

# behaviour

***This worksheet is a guide to promote discussion and thought about behaviour using Think-Feel-Be resources***

Good behaviour helps people to get along with each other.  
What are some other benefits of good behaviour?

Self-control helps you to maintain good behaviour. What helps you to keep self-control?

Describe 3 times when you showed good behaviour and it was noticed by someone.  
What helped you maintain good behaviour in these situations?

Remaining patient and calm can help you think clearly and make good decisions about your behaviour. What helps you to stay calm and patient?

Choose 2 words from the Think-Feel-Be behaviour poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

TM  
be  
b  
■  
feel  
f  
■  
think  
t