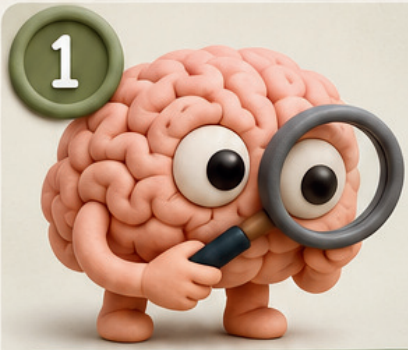


GET CURIOUS, NOT CERTAIN.

15 ways to look beneath behaviour – in children, others and ourselves.



1 LOOK BENEATH THE BEHAVIOUR

What might be happening inside?

1. **State** – What might their nervous system be responding to?
2. **Load** – Is there too much to process right now?
3. **Skills** – Do they have the skills this moment requires?
4. **Needs** – Is something important missing or unmet?
5. **History** – Could a previous experience be shaping this response?

Behaviour is often communication.



2 ZOOM OUT AND LOOK AROUND

What might be happening in the environment?

6. **Timing** – Does this happen at particular times of day?
7. **Transitions** – What happened just before this?
8. **Environment** – Is something adding sensory or emotional load?
9. **Expectations** – Is what's being asked clear and achievable?
10. **Patterns** – When does this behaviour not happen?

Context matters. Look for the bigger picture.



3 TURN THE CURIOSITY TOWARDS YOURSELF

What might I be bringing to this moment?

11. **My state** – Am I regulated enough to respond thoughtfully?
12. **My pace** – Am I rushing because I feel under pressure?
13. **My assumptions** – What story have I already told myself?
14. **My expectations** – Am I expecting capacity that isn't available right now?
15. **My response** – Is what I'm doing helping, or adding more load?

A calmer you helps a calmer them.

WHEN WE GET CURIOUS, WE CAN TAKE A NEXT STEP.

1. **NOTICE** – What's happening? →
2. **ADJUST** – Try one small shift. →
3. **REFLECT** – What changed?

Calm. Connected. Creative.

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