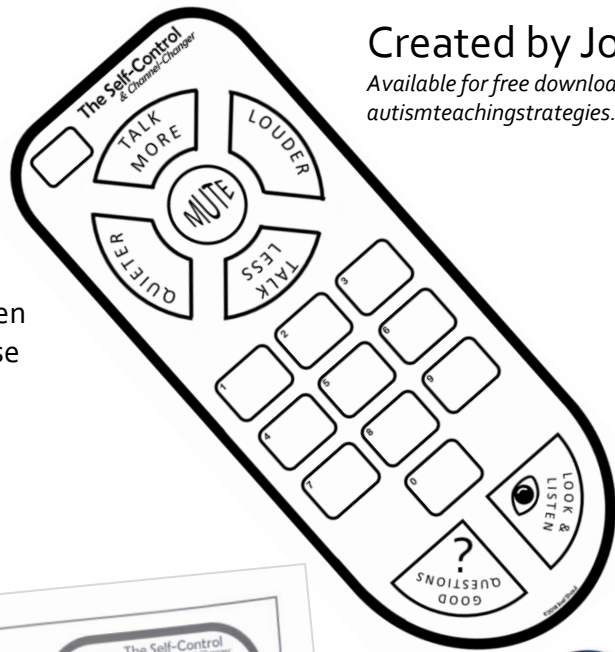


# The Self-Control & Channel-Changer

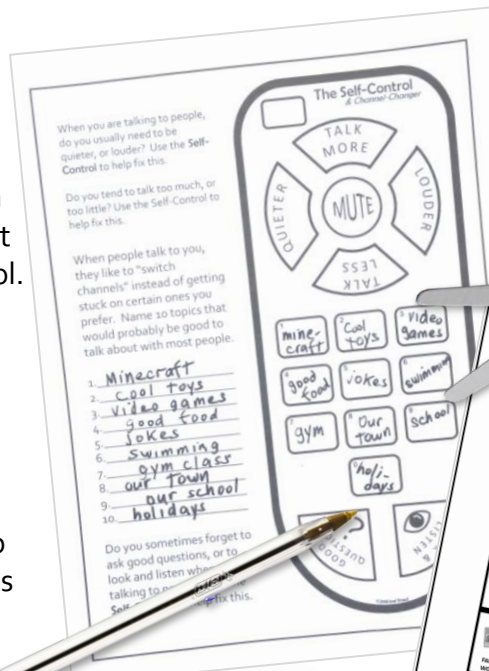
Created by Joel Shaul

Available for free download at [autismteachingstrategies.com](http://autismteachingstrategies.com)

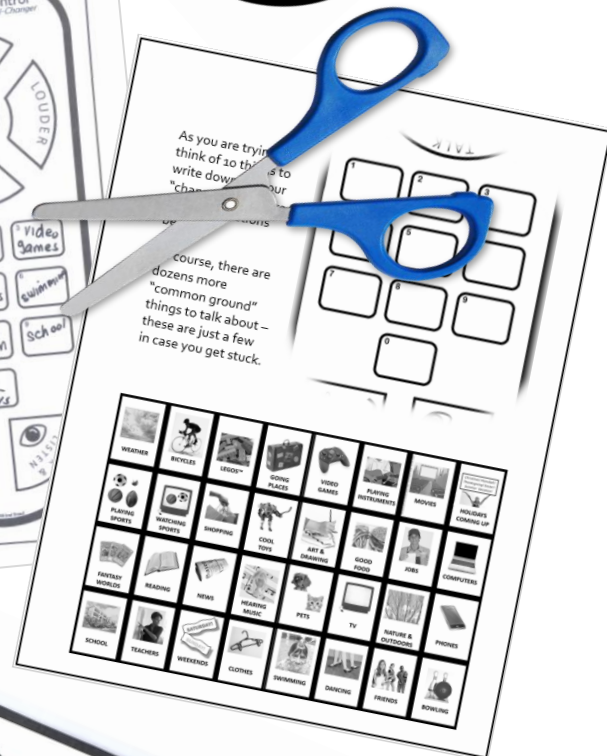
This pdf file provides you with printables you can use to create paper "remote control" devices to help children on the autism spectrum to select diverse conversation topics and attend to the quality of their contribution to a conversation.



On page 4 of this pdf is a page that shows children how to customize and cut out their own Self-Control. An example is shown at right. Coloring it is optional and recommended.



Page 6 provides picture prompts for children who need ideas on what topics to write on their Self-Control.



On page 3 of this pdf is a blank Self-Control that you and the child can fill out as you please for various issues pertaining to social and emotional skills.



