



How to Increase Cooperation: Behavioural Momentum

What is Behavioural Momentum?

Behavioural momentum is a technique used in Applied Behaviour Analysis (ABA). It involves delivering a sequence of “easier” requests prior to delivering a more difficult request. These easier demands are called high probability behaviour (High P’s) because the individual is more likely to cooperate with them.

“High P’s” may look different for every person, but could include: copying an action (like clapping hands or stomping feet), one step instructions (come here, high five, stand up), repeating words etc. “High P’s” are skills the person can do consistently when asked.

Why use Behavioural Momentum?

Increases on-task behaviour
by delivering easier requests quickly and consecutively to gain momentum

Increases cooperation with difficult tasks
by first gaining cooperation with easier tasks and building momentum

Increases motivation
by increasing access to praise

How to use Behavioural Momentum

Gain the learner's attention

Deliver first "high p" + praise when correct

Example:
say "Hi Sam" → Sam looks
→ say "Nice looking!"

Deliver second "high p" + praise when correct

Example:
say "high 5" → Sam gives you a high 5 → say "awesome!"

Deliver the more difficult instruction, provide praise when correct

Example:
say "Put your toys in the bin" → Sam puts the toys away
→ say "amazing job cleaning up!"

***Keep in mind*:** if the individual does not comply with an easy demand, use a prompt to help them follow through with it.