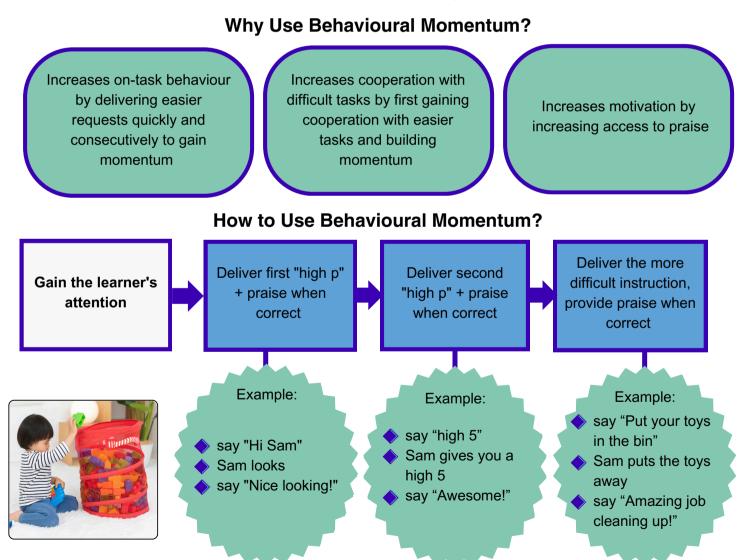
## Increase Cooperation Kerry's Behavioural Momentum

## 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.



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

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