

ESCAPE

Remember: The function of ESCAPE is when someone is trying to get away from or avoid something altogether. Most often we see this when students want to avoid doing academic work or won't follow directions. Sometimes, this can look like when a child just wants a brain break- its not about the fun toy, its just about not having to engage in hard work at the moment.

Here are some ideas for how to reinforce ON TASK behavior by allowing ESCAPE (the desired reinforcer):

1. Break Cards- The student can have a set of break cards and use them to exchange them for a break- When they hand one over work IMMEDIATELY ceases for a temporary time until the break is over
 - a. Pre—specify the number of cards the student gets before you start
 - b. Immediately stop all work when they use a card
 - c. The student needs to be able to hand them over independently for this to work
 - d. The “break time” should be a pre-set duration (5 minutes) and stated to the student at the beginning
 - e. There should be agreed to activities that are allowed for the student to engage in during the break
2. Brain Breaks- Schedule your at home learning time to mimic our first/then schedule to allow a period of break time to follow each academic demand/block so a student already has access to a break
3. Work Pass- Let your child earn a “pass” for the next academic demand -Be sure to consult with your teacher first!
4. Get of Work Early- Reinforce when your child/student is doing well and working on task by letting them be finished with the assignment early- Be sure to consult with your teacher first!