



Think for the Future

# WOW Pack

## Understanding Behaviours

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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# Think about it: Understanding Behaviours



## The Emotion Pyramid



We all feel different emotions which affect how we act and how we think.

Which six emotions do you feel the most?

Rank them with the one you spend the most time feeling at the top of the emotion pyramid.

# Understanding Behaviours

When I was growing up, I didn't understand how important education is and take responsibility for my actions. I blamed many different things until I understood that it was the way I chose to behave in every situation.

I was the class clown and well respected in school for all the wrong reasons. I left school with a reputation that could be used for nothing whilst most of my friends were getting their education. I let my negative environment consume me.

I never understood why I should listen to someone that doesn't know what I have been through. **I was stubborn, ignorant and rude to everyone that was trying to help me as a defence mechanism** because I was deep down embarrassed that my life had got to where it did. It took me a long time to unlearn the behaviours I had taught myself.

Finding a job was much more difficult due to the lack of qualifications and skill that I had compared to the kids in my school that managed to control themselves and get some GCSEs. Things could have all been different if I understood that the way I was behaving in school would affect my future.



## What is behaviour?

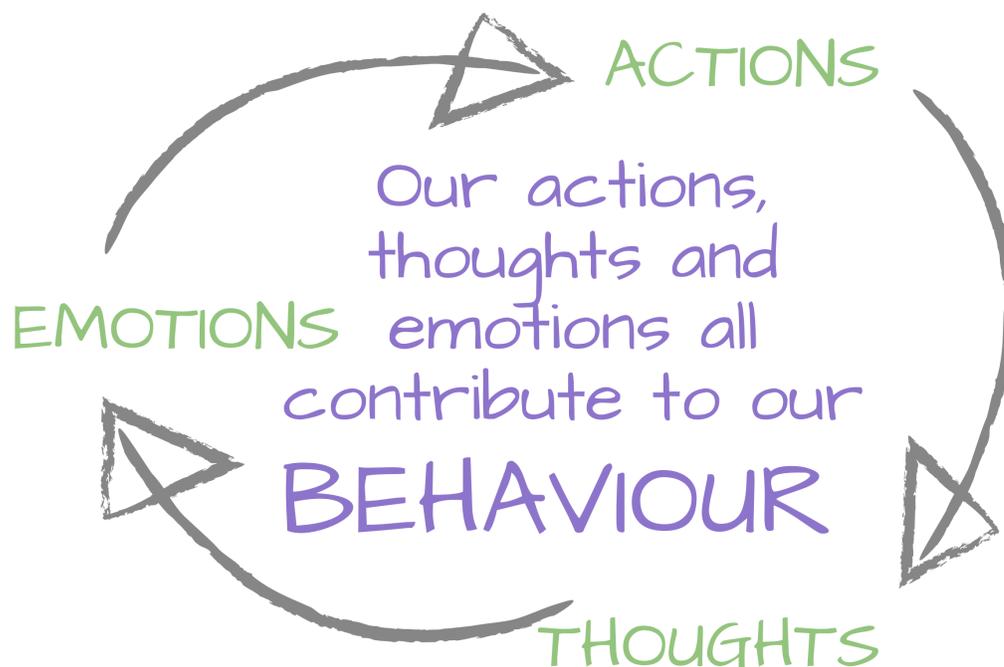
1. The way a person acts or conducts themselves, especially towards others
2. The way a person behaves in response to a particular situation

## Learnt behaviour

This cycle causes us to learn how to behave in certain situations. We think something which makes us feel something which makes us do something!

Because we get a reaction from our thoughts, emotions and actions, our brains learn to do it to get the response.

Sometimes, we learn how to behave badly! We get into the habit of responding to a certain person, or situation negatively.



## Extreme emotions

At the moment, you might find you're experiencing extreme emotions.

You might be feeling more sad than usual, more angry you can't see your friends, or you might get extremely happy when you go out for your 1 exercise a day! **This is normal.**

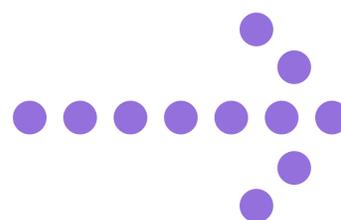
But our emotions may be causing us to have negative thoughts, and do things we wouldn't usually which may hurt ourselves and other people. And negative thoughts, emotions and actions means our behaviour gets worse. We need to make sure that we're reacting in the right way to ensure this doesn't happen, and to keep the cycle from spiralling downwards.

