

# SHAPING (PSYCHOLOGY)

## DEFINITION

Shaping is a technique that involves rewarding successive approximations to a target behavior.

When the person or animal exhibits a behavior that is similar to the target behavior, it is rewarded. This process is repeated as the behavior exhibited gets closer and closer to the target.

## EXAMPLE

**Teaching Children Positive Habits:** We use shaping when we teach a child habits like washing their hands or putting away toys. Generally, a parent will reward them with stickers for completing small tasks. Over time, they will learn instinctively to do the task without receiving the reward.

# Shaping Up

**M Woodhall**



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