In a **separate PowerPoint download**, you can create custom Self-Controls right on your computer by filling in the text boxes. This method is recommended to create a neater appearance and to help children who might find it hard to write small enough to fit inside the 10 buttons.

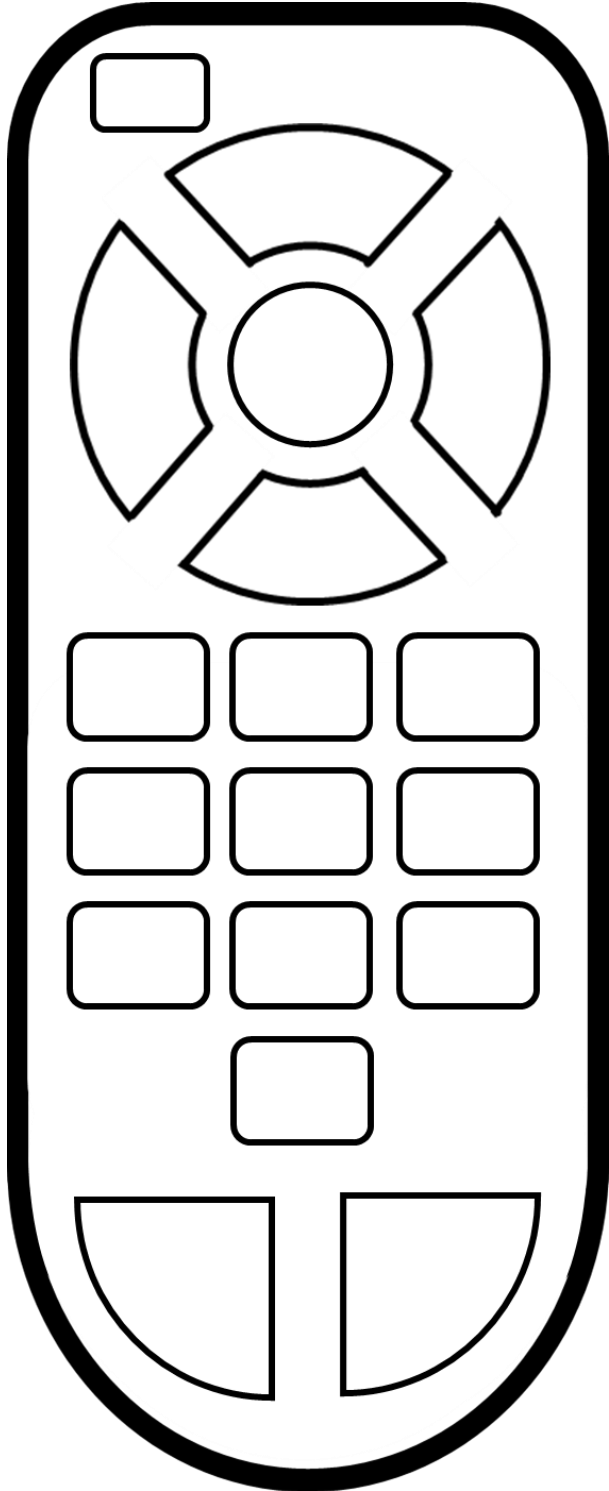
To create individual Self-Controls in PowerPoint:

1. Double click on each of the X's. →
2. Write in each of the interests that the child selects.
3. Print it and cut it out. It's nice if the child colors it in.



Several examples of Self-Controls after they are colored in.





When you use a remote, you control the volume...

