Lesson 14: CHECK YOUR BEHAVIOUR

'BEHAVIOUR" Means:_____

_____

Write your definition: _____

We often hear our teachers and parents speak about our behaviour. We know that there are times when our behaviour causes them to be unhappy with us.

There are also times when their behaviour causes us to be unhappy.

When our behaviour fails to meet the expectations of our family, friends or classmate, everybody ends up frustrated, angry or quarrelling.

WHAT DO YOU THINK?

Is our behaviour innate - something we are born with - or do we learn it? Can we change the way we behave? LET US INVESTIGATE!

Put an X in the column you think best describes the behaviour.

BEHAVIOUR	LEARNED	INBORN
Breathing		
Biting your nails		
Yawning		
Helping someone		
Riding a bicycle		
Blinking		
Drawing on walls		
Eating correctly		
Fighting		
Writing a poem		
Sneezing		
Name-calling		
Lying		
Stopping at red lights		

Was it difficult to decide where to put some of the behaviours? Why?

_____

How important are the following sources in shaping your behaviour? Circle one number in each category (1 = Low; 5 = High).

Family	1	2	3	4	5
School	1	2	3	4	5
Church	1	2	3	4	5
Friends	1	2	3	4	5
Comics	1	2	3	4	5
Books/newspapers	1	2	3	4	5
Radio	1	2	3	4	5
Movies	1	2	3	4	5
Television	1	2	3	4	5
Music	1	2	3	4	5

List the three sources in order of importance that you think have the most influence in shaping your behaviour:

1. _____2._____ 3._____

YOUR CHALLENGES!

1. Do you have a behaviour that you would like to change? How could you do it?

_____

_____

2. Keep a record of three television programmes and tally the number of incidents of violences (physical and verbal). Compare your findings with your classmates.

_____

_____

As a peacemaker I learned

_____

_____