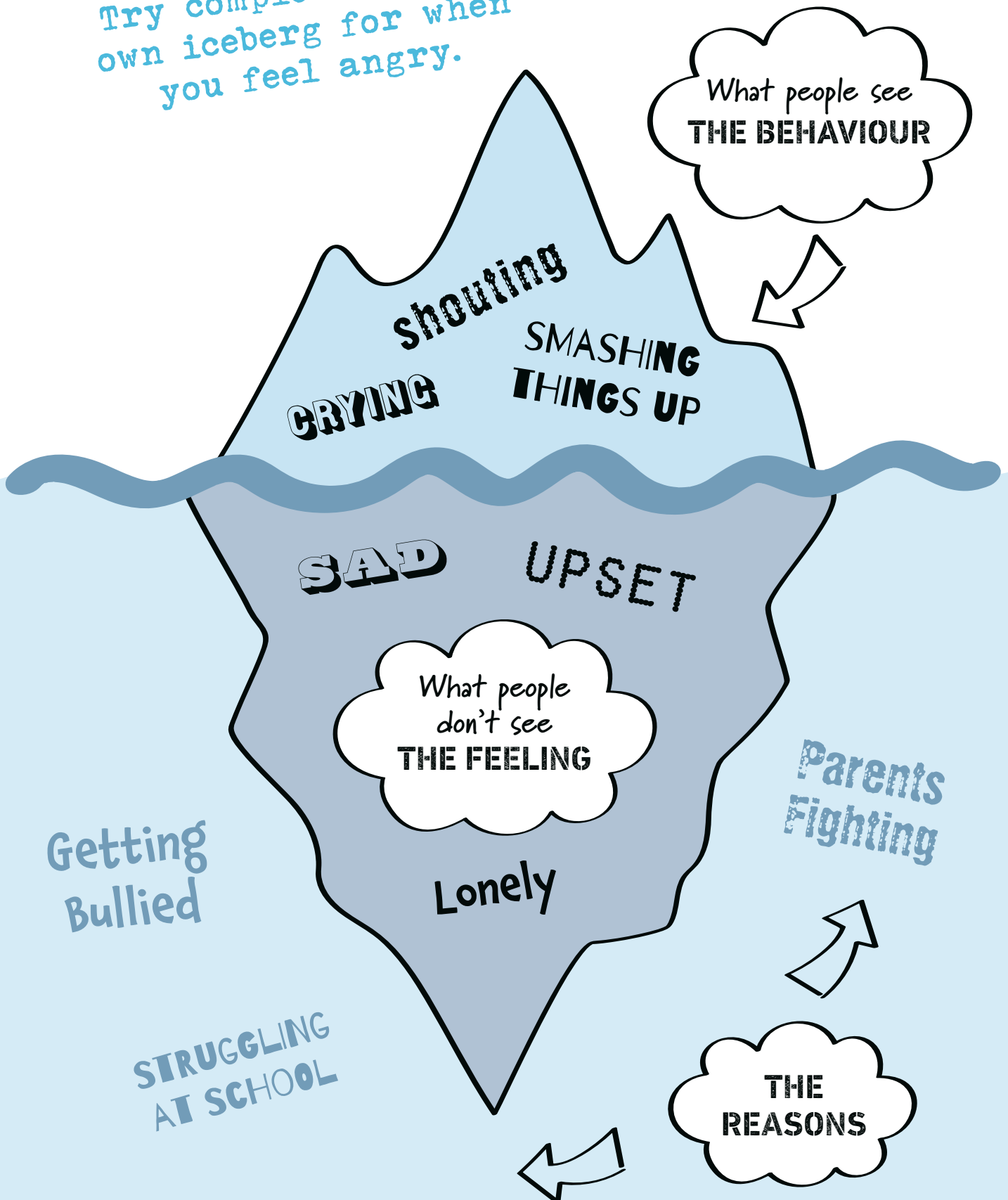


Behaviour Iceberg

Have a look at this iceberg.
Try completing your
own iceberg for when
you feel angry.



Behaviour Iceberg

Talk through the iceberg and what each layer means.

Does this resonate with them, do they understand?

If we talk about why we feel a certain way and what has happened with a trusted adult then they will know why we are behaving the way we are, or they can help us to calm down.

The behaviour - what others see, the actions that result from the feeling.

The feeling - what people don't see.

The reason - the reason they feel the way they do, what happened or is happening?