

# Step 2 - Think

## Positive and negative acts

### Activity card



This activity will help you to identify the positive and negative behaviours when difficult conversations are needed. How you behave in these conversations has an impact on your relationships and finding the solution.

### How to use this card

1. Assess behaviour clouds as positive (helpful) or negative (unhelpful).
2. Discuss your responses with a friend, teacher, or family member.
3. Reflect on whether you recognise the behaviours in yourself or others.
4. Share findings with an adult you trust or use helplines below for support. The helplines can be used if you do not want to talk to someone who knows you and your family.

Being respectful.  
Treating the other person the way you would like to be treated.

Taking time out when things get heated.

Maintaining secrets and hiding feelings, thoughts and worries.

Always wanting to 'win' discussions and arguments.

Being critical of the other person directly to them or someone else.

Shouting and screaming over the other person to be heard.

Saying sorry or making a peace offering.

Thinking about what you can do differently in the future.

**Childline** [www.childline.org.uk](http://www.childline.org.uk)  
call, chat online or email  
Call on 0800 11 11.

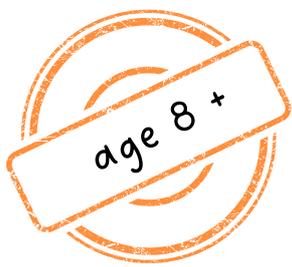
**Kooth** offers online counselling, advice and emotional well-being support for anyone aged 10-18 go to [www.kooth.com](http://www.kooth.com)

<https://www.bromley.gov.uk/BromleyParentingHub>



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# Step 2 - Think

## The behavioural iceberg Activity card



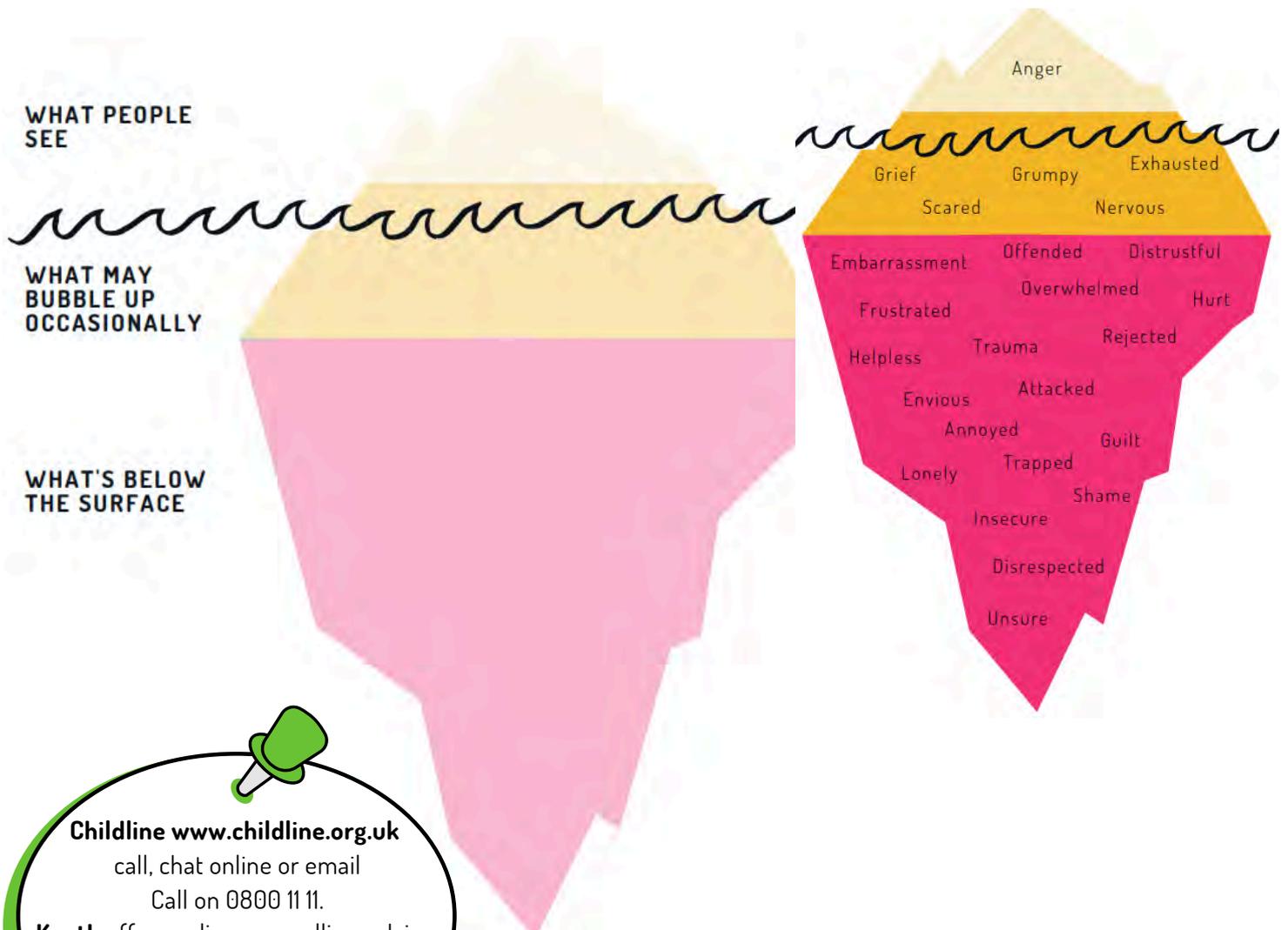
This card will help you to consider what is happening 'below the surface' which influences how you behave. An iceberg has only 10% of its total mass above the water while 90% is underwater, that 90% is what the ocean currents act on and what creates the "iceberg's behaviour".

Scan the QR code



### How to Use This Card:

1. Scan the QR code to access the template with the iceberg image.
2. Use the emotions/feeling words and add to the blank iceberg image.
3. Are you surprised at what feelings/emotions are below the surface?
4. Do you think this changes your behaviour and if so why? Speak with an adult you trust. There are also helplines that you can use if you do not want to talk to someone who knows you and your family.



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