

An Example of a Backward Chaining Routine (Taking Off a Coat)

FOR EXAMPLE:

When taking off your student's coat, the backward chaining technique might be:

The helper would take off your student's coat by:

Step #1 - Pulling the coat over your student's head onto his/her arms.

Step #2 - Taking your student's arm out of one of the sleeves.

Then with the remaining sleeve:

Step #3 - Remove your student's other arm to the wrist or elbow.

Step #4 - Your student's job is to finish the task, with assistance (hand over / under hand) or verbal cueing if needed, by pulling his/her arm completely from the sleeve.

Step #5 - Once your student is completing the last step with minimal cueing he/she will then begin to participate more in the next to last step (pulling his/her arm from the second sleeve).

Step #6 - Your student will completely take his/her arm from the second sleeve.

This process continues until your student is actively participating throughout the entire routine.

Remember:

- Your student may only be able to assist with some of the steps and stages of backward chaining, but continue to expect your student's participation in the activity.
- The helper must continue to provide verbal description about what is expected from the student and talk him/her through the activity.
- Provide prompts as appropriate for each stage.

