

Promoting Positive Behavior

Anger is mostly negative and unhelpful for children. But rather than solely focusing on what emotions and behavior to avoid, it can be valuable to consider a wish-list of helpful emotions and behaviors (Peters, 2018).

Create and agree on a list of positive behaviors with the child. Add them to the left-hand column.

Talk through each one to understand the sort of real-life behaviors each might include and then review what the child has done, or could do, to act in that way.

A starting list could be:

Types of positive behavior	How could I show this behavior
Helping other people	Asking my family if they need help with anything.
Being kind to other people	Making friends by including other people. Sharing toys with your brother, sister, or friend.
Being grateful	Thanking a teacher for the help given during class.
Being polite	Showing good manners in class, in a shop, or when visiting family and friends.

Types of positive behavior	How could I show this behavior

When positive behavior is promoted, it can become habitual and creates a happier and more constructive atmosphere (Peters, 2018).

References

- Peters, S. (2018). *My hidden chimp: Helping children to understand and manage their emotions, thinking and behaviour with ten helpful habits*. London: Studio Press.

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