







		The 4 Functions of Behavior	What does it accomplish?	When does it occur?	What might it look like?	How can we Promote Positive Behavior?
<b>S</b>	sensory		It feels good. It's comforting. It reduces anxiety.	Anytime. Can be when alone or with others. Often when excited or anxious.	Can't sit still Can't stop fidgeting Covers eyes or ears Invading personal space Clenches fists Tightens body	Plan for sensory or movement breaks during the session Brain Break or GiGiFit movement cards Brain Gym videos Sensory bins Utilize a quiet place or sensory space
<b>E</b>	escape		Removes, avoids, or delays undesired activities, interactions, and situations.	When task or environment is too difficult/ easy/ boring/ painful/ over or under stimulating/ stressful or undesired.	May get up and try to leave Stops paying attention Looks away Drops or throws materials Asks to go to the bathroom frequently	Provide visual schedules and timers Use first/then supports Offer choices Provide appropriate way for participant to ask for a break. Alter task difficulty or duration Use social story to teach coping skills for situation
<b>A</b>	attention		Provides attention from others (can be from adults or peers).	When social attention is desired. Can be when others are receiving attention.	Gets silly Gives lots of hugs Talks about things off topic Does something very dramatic Mimics other's behavior when they are getting attention	Provide eye contact, high fives, conversation, smiles, etc. throughout the activity.  Provide a lot of enthusiastic, but authentic behavior specific praise and attention for positive behaviors.
<b>T</b>	tangible		Provides access to desired items, environments, or activities.	When something is wanted/ desired.	Refuses to participate Cries States what they want over and over Engages in a power struggle Continually reaching for what they want	Use visual schedule or timer to show when desired item will be available Use first/then supports Create coupons for the desired item Remove item temporarily if possible