

S.E.A.T.

SENSORY. ESCAPE. ATTENTION. TANGIBLE.
Functions of Behavior Cheat Sheet
The whys, whens, and hows you can help!

www.paautism.org/seat

Sensory

Why? To get sensory experience - it feels good

When? Anytime, even when alone

How to Help? Find an activity that provides the same sensory experience

Example: An individual is humming loudly to hear his own voice, offer him headphones that play music

Non-example: An individual is humming loudly to hear his own voice and you give him a light up stick

What to do Proactively? Have available access to sensory items through the day

Escape

Why? To get out of unwanted activities or interactions

When? Something is hard, boring, not fun

How to Help? Break the task down into a smaller step/ Teach to ask for a break/ Provide tons of praise for working hard

Example: An individual is asked to clean up and they start to tantrum, ask them to pick up 1 item and put it away, then praise, help them with the rest

Non-example: An individual has been asked to clean up and they start to tantrum, you tell them they don't have to clean up anymore

What to do Proactively? Keep tasks small with frequent breaks and build in fun activities with boring activities

Attention

Why? To get access to people or interactions

When? Not getting enough attention or reaction

How to Help? Provide tons of praise for appropriate requests for your attention/ Teach to ask for attention appropriately

Example: If the individual is screaming while two adults are speaking to each other, let the individual know when they are quiet they can talk too and praise for a moment of quiet and provide attention.

Non-example: If the individual is screaming while two other adults are speaking to each other, stop your conversation and give your undivided attention to the individual.

What to do Proactively? Let the person know you have to speak with another person but if they need you tap your shoulder and provide tons of attention for appropriate behavior other times of the day.

Tangible

Why? To get access to items/activities

When? Something wanted is not available

How to Help? Offer an alternative, you can't have this but you can do A or B. Or First-then, first we do this then you can have that!

Example: If the individual is crying because they went to the Ice Cream store and arrived and it was closed, let the individual know that you can either go to the grocery store to get ice cream or another ice cream store.

Non-example: If the individual is crying because they went to the Ice Cream store and arrived and it was closed, so you give them tablet to play with instead.

What to do Proactively? Use First/Then Statements and let them know when an activity is going to end by setting a timer.