...the channels

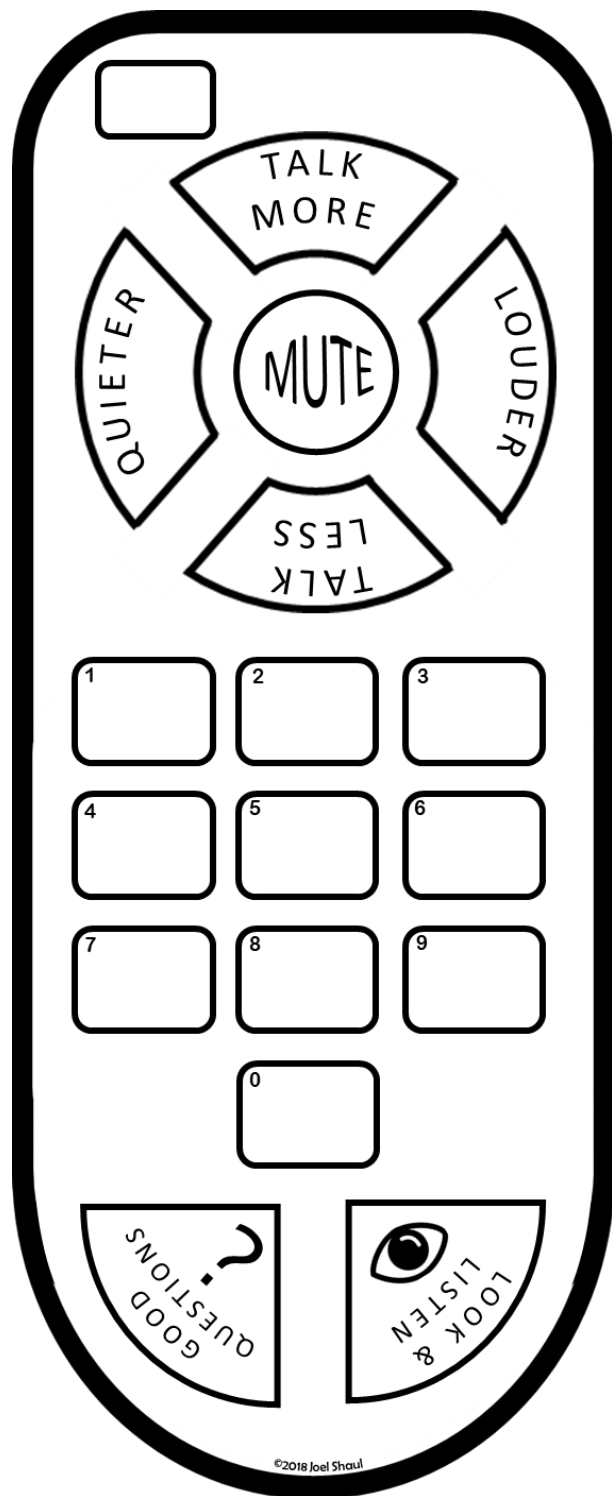
...and other functions.

When you control your own talking, it's the same in some ways.

You control your own volume. You can turn your talking on and turn it off.

You can “change channels” by talking about a number of different things.

You can control other things you do, such as asking good questions, looking and listening.





# The Self-Control & Channel-Changer

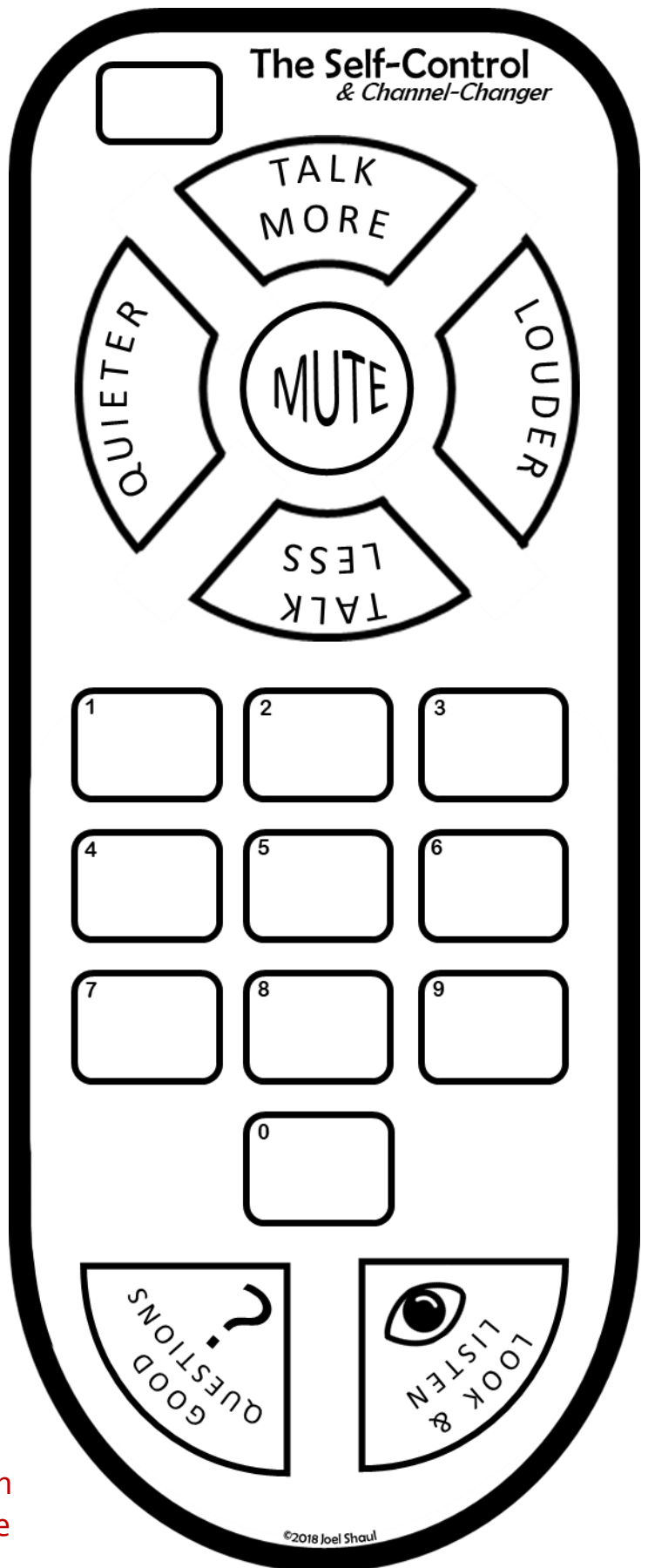
Here are some activities to help you to get better and better at talking, by controlling some things that have to do with talking. Like how much, or how little, how loud, and how soft you talk.

