

# Understanding and Responding to Behaviour

This worksheet is designed to help you and your child/teen reflect on challenging behaviours and explore positive ways to respond. Use it alongside the article "Supporting Children and Teens Through Challenging Behaviour" to deepen your understanding and create a more supportive environment.

## I. Identifying Challenging Behaviours (For Parents & Children/Teens Together):

Think about recent situations where challenging behaviours occurred. Write down what happened. (You can each write your own or work together).



Parent's Perspective:

Behaviour Observed:

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What Triggered It (if known):

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My Reaction:

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Child/Teen's Perspective:

My Behaviour:

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What I Was Feeling:

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What I needed:

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## 2. Understanding the "Why" (For Parents):

Based on the article and your observations, consider the underlying reasons for the behaviour. Check all that apply.



- ☐ Seeking Attention
- ☐ Difficulty Expressing Emotions
- ☐ Feeling Overwhelmed or Stressed
- ☐ Lack of Understanding of Expectations
- ☐ Sensory Sensitivities
- ☐ Need for Control or Autonomy
- ☐ Other (Please Specify): \_\_\_\_\_

## 3. Exploring Positive Responses (For Parents & Children/Teens Together):

Brainstorm alternative ways to handle similar situations in the future. Consider the strategies discussed in the article.



What We Could Do Differently:

Parent:

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Child/Teen:

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What Strategies from the Article Can we use?

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How can we improve our communication?

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## 4. Building a Supportive Plan (For Parents & Children/Teens Together):

Create a simple plan to support positive behaviour. Choose one or two strategies to focus on.

Strategy 1: \_\_\_\_\_

How We Will Implement It:

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When We Will Start:

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When We Will Start:

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Strategy 2 \_\_\_\_\_

How We Will Implement It:

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When We Will Start:

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## 5. Reflecting on Progress (For Parents & Children/Teens Together):

After trying your plan, take some time to reflect on what worked and what didn't.

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What We Can Improve:

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How We Felt:

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