can show the camera what this toy looks like. You might be able to ask a question about the toy you know your child would be able to answer (this could also be by nodding).

Let your child talk for a minimum of 15 seconds and a maximum of 2 minutes about their chosen topic or any other topic that comes along while they are talking (as long as you think the topic is appropriate).

The first video model is created for your child! Congratulations!

Sensory Activity – Bubbles

The bubbles activity is used to teach your child how to take deep breaths in and breathe out slowly. This is one part of the relaxation technique that will be taught in this program. Being able to breathe like this helps a child calm down when they are anxious or angry.

The first stage of teaching your child the breathing technique will be just blowing bubbles. You and your child can take some time to blow bubbles.

Helpful Tip: To avoid spillage of the bubble mixture, advise your child this is a sitting activity only.