Behaviour difficulties: a Child’s perspective

Terminology: ‘Spiky’ is a term that children often use to describe a challenging or difficult behaviour. It can also be used to describe a person or object that is hard to handle or interact with.

Example: "I’ve been really naughty today because Spiky the cat has been really annoying me."

Exercise: Ask the child to draw a picture of their ‘Spiky’ and write a sentence about why they think it is ‘Spiky’.

Activity: Create a role-play scenario where the child has to interact with a ‘Spiky’ object or character. Discuss how the child might feel in this situation and what strategies they could use to manage their behaviour.

Reflection: Discuss with the child how they feel about their own behaviour and why they think it is ‘Spiky’. Encourage them to think about ways they can try to manage their behaviour more effectively.

Solihull Approach Resource