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| **Date and time** | **What happened before?** | **What happened during?** | **What happened after?** |
| You might see a pattern  emerging when behaviour  occurs eg around 11 am  everyday might lead you to think that they are hungry | Where is the young person?  Who is there?  What is the young person  doing?  What are the adults doing? | What exactly does the  behaviour look like?  How does it start?  How does it escalate? | What happened  immediately after the  behaviour?  What did the young  person do?  What did the adult do?  How did the young  person feel?  What did other  people do? |
| **Example** | | | |
| Friday afternoon (3.30pm)  after school | **Where:**  In supermarket in vegetable aisle.  **Who:**  John (young person with  ASD), mother and two  year old sister, crowded  supermarket – lots of  children as after school.  **What** are people doing?  John – walking ahead,  mother looking at  carrots with two year  old in trolley. | John starts looking around.  John starts counting the  carrots (handling them).  Mum tells John not to  touch the carrots.  John starts pacing and then running across the aisles. Mum shouts at John to come back and then goes after him  John reaches the magazine isle and grabs his favourite magazine.  Mum takes the magazine  off him telling him that he  can’t have it and to go back to the vegetable isle.  John starts screaming and lies on the floor.  Mum gives him the  Magazine or mum takes him home. | John is beginning to feel  anxious or bored.  Counting carrots helps  to calm him / or keep  him occupied.  Mum is worried that  other people watching  will be critical of John  touching the carrots.  John goes back to  feeling anxious / bored  so seeks another way to  entertain himself.  Mum is worried she will  lose John in the crowd  John has found  something to make him  feel better.  Mum feels cross  John feels distressed as  he cannot have what he  wants.  John has something to  help him manage his  anxiety / boredom.  John’s anxiety is  relieved as he gets to go  home and mum feels  distressed and upset. |