

From the descriptions given for the 7 categories below, think of what best represents how your autistic child and your family live together. The examples are only there to guide you, and you may find that some categories overlap. What is important is that you choose what is included and that you feel happy with your Digital Story.

What to include...		Examples	YOUR IDEAS HERE
<p><b>1.</b></p> <p><b>Spaces</b></p>	<p>At home where does your child like to be or spend time?</p>	<p><b>Inside:</b> with you in the kitchen/lounge, at a table or on the sofa, in their bedroom/playroom or any child-led activities.</p> <p><b>Outdoor:</b> in the garden, the park, the beach, swimming pool, going for a picnic / walk / hobby / club / activity</p>	
<p><b>2.</b></p> <p><b>People and interactions</b></p>	<p>How does your child like to spend their time at home and how do they like to interact with family members?</p>	<p>Children may interact in different ways with family members. They may also like to spend time by themselves. Interactions can be child-led or led by a family member.</p>	

<p><b>3.</b></p> <p><b>Independence and agency</b></p>	<p>What does your child choose to do for themselves?</p>	<p>This can include, exploring, requesting, initiating, choosing or deciding, acting upon an interest or desire.</p>	
<p><b>4.</b></p> <p><b>Objects and interests</b></p>	<p>What is your child really interested in and like doing?</p>	<p>These can be computer/iPad, games or children's Tv or movies, particular characters, books, toys, outdoor spaces, play equipment (swing, slide, trampoline) water, sandpit. Or the importance of clothing, touch or sensory</p>	

		stimulation and responses.	
<b>5. Communication and expression</b>	In what ways does your child express themselves?	This could be verbal or non-verbal, signing, PEC's or a combination of all, directed at the self or others.	
<b>6. Support</b>	What behaviours show where your child needs support?	Include strategies you use at home to help your child when they feel worried or anxious. Try to avoid showing your child in distress, rather show what you do, to help them at difficult times, such as singing a favourite song, giving a favourite toy or extra	

		processing time, giving them space.	
<b>7. Skills and capabilities</b>	What is your child good at?	There are many things that could be shown here, helping/making breakfast/sandwich/cakes eating all their dinner, using an iPad, playing a computer game, helping around the house. Dressing/putting on their shoes, getting in the car independently, playing with a sibling/friend, playing with a particular toy/game, talking about their favourite thing.	

When you have mapped out some ideas you can then transform them into 'I' and 'We' statements from which you can choose what you would like to film.

Below is an example of 'I' and 'We' statements produced from a mapped story, from which a Digital filming plan has been created. Some of the photos and film clips have already been taken and stored in a dedicated album and folder. You can see in this mapped out Digital Story, there is a mix of photos with text, film clips and statements. It shows where the media is stored and the approximate length of clips. By making a note of this you can keep a check on how long the story will be, the aim is 3 – 5 minutes.

Statement	Digital filming plan	Photo/clip name and time length
I am Rebecca	Photo with text	Our story album 31 Jan 2021
This is my family	Photo with text	Our story album 25 Dec 2020
<p>I like to watch my favourite characters on YouTube in my bedroom, at the kitchen table or in my playroom.</p> <p>I am good at spinning; I never fall over!</p>	<p>Wearcam of Rebecca enjoying watching her iPad and spinning in the kitchen</p> <p>Photo of Rebecca smiling and laughing in bed with iPads</p> <p>Text of statements come up as film clip runs</p>	<p>Wearcam film clip - Rebecca1.m4v = 20 seconds</p> <p>Our story album - 11 May 2021 = 15 seconds</p>
I use signs to communicate with people and I like people to speak and sign clearly to me	Text of Statement appearing before film clip below starts.	

OUR STORY MAPPING GUIDANCE

I like to ask about my day, so I know what's going to happen and then I am happy.	Film clip of Rebecca and her dad signing and talking about going for a drive and a picnic later	
If I get very anxious it really helps if someone sings my favourite song quietly to me.	Film clip of mum singing to Rebecca and them swaying together	
I really enjoy playing on my swing.	Wearcam of Rebecca on the swing	
We like to sit together on the sofa.	Photo with text	
I am good at swimming on my own.	Film clip with text	
We like dancing together to my favourite music.	Film clip of family singing and dancing together with text	
I really enjoy a cuddle with my sister.	Photo with text	
We like to go for a walk and a picnic together	Film clip with text	

Remember this is just a plan so it might change as you go along.

When filming try to save the photos or clips in an album or folder as you go, so they are easy to find later. When you have time to review a film clip make a note of the moments you like and jot them down in the table below alongside the statement you think it best represents.

Statement	Digital Plan	Photo/clip name and time length

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