

# ABC Chart for Function Based Thinking





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Each day, a person engages in millions of behaviors. These behaviors fall into four main categories:

**Escape/Avoidance:** The individual behaves in order to get out of a situation, avoid a task or an activity he/she does not want to do. Some avoidance behaviors might include:

- refusing to come to the table for small group;
- continuing to play when it is clean up time;
- running away on the playground when it is time to line up to go inside; and/or
- leaving the large group area.

**Attention Seeking:** The individual behaves to get focused attention from parents, teachers, siblings, peers, or other people that are around them. Some attention seeking behaviors might include:

- throwing a tantrum/toys;
- whining, talking out of turn or saying mean things;
- hitting others; and/or
- acting silly at inappropriate times.

**Access:** The individual behaves in order to get a preferred item or participate in an enjoyable activity. Some examples of access behavior might include:

- biting, hitting, shoving, or grabbing to obtain a toy from others;
- refusing to leave a preferred area when the area is full or it is not their turn;
- property destruction such as knocking over a peers block structure; and/or
- crying or screaming to be allowed to participate in a favorite activity.

**Sensory Stimulation:** The individual behaves in a specific way because it feels good to them. Some examples of of sensory stimulation might include:

- chewing on clothing or hair;
- rocking or bouncing;
- thumb sucking; and/or
- flapping arms or moving their hands.

