

Tips to Developing a Positive Demeanour

TIP	CHALLENGE	COMMENT
LISTEN before you talk	Make a list of ways you can show respect and caring.	
WAIT before you react	Think of a time when you were sorry for what you said or did. How could you handle that situation better next time?	
Be prepared to APOLOGISE	Saying sorry can often be difficult. When do you find saying sorry the hardest? What could make saying sorry easier?	
Avoid BLAMING others	Think of a time when someone blamed you (or you blamed someone else) for something. What could have you done to help fix the situation?	
How can I HELP?	List some ways that you could help when: A friend is having an argument with a friend. The teacher is clearly annoyed with the class's behaviour? An adult you live with is rushing around trying to get the house tidy for some visitors that are due?	

