



What Makes
Me Do The
Things I Do?

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FEATHERSTONE

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This book is dedicated to my huge-hearted, Scouse friend Elle who I will admit to having got up to a fair amount of mischief with (but we know better now obviously).



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Dear Reader,

This is a book all about behaviour. Behaviour is what people do, what they say and how they act. We often behave in different ways depending on where we are, who we're with, how we feel and what we're thinking. Some of our behaviours can be helpful and some can make situations worse.



This book helps you think about different behaviours. It considers why you might sometimes behave in ways that are not helpful and it also looks at the ways in which positive behaviours can help you and other people. It will help you think about why we choose to act the way we do.



The thing to remember about behaviour is that we do have some control over it. No matter what we're feeling, we can usually choose how we react. This book will help you think about which behaviours you'd like to do more of and which you might want to do less of or not at all!

Contents

Telling lies or being honest	6-7
Not doing what you're told or following instructions	8-9
Losing your temper or staying calm	10-11
Cheating or playing fairly	12-13
Being bossy or listening to others	14-15
Saying mean things or being kind	16-17
Giving up or being determined	18-19



Doing things that aren't good for you or being good to yourself	20-21
Rushing to get things done or doing things carefully	22-23
Staying cross with someone or forgiving them	24-25
Boasting or being modest	26-27
Being grumpy or being cheerful	28-29
Notes for grown-ups	30-32

Telling lies...

Some children tell lies more than others. Telling a lie is not usually a good thing to do, so why might you sometimes tell lies?

To try and get out of doing things you don't want to do.



To impress other people.



So you don't get told off.



Because it's easier than telling the truth.



...Or being honest

Being honest nearly always turns out better than telling lies. Let's look at why this is.

People will trust you to tell the truth.



Lies often get found out and make you look silly.



Telling the truth is brave and admirable.



Being honest can be really helpful.



It's good to know...

Lies that we tell to avoid hurting someone's feelings are called white lies, for instance if we said we liked someone's new coat when we didn't really. These are usually not harmful lies.

Not doing what you're told...

Children don't always do what adults have asked them to do. Why might this be?

You might want to keep on doing what you're doing.



You might not want to do what you're being asked to do.



You might not feel confident about what you're being asked to do.



You might just feel lazy.



...Or following instructions

The adults in your life ask you to do things to keep you safe and healthy, and to encourage you to make good choices. It's a good idea to do what you're asked because...

The adult will be really pleased with you.



You probably can't get out of what you've been asked to do, so you might as well get on and do it.



You're probably being asked to do something for a good reason.



It's good to help adults when they need it and it will make you feel good too.



It's good to know...

If you're asked to keep a secret, unless it's a nice surprise for someone, check with one or two adults to see if they also think it is a good idea.