

Behaviour Reflection Tool



If we want the children in our groups to feel seen and heard and safe .. to flourish and discover the wonder that they are ... then we need to get to know them. We need to learn what brings them joy ... what might cause them distress ... what helps them to feel safe.

We need to be .. **CURIOUS**

Children will often communicate through their behaviour. So how can we, as adults, tune in? A great place to start is by taking some time to bring curiosity to behaviour incidents that occur in our groups - to reflect on responses that we've noticed were helpful, as well as those that maybe weren't! The more we can do this, the better we will get to know how best to care for each child in our care and the more they will feel seen and heard and safe!

How to use this tool

1

DO IT QUICKLY!

It's best to do this at the end of a session while it's still fresh in your mind! It doesn't need to be an essay - or even full sentences - just a few short notes and reflections so it shouldn't take longer than 5 minutes!

2

DO IT COLLABORATIVELY!

It can be super helpful to get heads together to reflect on behaviour incidents and enable different perspectives to be brought. Why not use this tool to build reflection into your session debrief?

3

REFLECT ON YOUR REFLECTIONS!

Often, when we take a step back and look at the bigger picture, patterns can emerge that help us better identify particular triggers for individual children and learn effective and supportive responses. Or we may notice a time related difficulty - does a child find it particularly difficult to remain regulated on the first week back after a holiday? By identifying patterns we can reflect on how we might respond and support more effectively.

4

SHARE THE LEARNING!

However brilliant your reflections are - it's a fairly ineffective exercise if it simply remains on paper - however organised your filing system might be! If you have identified particular triggers that might cause a child to become anxious or a brilliant strategy to help them feel safe - then make sure your whole team are aware so you can all be working from the same page!

5

PRAY!

Sometimes it can be hard to identify what is causing distress for a child that we are journeying with and often they can't really articulate it either. But God knows each of us! Psalm 139 tells us He knows our thoughts ... He knows our actions ... He knows all of our ways! So let's remember to invite Him into our reflections and seek His wisdom!



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CHILD'S INITIALS: _____

When?



Consider when in the session ... when in the term

Why?



Did anything trigger the incident?

What?



What happened?

For what?



What might the child have been trying to communicate?

Then what?



Consider the adult response - what worked? what was less helpful?

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