## What else influences our behaviour?

Watch this video on how the people around us has an affect on our behaviour

# Watch this

<https://www.youtube.com/watch?v=XxfcaY86jpw>



## Invisible Influence



# Understanding your behaviour

## Top Tips



### Pay attention

Pay attention to the things that make you tick. And the things that annoy you!

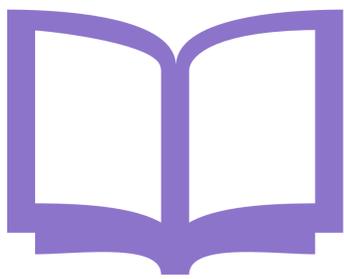
Can you see a pattern?

Is it a specific person? Is it the job they have? Is it because they tell you to do something you don't like? Is it because they have something you don't? Understanding what the problem is, is the first step to overcome it

### Mindfulness

We often react a certain way to people because we think they're thinking all the negative things we already think about ourselves. To help change your negative thoughts, practice mindful breathing, keeping your attention on your breath.

It's amazing how much breathing can teach us about our thoughts! Being connected to our mind, but not over-thinking, helps us keep a much more positive outlook on ourselves, and therefore stops us from thinking other people are looking down on us!



### Read

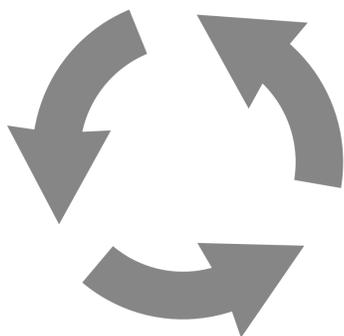
Reading is the best way to observe and analyse how other people react to situations.

Authors give us an insight in to how people are feeling, what they are thinking, and how they are acting and we can start comparing our own behaviours to others. We can often see when other people have poor behavioural reactions better than in ourselves.

### Identify your attention seeker

We all have an emotion that gets the most attention from people. Is it sadness? Is it anger? Is it being happy?

Sometimes, we think we'll get the most attention from negative emotions and behaviours. However this is often because we've got ourselves caught in the behaviour cycle. If your attention seeker is negative, have a think about whether the attention you're getting from it is negative or positive.



### Break your habits

Our behaviour is often learnt and it becomes a habit quite easily. However if our behaviour is unacceptable, we need to break the habit and create a new behaviour cycle.

If you always react in a certain way to a certain situation, you need to work on breaking the habit so you can change your behaviour.

### Now is the time

Have a think about your goals and aspirations. Is your behaviour at school, at home and during your free time helping you get there?

Now is the time to understand and make changes to the way you behave. When you go back to school it will be a fresh start to be the person you want to be, not the person who follows the unhealthy crowd.



# 5 Steps to change our behaviour



1

## Precontemplation

This is the stage before we start thinking about whether we need to change. Someone might have told us we need to change, our teacher, or our friend or parent, but we react negatively as reflex. We're quite happy the way we are!

## Contemplation

At this point we've started thinking that we possibly need to change our behaviour and wrap our heads around the idea. The could be a momentary stage, or it could last a lifetime!

Usually, we need a motivation to move the idea on to the next stage

2

3

## Determination

Here we begin preparing mentally and physically for the change. We get rid of the junk food, or we buy new workout clothes. You stop hanging out with the friends who are causing you to be rude to teachers or pick on other students.

It's this determination which will help us change.

## Action

And then we start. Or we stop! We stop doing things because other people do, or acting a certain way to impress others.

We start seeing the rewards from our change of behaviour and this gives us a good feeling, we start thinking positively about what we're doing and we get into the cycle of good behaviour.

4

5

## Maintenance

We have to keep going! Keep feeding off those good reactions we get, and the good feelings it gives us. Eventually, our behaviour won't surprise people and the reactions will stop and it is important we keep going.