When people talk to you, they like you to “switch channels” instead of getting stuck on certain ones you prefer. Name 10 topics that would probably be good to talk about with most people. (See next page for ideas).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

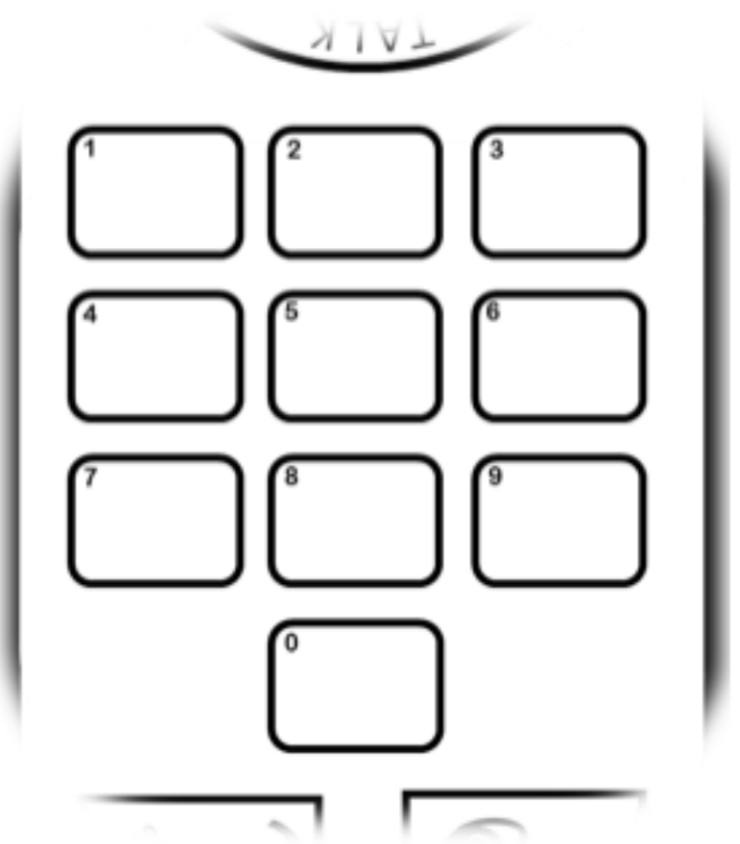
Write those 10 things on the buttons, or ask an adult to help you to do it.


Do you sometimes forget to ask good questions, or to look and listen when you are talking to people? Use **The Self-Control** to help fix this.



As you are trying to think of 10 things to write down for your "channels," here are some suggestions below.

Of course, there are dozens more "common ground" things to talk about – these are just a few in case you get stuck.



