

EARNED BREAKS - INTERVENTION

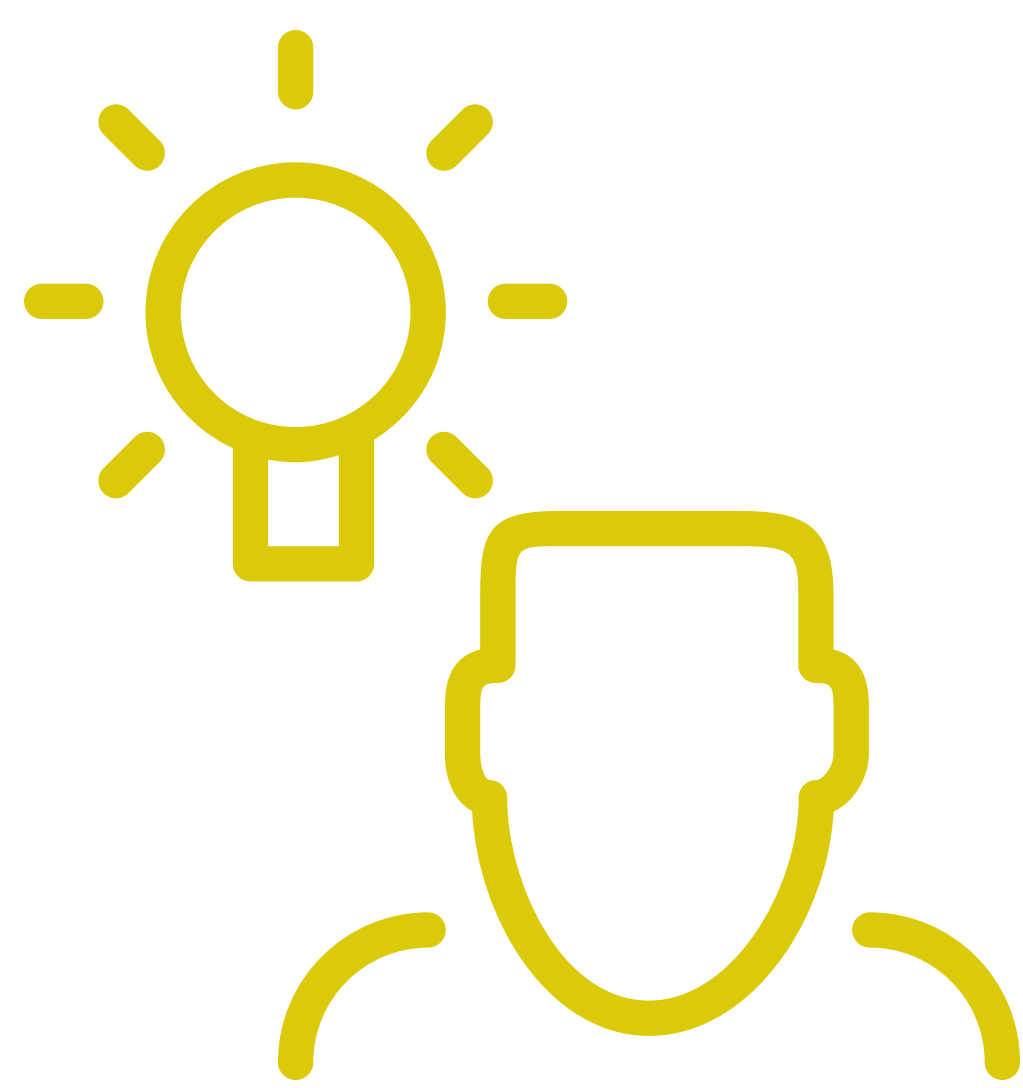


The following guide describes Earned Breaks, an intervention for escape-maintained problem behavior.

The Earned Breaks intervention is designed for students who engage in behavior to escape certain tasks or situations. In this intervention, students are able to earn breaks by meeting specified work or social criteria.

The student would be earning breaks during day/period by engaging in certain behaviors.

Collect student data by noting the time spent not participating, or spent out of the classroom before and during intervention.



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- 1 Select the goal and problem behavior.
- 2 Determine the time of day the student can access breaks.
- 3 Choose the criteria for earning a break.
- 4 Determine how many breaks the student can earn.
- 5 Choose where breaks will take place.
- 6 Decide how long breaks will be.
- 7 Think about what the student can do during breaks. Have these things ready!
- 8 Determine who will supervise the student while on breaks.
- 9 Ensure the classroom is fun and engaging.
- 10 Consistently provide escape from tasks when the student appropriately earns them.

Steps for Implementation