If we start feeling bad that no one is reacting to our good behaviour, we break the good feeling, good thoughts, good action = good behaviour cycle.

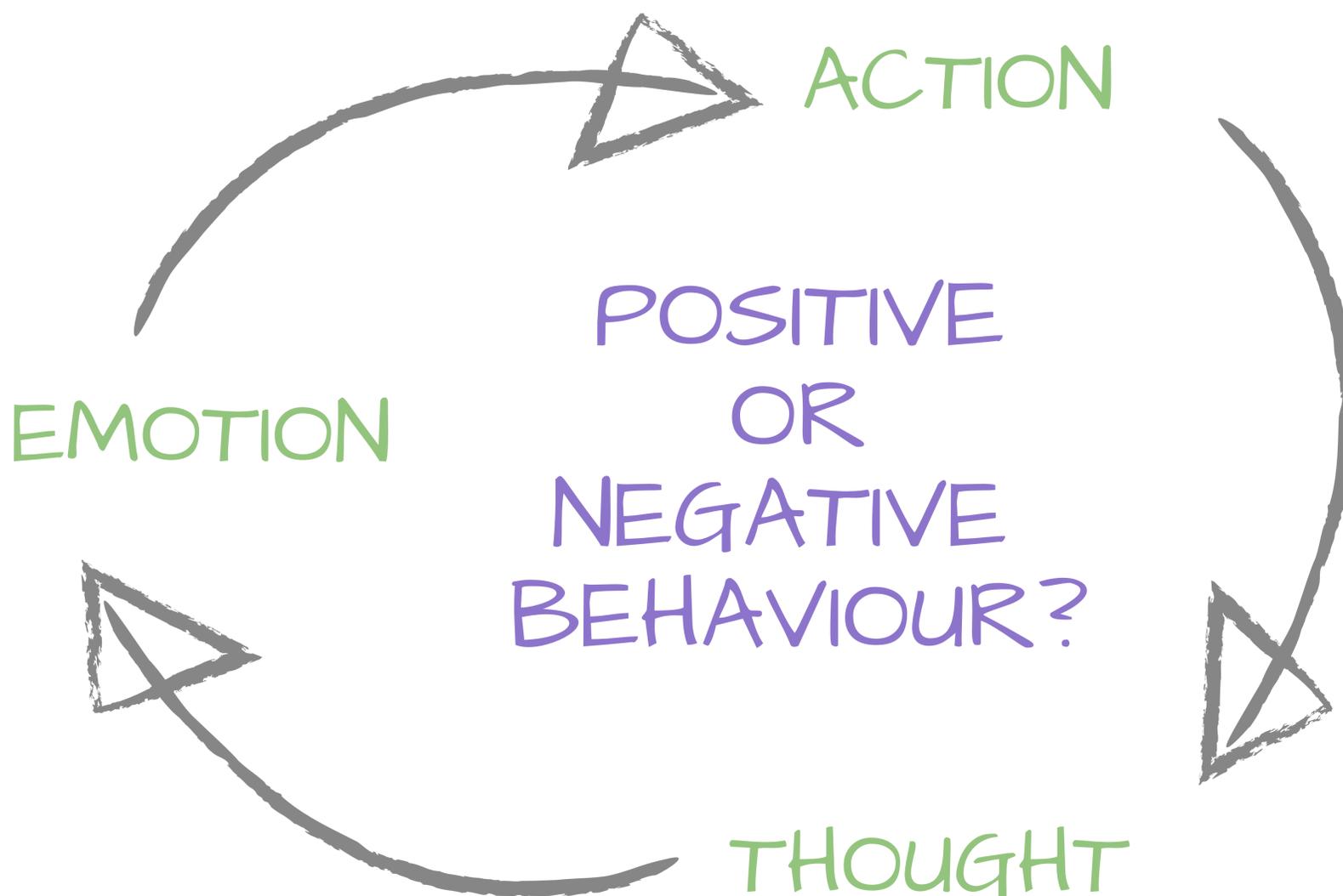
# Take on the challenge!



Draw your own behaviour cycle for a specific situation.

What are you thinking, feeling and doing?

Is it causing positive or negative behaviour?



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# Where else to look...



Click on the icons below!

## YOUNG MiMINDS

