Section 3
My positive behaviour plan

Show that you know how to keep yourself happy and calm and what good support looks like when you need it.

		✓
1	I can show what I need to do to stay happy, calm and relaxed.	☐
2	I can show how people can best support me if I am feeling upset, sad or angry.	☐
3	I can show how I understand what happens and what to do when my behaviour concerns me or other people.	☐
4	I have completed a **My positive behaviour support plan**.	☐

Person-centred tools to try: Like, admire; Good day, bad day; Important to and for; Communication chart

My positive behaviour plan

This plan will help you understand what my behaviour means and how to support me.

This is what I need to be happy, calm and relaxed	If I am becoming upset, sad, angry anxious or frustrated	These are things I need to avoid (triggers)
	I need you to...	
This is what can lead to me feeling upset, angry, anxious or frustrated	do not...	

Completed with support from:

Date:

My positive behaviour plan

These are times when my behaviour has concerned me or other people.

Situation (how often has this happened?):

This is what I might do:

I think this happens because...

This is how to prevent this happening:

If this does happen, I need you and others to...

The best way to support me is to...

How to help me recover and feel OK again:

Completed with support from:

Date: