

Carmen Fullmer Writing Samples

PBS CED Behavior Support Professional Resource Facebook Forum



Pbs Ced

December 2, 2020 · 🌐



By applying the SEAT Model, we can identify four primary functions of behavior: Sensory Stimulation, Escape, Attention, and Tangibles/Activities. This PBS chart takes a closer look at SEAT functions that motivate a child's behaviors; the chart addresses when a behavior might occur and provides behavioral examples.

SEAT: Four Functions of Behavior

Function	Picture	Motivation	When	Example
S Sensory Stimulation		It feels good. It gives me sensory stimulation through sight, sound, smell, taste, touch, or balance.	It can happen anytime. Sometimes it happens when I am anxious or excited.	I chew mint gum because I like the flavor and scent. I rock back and forth because the motion feels good.
E Escape		It takes away or delays unwanted attention, interactions, or activities.	It can happen when I find a task to be unwelcome, too hard, too easy, annoying, or boring.	I run home to escape a bully. I go outside because I don't want to do my homework.
A Attention		It draws attention. It gives me access to other people or interactions.	It can happen when I want attention or social interaction.	I yell because I want my dog to listen to me. I stick my tongue out because I want my friend to laugh.
T Tangibles/ Activities		It gives me access to items or activities that I prefer.	It can happen when I want an item or activity that I prefer.	I eat my veggies so I can access my tablet and games. I dry dishes so I can go to the movies.

WVU/CED/PBS/SEAT: Four Functions of Behavior/cjf (7/3/2019).

pbs.cedwvu.org

Reference: Luong, Desiree. 4 Functions of Behavior. Honu Intervention. 6/28/2017.



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January 11 · 🌐



Let's look forward with ways to make a happier 2021. Action for Happiness shares an idea each day in the January calendar for ways we can be more positive, grateful, and kinder to ourselves and others in the new year. For more inspiration, visit <https://www.actionforhappiness.org>.



ACTION CALENDAR: HAPPIER JANUARY 2021





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January 15 · 🌐



Creating a sensory room is a way of providing a positive environment that meets a child's sensory needs and interests. The room might include features like a rocking chair, sensory wall, calm-down tent or corner, a fidget box, a shelf of calming tools, relaxing lighting, and calming music. Creating a sensory doesn't have to be expensive. You can explore the possibilities with articles like [How to Create A Sensory Room for Kids with Autism](#) and [Create a Sensory Room on Any Budget](#).



Pbs Ced shared a link.

January 8 · 🌐



Jumping rope is a simple yet enduring way to enjoy play and exercise. Children and adults around the world have enjoyed this activity — indoors and outdoors, alone and together — for thousands of years. Kyra Gaunt, who studies the music of the world, observed that jumping rope while singing a simple song has helped people pass down memories from one generation to another. Jumping rope "lasted because people need to move," Kyra said. "I think sometimes the simplest objects can make the most creative uses." To learn more about "How the jump rope got its rhythm", visit: https://www.ted.com/.../kyra_gaunt_how_the_jump_rope_got...



TED.COM

How the jump rope got its rhythm





Pbs Ced
January 25 · 🌐



Each of us may experience times when it is challenging to prioritize tasks in our lives. Dwight D. Eisenhower, who served as our 34th president from 1953-1961, had an idea about how to approach such challenges. He devised a matrix to help him focus on tasks according to urgency and importance. He observed, *"What is important is seldom urgent and what is urgent is seldom important."* You might find the Eisenhower Matrix useful, too. To learn more, visit, <https://www.eisenhower.me/eisenhower-matrix>.



*"What is important is seldom urgent
and what is urgent is seldom important."*

~ President Dwight D. Eisenhower

Tasks	Urgent Tasks	Less Urgent Tasks
Important Tasks	Do First (today or tomorrow)	Schedule (add to your calendar)
Less Important Tasks	Delegate (give task to others)	Don't Do



Pbs Ced
January 18 · 🌐



Each January, our country honors the life and legacy of Dr. Martin Luther King, Jr. To teach children about Dr. King, *Inspire my Kids* created an MLK page that includes biographical information, resources, and videos like his "I have a Dream" speech at <https://inspiremykids.com/martin-luther-king-jr-a-man.../>. To learn more, visit the King Center at <https://thekingcenter.org>.





Pbs Ced shared a link.

January 7 · 🌐



WVU Medicine is offering a free 6-week virtual mindfulness series, which is scheduled to begin on Monday, January 11. The series "is designed to assist in developing and maintaining mindful resilience, mental fitness, and relaxation. Participants can attend six one-hour sessions (consecutively or individually) that offer a variety of simple yet practical tools to be mindful in daily living."

For more information, visit: <https://wvumedicine.org/.../virtual-mindfulness.../.....> **See More**



WVUMEDICINE.ORG



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December 18, 2020 · 🌐



Anne Blythe offers her thoughts on how trauma survivors can practice self-care during the holidays. For example, "Celebrate YOU", take time to enjoy simple yet healing activities, share your "Holiday Safety Needs" with your support system, find new music, explore new places, and create your own traditions. <https://www.btr.org/special-holiday-update.../endure>





Pbs Ced shared a link.

October 21, 2020 · 🌐



Let's listen as Steve Carrell, Abby, and Elmo discuss what the word "vote" means. What snack would you vote for?



YOUTUBE.COM

Sesame Street: Steve Carrell - Vote



Pbs Ced

October 2, 2020 · 🌐



Connect with our amazing universe! Join WVU Planetarium and Observatory virtually on Friday evenings this fall. To register for an upcoming show, visit <https://planetarium.wvu.edu/showtimes>.





Pbs Ced

November 6, 2020 · 🌐



"All the trees are losing their leaves, and not one of them is worried." ~ Donald Miller. Taking a stroll through a botanical garden like the WVU Core Arboretum is a calming way to relax and appreciate nature.