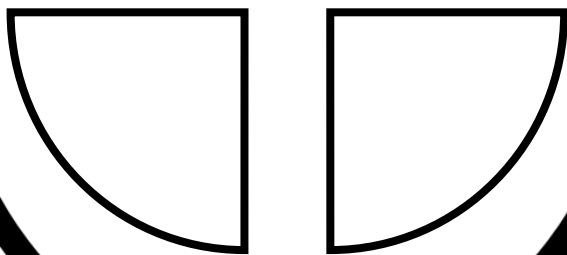
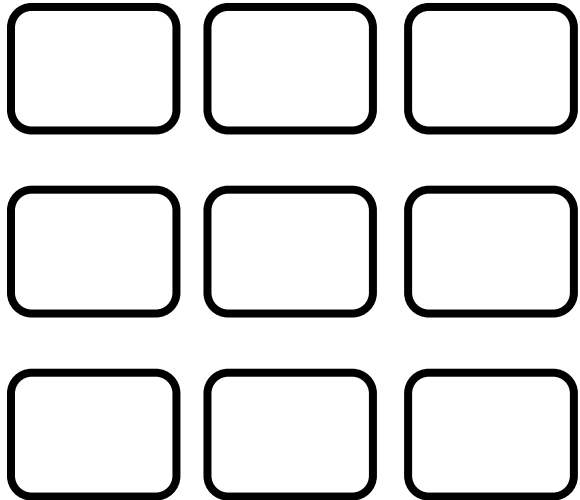
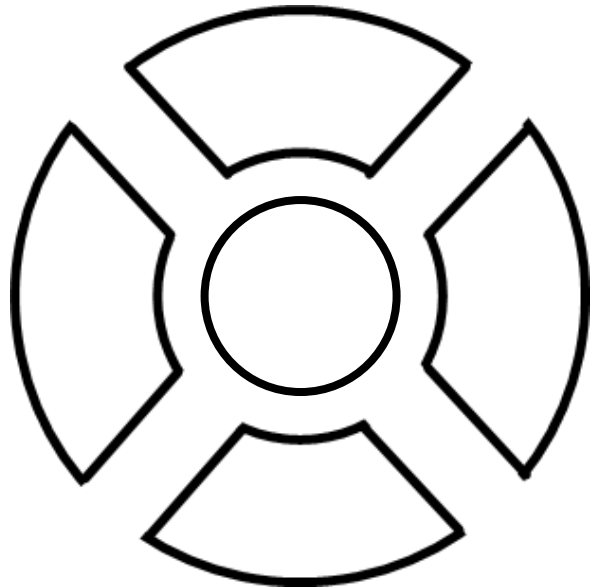
 WEATHER	 BICYCLES	 LEGOS™	 GOING PLACES	 VIDEO GAMES	 PLAYING INSTRUMENTS	 MOVIES	 HOLIDAYS COMING UP
 PLAYING SPORTS	 WATCHING SPORTS	 SHOPPING	 COOL TOYS	 ART & DRAWING	 GOOD FOOD	 JOBS	 COMPUTERS
 FANTASY WORLDS	 READING	 NEWS	 HEARING MUSIC	 PETS	 TV	 NATURE & OUTDOORS	 PHONES
 SCHOOL	 TEACHERS	 WEEKENDS	 CLOTHES	 SWIMMING	 DANCING	 FRIENDS	 BOWLING

The Self-Control  
& Channel-Change*r*



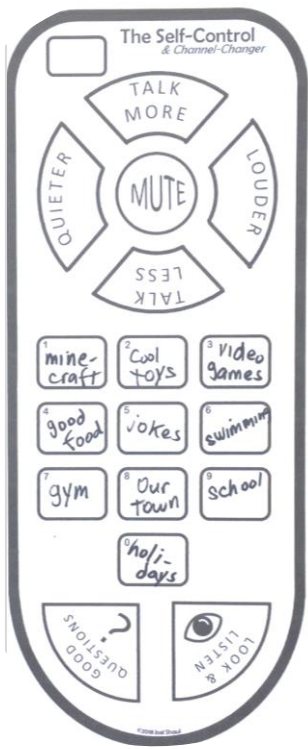
Here is a blank  
**Self-Control.**

There are many  
different ways to  
fill it out, use it and  
color it.

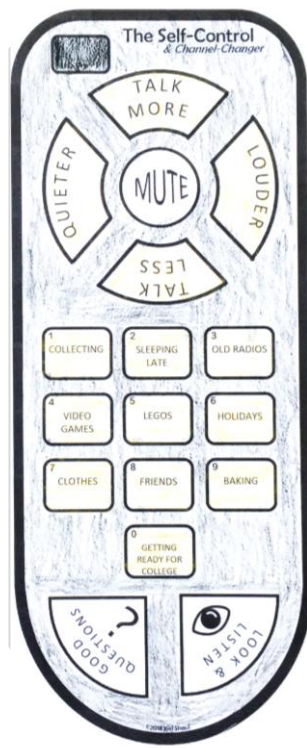


# Here are some different ways to use your **Self-Control & Channel Changer**. You will probably think of some more, too.

Use it to remind you to work on things that make your talking better – like talking more when that is a good thing and talking less when it's the time to talk less.



Use it to remind you to talk louder, or softer.



Use it to practice talking about lots of good things, instead of just getting "stuck on one channel."



There is a blank one you can use to create your own custom Self-Control.

