

**Behaviour log**

<b>Monday</b>				
<b>Behaviours</b>	Morning	Afternoon	Evening	Bedtime

<b>Tuesday</b>				
<b>Behaviours</b>	Morning	Afternoon	Evening	Bedtime

<b>Wednesday</b>				
<b>Behaviours</b>	Morning	Afternoon	Evening	Bedtime

<b>Thursday</b>				
<b>Behaviours</b>	Morning	Afternoon	Evening	Bedtime

Friday				
Behaviours	Morning	Afternoon	Evening	Bedtime

Saturday					
Behaviours	Morning	Lunchtime	Afternoon	Evening	Bedtime

Sunday					
Behaviours	Morning	Lunchtime	Afternoon	Evening	Bedtime

### **How will this help?**

- This behaviour log can provide a daily / weekly overview of your child's behaviours and help you to see how often behaviours are happening and start to spot patterns.

### **How to use**

- Choose 2 or 3 behaviours and add these to the first column.
- This template has been set out using parts of the day – morning, lunchtime, afternoon and evening – you can change this to shorter amounts of time if you would prefer!
- Keep a tally of when these behaviours happen across the day.
- When you have completed this, you can plan out helpful strategies to use at trigger points throughout the day

**Examples:**

Saturday					
Behaviours	Morning	Lunchtime	Afternoon	Evening	Bedtime
<i>Answering back</i>	/			/	
<i>Used swear words</i>		/	/		
<i>Fighting with sibling</i>			/	/	

Or if you'd like to use a simpler version to begin with, you could try something like this...

Choose a smiley, straight or sad face to quickly reflect on how that part of the day was.

Saturday				
Morning	Lunchtime	Afternoon	Evening	Bedtime
				