

# POWER CARDS

## PURPOSE

- To use with a child who is highly motivated by a special interest.
- Can support behavioural, social, academic, daily living, and classroom skills.
- Use when a student has difficulty with routines, behavioural expectations, understanding social language or understanding unspoken social 'rules'.
- Use when a student struggles to make a choice between two or more items or has difficulty understanding a cause-and-effect relationship.
- Use to support the generalisation of skills.
- Use when a student seems to lack motivation; yet has a well-developed area of interest.

## HOW TO USE

1. Choose a behaviour or skill to teach or continue to develop through use of a power card.
2. Use a student's special interest to choose characters or items to include in a social narrative and on a power card.
3. Write and illustrate a short story with the special interest character displaying the desired behaviour.
4. Create the power card. Make a card that shows a picture or illustration of the student's special interest and a few simple statements that recall the social narrative. The power card acts as a "reminder" about how or when to use the skill shown in the social narrative.
5. Review the power card with the student just before the skill or behaviour may be needed.
6. Provide positive feedback to the student about how well they used the skill or behaviour. 'Wow, you sat through assemble really nicely, just like Pac-Man does'

## TIPS

- Use positive language when writing the social narrative make sure it describes the behaviour that you want the student to display
- Use a power card to show what a student SHOULD do, and not what a student SHOULD NOT do.
- Provide frequent real-life opportunities for the student to practice skills learned through the power card strategy, including role playing.

## Example Social Narrative:

### How Luke Skywalker Handles Anger

Like everyone else, Luke Skywalker gets angry sometimes. Before he became a Jedi, sometimes Luke lost control and would hit people in anger. Yoda told Luke, "Beware of the dark side. Anger... Fear... Aggression. The dark side are they. Easily they flow, quick to join you in a fight." Luke learned to control his anger in order to become a Jedi. Luke still feels anger, but he has learned to control his reactions and has learned to calm himself down. When Luke feels angry, he waits, even if he really wants to hit someone. Luke takes three deep breaths and thinks inside his head, "I am OK. I can handle this." Then he asks Yoda or another Jedi master to help him. Sometimes, if he's still mad, he thinks about the people who love him and remembers that the force will always be with him. Luke still makes mistakes, but he's becoming a stronger Jedi every day.



## Example Power Card:

When Luke gets angry he:



Waits...does not act.

Takes 3 deep breaths. 1.....2.....3







"I am OK. I can handle this."

Asks a Jedi master, teacher, or family member for help.

Thinks about the people who love him and remembers the force is with him.

\*\*\*\* print out to pocket size and laminate\*\*\*\*

**Example Social Narrative:**

<h3>Lego Land Learners</h3>  <p>Page 1</p>	<ul style="list-style-type: none"> <li>• Many children may visit Lego Land each year.</li> </ul>  <p>Page 2</p>	<ul style="list-style-type: none"> <li>• Some children are funny at Lego Land.</li> <li>• They might tell a joke, drop something or say "blah, blah, blah".</li> </ul>  <p>Page 3</p>
<ul style="list-style-type: none"> <li>• Other children like to learn at Lego Land they are called Lego Land Learners.</li> <li>• Lego Land Learners are quiet and listen to all adults.</li> </ul>  <p>Page 4</p>	<ul style="list-style-type: none"> <li>• Lego Land Learners are anxious to show you 3 ways to learn at school.</li> <li>• 1. Keep voice off when adults talk.</li> <li>• 2. Listen to know what to do.</li> <li>• 3. Start your assignment and ask questions when you are not sure.</li> <li>• Doing these 3 things will help you be a Lego Land Learner!</li> </ul>  <p>Page 5</p>	<ul style="list-style-type: none"> <li>• Just like the Lego Land Learners it is important to learn at school.</li> <li>• Teachers are proud of Lego Land Learners when they learn at school!</li> </ul>  <p>Page 6</p>

\*\*\*\* Each page would be printed out on a single page and made into a book\*\*\*\*

**Example Power Card:**

\* print pocket size and laminate\*

### Lego Land Learners

- Lego Land Learners are anxious to show you 3 ways to learn at school.
  1. Keep voice off when adults talk.
  2. Listen to know what to do.
  3. Start your assignment and ask questions when you are not sure.
- Doing these 3 things will help you be a Lego Land Learner!

