



{inclusion outreach}

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Backward Chaining

Backward chaining is a specific, intentional way to teach a new skill or routine.

Break the routine down into small steps and complete all but the final step for the student. The final step is the one the student helps to complete. For example, when learning to put on a coat, the teacher assists the student to put their arms through the sleeves and put the coat on. The final step in the chain—and the one targeted for instruction—is for the student to help pull up the zipper.

Once the student can do the final step (with the support they require such as hand-under-hand help to pull the zipper), then we target the final two skills for instruction. Assist the student to complete the last two steps of putting on their coat (loading the zipper pin to start the zipper, and then pull up the zipper). As competence develops, teach the student to do more of the chain of tasks to put their coat on. Continue stepping or “chaining backward” until the student completes the entire task with the support they need.

Note: It is not necessary to strive for complete independence with all the steps, but rather some active involvement with whatever amount of support the student needs to be successful.



Respect Competence Inclusion Presence Choice