

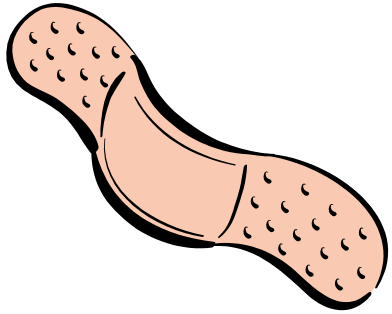


# “Ouch” Cards

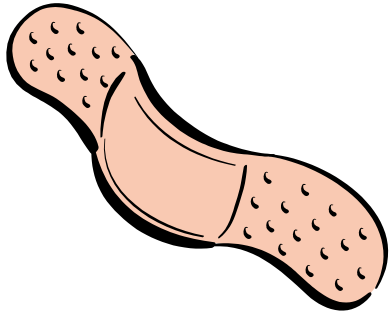
Teach a Child to Tell You Where They Feel Pain

Another free resource from  
[www.PositivelyAutism.com](http://www.PositivelyAutism.com)

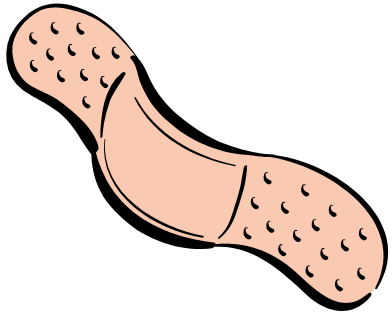
Please check with your doctor and an autism professional, such as a BCBA, before using this teaching strategy.



Ouch!



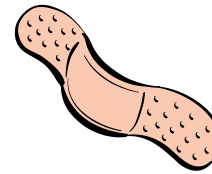
Ouch!



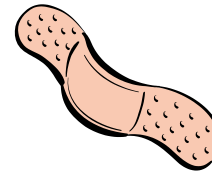
Ouch!

Print this page, and you can use either the large size or the minis.

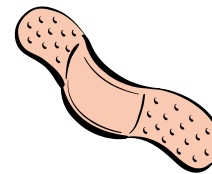
See "How to Use" on page 4 for instructions.



Ouch



Ouch



Ouch

# How to Use:

- When the child has a very minor injury (and isn't upset), show him or her the card, and give a consistent instruction, such as "Show me where it hurts." Use this instruction each time you use this process.
- Physically guide the child's hand to take the card and place it on or near the place on her body where it hurts.
- Praise the child by saying, "Thank you for showing me where it hurts!" and provide care for the injury, such as giving a bandage or a kiss. You may also provide a small reward to help the child know that this is a good behavior to repeat in the future.
- Repeat this process whenever the child has a minor injury or pain that you know the location of on the child's body.
- Over time, stop physically prompting the child, and see if he or she can use the card without prompting when you give your instruction, "Show me where it hurts" and hand him or her the card.
- The goal of this process is to have the child be able to tell you where it hurts on their body when it is not visibly obvious to you, such as a stomachache or headache.

Notes: the above instructions apply to a child who has limited verbal communication. If your child is more verbal, you may be able to simply explain how the card works, or you may not need to use the card at all if your child can tell you about the pain verbally. Also, when teaching, use only with very mild injuries (such as a small scrape or bruise) where the child is not very upset. This probably goes without saying, but if the injury requires any kind of medical attention, do that first.

# Positively Autism

Making Learning Fun and Meaningful for Children with Autism



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