

BEHAVIOR MOMENTUM

THE GREATER THE RATE OF REINFORCEMENT, THE GREATER THE BEHAVIORAL MOMENTUM

1

WHAT IS IT?

It increases motivation and gives the student many opportunities to be successful by providing a series of quick and easy compliance tasks (coupled with positive reinforcement) before presenting a more challenging, or less preferred, task.

2

WHY DO IT?

Motivate your student to do something they perceive as difficult or undesirable. Reduce challenging behaviors exhibited when particular tasks are presented.

3

HOW DO I DO IT?

- Present 3-5 high-probability (likely to do) tasks; each task should be followed up with a positive reinforcement such as behavior-specific praise, token, sticker, etc.
- Then present the task your student has perceived as challenging or undesirable

4

EXAMPLE

- "Clap your hands"
 - "Great job clapping your hands!"
- "What's your name?"
 - High Five
- "Count to three"
 - "You counted to three; that was awesome!"
- "Clean up your activity."
 - Give sticker/token, "Thank you for cleaning up!"

5

REMINDERS

- Allow time for processing between tasks
- Be genuine and positive in your praise
- Motivation=Expectancy (do they believe they can) + Value (is the payoff worth it) - cost (barriers preventing task)