

Superhero Social Skills:
Core Programs: Get Ready,
Following Directions, and
Generalized Imitation



Carmen B Pingree Center for
Children with Autism-Valley Mental
Health

The Program Started In the
Basement of a Old School with
Little or No Resources

Carmen



ABA Discrete Trial Format

- Clear on-set and off-set
- Shapes and prompts a specific behavior ranging from simple to complex
- Explicit criteria to judge success on each trial
- Data are collected trial to trial
- Behaviors are consequated
- Inter-trial interval separates trials

Carmen B. Pingree School for Autistic Children-Core
Management/Discrete Trial Programs

- “Get Ready” Program
- Following Directions Program
- Imitation Program

Use this program for students who have trouble learning the skill of Get Ready.

DISCRETE TRIAL TRAINING

for GET READY

Target Behavior: The child will sit in a chair with [his] feet on the floor and [his] hands down, and remain quiet and look at the teacher for three seconds following a cue.

The target behavior has been scaffolded into 4 mini-goals, each with 6 small discrete steps. When a student achieves 80% correct across 40 continuous trials on steps, you will move on to the next step.

Goal A: 6 Steps
Following the cue, the child will sit in a chair with [his] feet on the floor for 3 seconds.

Goal B: 6 Steps
Following the cue, the child will sit in a chair with [his] feet on the floor and [his] hands on [his] knees for 3 seconds.

Goal C: 6 Steps
Following the cue, the child will sit in a chair with [his] feet on the floor and [his] hands on [his] knees, and will remain quiet for 3 seconds.

Goal D: 6 Steps
Following the cue, the child will sit in a chair with [his] feet on the floor and [his] hands on [his] knees, and will remain quiet and look at the teacher for 3 seconds.

GOAL A STEP 1 *GET READY* Discrete Trial Training Program

Student: _____ Date started: _____
Date completed: _____

Goal A Target Behavior:
The child will sit in a chair with [his] feet on the floor for 3 seconds following the "Get Ready" cue.

Step 1 Instructions:
1. The child and the teacher or parent sit facing one another.
2. The teacher or parent models how to get ready: stands on knees, feet on floor, looking at the child.
3. Cue: "Child's name, get ready. Put your feet on the floor."
4. **Full Physical Prompt:** Place the child's feet on the floor and hold them in place while counting aloud for 3 seconds.
5. **Response:**
• **Correct Response:** The child keeps [his] feet on the floor for 3 seconds without responding. Give social and tangible reinforcement. Record a plus (+).
• **Incorrect Response:** The child resists or doesn't keep [his] feet on the floor for 3 seconds. Look away for 5 seconds or use another mild redemptive consequence. Record a minus (-).

Move to the next step (Goal A, Step 2) when the child achieves 80% correct across 40 consecutive trials.

Date	Time	Date	Time	Date	Time	Date	Time
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C

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GOAL A STEP 2 *GET READY* Discrete Trial Training Program

Student: _____ Date started: _____
Date completed: _____

Goal A Target Behavior:
The child will sit in a chair with [his] feet on the floor for 3 seconds following the "Get Ready" cue.

Step 2 Instructions:
1. The child and the teacher or parent sit facing one another.
2. The teacher or parent gets ready.
3. Cue: "Child's name, get ready. Put your feet on the floor."
4. **Partial Physical Prompt:** Touch the child's feet, and then touch the floor where [his] feet should be. Count aloud for 3 seconds.
5. **Response:**
• **Correct Response:** The child keeps [his] feet on the floor for 3 seconds. Give social and tangible reinforcement. Record a plus (+).
• **Incorrect Response:** The child doesn't keep [his] feet on the floor for 3 seconds. Look away for 5 seconds or use another mild redemptive consequence. Record a minus (-).

Move to the next step (Goal A, Step 3) when the child achieves 80% correct across 40 consecutive trials.

Date	Time	Date	Time	Date	Time	Date	Time
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C

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GOAL D STEP 6 *GET READY* Discrete Trial Training Program

Student: _____ Date started: _____
Date completed: _____

Goal D Target Behavior:
The child will sit with [his] feet on the floor and hands on [his] knees. [his] will remain quiet and look at the adult for 1 second following the "Get Ready" cue.

Step 6 Instructions:
1. The child and the teacher or parent sit facing one another.
2. **Verbal Cue Only:** The teacher or parent gets ready. (No verbal cue.)
3. **Response:**
• **Correct Response:** The child keeps [his] feet on the floor and [his] hands on [his] knees, remains quiet, and looks at the teacher for 1 second. Give social and tangible reinforcement. Record a plus (+).
• **Incorrect Response:** The child doesn't keep [his] feet on the floor and [his] hands on [his] knees, isn't quiet, or doesn't look at the teacher for 1 second. Look away for 5 seconds or use another mild redemptive consequence. Record a minus (-).

Get Ready Goal D is complete when the child achieves 80% correct across 40 consecutive trials. Continue to Following Directions Goal A, Step 1.

Date	Time	Date	Time	Date	Time	Date	Time
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C

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Early Video Example of Get Ready Program

- Overselectivity
- Core Behavior Management Programs

DISCRETE TRIAL TRAINING for FOLLOWING DIRECTIONS

Following the Verbal Command "Come Here"
Target Behavior: The child will be placed out of visual contact with the adult. Following a "Come here" cue, the child will come to the adult within 5 seconds.
This target behavior has been scaffolded into 3 discrete steps, each with 7 small discrete steps. When a student achieves 80% correct across 40 consecutive trials on a step, you will move on to the next step.

