



# REWARDING EXERCISE GUIDE

Beginners Exercise Time: 1-3x/daily for 10-min.

Intermediate Exercise Time: 3x/daily for 1-hr.

Advanced Exercise Time: 24/7 daily

## DESCRIBING EXACTLY WHAT YOU LIKED ABOUT BEHAVIOR EXHIBITED

Says (to learner) “I want more of that type of behavior” or “I’m now wanting more of that exact type of behavior”

Shows approval of learner behavior when (a) learner attention is obtained & (b) it’s delivered immediately

Builds upon attending does not replace attending (i.e., attending says “I’m interested in you!”), they go together but are not substitutable for one or the other

## REWARDING EXERCISE DIRECTIONS

1. First week of practice, include rewards into your daily sessions (with & after learning attending if possible).
2. On the last day of practice, take time for yourself (approximately 1 hr.) reduce distractions... During this time pick *1-3 behaviors to increase, ones you want to see more of (write up & put on fridge or designated area)*.
3. Then, pick ONE behavior you selected to work on, make it one you already feel capable of increasing.
4. Prepare for how to set the stage for these behaviors, i.e., you can’t just wait until they happen.
5. Develop a plan for these sessions (beginning to end, stay organized, prep for next one after, be prepared).
6. Implement 10-min exercise-rewarding plan, take post-data via recorded video on # of rewards/attends vs. questions/demands/instructions; we should see 90-95% of engagement with rewards/attends, 3 sessions consecutively, to be considered mastered. Then, move to the next RST skill exercise to learn.
7. Example 10-min. Session: Use a timer, make rules for play/activity or expectations clear (provide rules) before the session begins, i.e., “I want you and Jane to play with these toys”, monitor the interactions, behavior & activities by collecting frequency/rate data on pen and paper with # of reward/attend engagement vs. questions/instructions engagement on yourself, spouse or sibling who is responsible for learning rewarding during the 10-min session. Be sure to keep the rate high, give for any and all appropriate behaviors. Remember this is an exercise for learning this skill in all environments appropriately.

### RAPID SKILLS TRAINING EXERCISE GUIDE

#### DO THIS DURING EXERCISES:

Praise, say exactly what you liked about the behavior, reserve only for appropriate behavior, evaluate your performance, work with a partner who takes data, it takes hard work to master but is fun to learn!

#### DON'T DO THIS DURING EXERCISES:

Issue any instructions, ask any questions, try to teach anything (zero)!