

Resource:	'Your Behaviour'
Explanation <p>'Do as I do, not as I say' is a phrase often used by adults. Children, as we know, mimic adult and peer behaviour which is why it is important that we model the behaviour that we want to see from the children in our settings. There are so many signals we give without even speaking; we tell children how we are feeling with our body language. If you present yourself in a way that suggests you are closed to interaction, a child is unlikely to respond to you in a positive way and may, in turn, present with poor behaviour.</p> <p>You can also have a positive impact on the behaviour of the children in your class with your behaviour and how you present yourself. If you use eye contact with the children and concentrate on displaying encouraging and positive body language, children will feel more comfortable and safe and their behaviour will reflect this.</p>	
Case Study <p>Miss Chahal was having a terrible day; she had had a late night, could not find her keys as she left the house, and had a cold starting. She arrived at school feeling like she should have stayed in bed. The morning was awful – Miss Chahal found the children in her Year 1 class destructive, unreceptive and unfocused.</p> <p>That afternoon, Miss Chahal decided to enter the classroom with an awareness of her body language, her manner with the children and her attitude. Being conscious about the way she was behaving, she found the rest of the day to be a much more pleasurable experience and the children to be far more manageable and tolerant. The classroom was a calmer, happier place to be and, as a result, the children were far more focused on their work and behavioural incidents were reduced significantly.</p>	
Handy Hints <ul style="list-style-type: none"> • If a child is making you feel cross, turn away and count to 10. Approach the child with a calm voice and manner after 'your' brief time out. • Keep a sweet treat in the classroom. When we need calories we can be more susceptible to losing our temper. This is a good quick fix! • Leave your problems at the door – children should not be aware of any personal problems you may be having. It is not their fault and they should not be exposed to issues you have outside of the classroom. 	Adaptations <p>You may need to modify the way you behave with the children depending on whether you are indoors or out. Try to maintain consistency in strategies you use wherever possible and the way you present yourself to the children.</p> <p>If you are taking the children on a trip, make sure that expectations are made clear before leaving. The children are then prepared for the trip and your behaviour management strategies which may differ away from the setting.</p>
Questions for Consideration <p>How can you make sure that you enter your setting with a clear mind? Try to think of something that you can do to calm you and clear your head in the morning. Here are some ideas: swimming, yoga, reading a book, coffee and a walk, or a chat with a friend or colleague.</p>	
Linked Resources <p>Your Voice – See page 11 Personal Mindset – See page 9 Humour – See page 14</p>	