Goal A: 7 Steps
Following the cue "Come here," the child will come to the adult from a distance of 5 feet within 5 seconds.

Goal B: 7 Steps
Following the cue "Come here," the child will come to the adult from a distance of 10 feet within 5 seconds.

Goal C: 7 Steps
The child will be placed out of visual contact with the adult. Following the cue "Come here," the child will come to the adult within 5 seconds.

Following the Verbal Command "Do This" and a Model Target Behavior: Following the cue "Do this" and the modeling of a correct action, the child will imitate the action.
The target behavior has been scaffolded into 3 discrete steps. When a student achieves 80% correct across 40 consecutive trials on a step, you will move on to the next step.

Goal D: 3 Steps
The adult will say "Do this" and provide a model and a full physical prompt to help the student imitate a simple one-step action.
The adult will say "Do this" and provide a model and a partial physical prompt to help the student imitate a simple one-step action.
The adult will say "Do this" and provide a model.

Date	Time	Date	Time	Date	Time	Date	Time
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C

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GOAL A STEP 1 *FOLLOWING DIRECTIONS* Discrete Trial Training Program

Student: _____ Date started: _____
Date completed: _____

Goal A Target Behavior:
The child will come to the adult from a distance of 5 feet within 5 seconds following the "Come here" cue.

Step 1 Instructions:
The teacher or parent #1 who will give the instructions to the instructor. The teacher or parent #2 who will prompt the child is the observer.
1. The observer stands directly behind the child.
2. The instructor stands facing the child, approximately 5 feet away.
3. The instructor says, "Child's name, come here."
4. **Full Physical Prompt:** The observer places [his] hands on the child's shoulders and says, "Child, look at the instructor."
5. **Response:**
• **Correct Response:** The child comes without reacting. Give social and tangible reinforcement. Record a plus (+).
• **Incorrect Response:** The child reacts. Look away for 5 seconds or use another mild redemptive consequence. Record a minus (-).

Move to the next step (Goal A, Step 2) when the child achieves 80% correct across 40 consecutive trials.

Date	Time	Date	Time	Date	Time	Date	Time
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C
Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer	Teacher/Observer	Parent/Observer
M	C	M	C	M	C	M	C

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GOAL C STEP 6 FOLLOWING DIRECTIONS
Discrete Trial Training Program

Student: _____ Date started: _____
Date completed: _____

Goal C Target Behavior:
The child will be placed out of visual contact with the adult. The child will come to the adult within 5 seconds following the "Come here" cue.

Step 3 Instructions:
The teacher or parent #1 who will give the instructions to the instructor.
The teacher or parent #2 who will prompt the child to the adult.

- The shadow stands directly behind the child.
- The instructor stands out of visual contact with the child.
- The instructor says, "Come here, come here."
- Partial Physical Prompt and Shouting: The shadow lightly nudges the child forward, says that the shadow doesn't touch or stay the child, but moves toward the instructor as the child moves.
- Response:
- Correct Response: The child comes to the instructor within 5 seconds. Give social and tangible reinforcement. Record a plus (+).
- Incorrect Response: The child doesn't come to the instructor within 5 seconds. Look away for 5 seconds or use another child inductive consequence. Record a minus (-).

Move to the next step (Goal C, Step 6) when the child achieves 80% correct across 40 consecutive trials.

Date	Teacher/Shadow	Date	Teacher/Shadow	Date	Teacher/Shadow	Date	Teacher/Shadow

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GOAL C STEP 7 FOLLOWING DIRECTIONS
Discrete Trial Training Program

Student: _____ Date started: _____
Date completed: _____

Goal C Target Behavior:
The child will be placed out of visual contact with the adult. The child will come to the adult within 5 seconds following the "Come here" cue.

Step 3 Instructions:
The teacher or parent #1 who will give the instructions to the instructor.
The teacher or parent #2 who will prompt the child to the adult.

- No Shadowing: The shadow is not involved in this step.
- The instructor stands out of visual contact with the child.
- The instructor says, "Come here, come here."
- Response:
- Correct Response: The child comes to the instructor within 5 seconds. Give social and tangible reinforcement. Record a plus (+).
- Incorrect Response: The child doesn't come to the instructor within 5 seconds. Look away for 5 seconds or use another child inductive consequence. Record a minus (-).

Following Directions Goal C is complete when the child achieves 80% correct across 40 consecutive trials. Continue to Goal D.

Date	Teacher/Shadow	Date	Teacher/Shadow	Date	Teacher/Shadow	Date	Teacher/Shadow

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GOAL D STEP 9 FOLLOWING DIRECTIONS
Discrete Trial Training Program

Student: _____ Date started: _____
Date completed: _____

Goal D Target Behavior:
The child will indicate what the adult does when the adult says, "Do this," and shows an action.

Step 3 Instructions:

- The child and the teacher or parent sit facing one another.
- Say, "Do this," and do this.
- Discontinuous Physical Prompt: Model the action.
- Response:
- Correct Response: The child imitates the action within 3 seconds. Give social and tangible reinforcement. Record a plus (+).
- Incorrect Response: The child doesn't imitate the action within 3 seconds. Look away for 5 seconds or use another child inductive consequence. Record a minus (-).

Following Directions Goal D is complete when the student achieves 80% correct across 40 consecutive trials. Repeat the trials with two or three other simple, one-step actions until the student is successful with several actions.

The child has now completed the Discrete Trial Training Program.

Date	Teacher/Shadow	Date	Teacher/Shadow	Date	Teacher/Shadow	Date	Teacher/Shadow

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