

Behaviour Reflections

REASONS FOR MY BEHAVIOUR

CONSEQUENCES OF MY BEHAVIOUR

How I feel

How has this affected others

Other consequences

I feel scared when

I feel angry when

I feel annoyed when

What can I do when I feel this way?

.....

.....

.....

.....



Behaviour Reflections

**Can they list reasons for their behaviour,
why are they acting up, what happened
or is happening?**

Encourage reflection.

How do they feel?

**How has their behaviour
affected others?**

Any other consequences?