

THE STAR DIARY: WHAT IT MEANS

<p>SETTINGS</p>	<p>These are things that affect people in general. This includes the environment and people around us. Environmental conditions include:</p> <ul style="list-style-type: none"> ▪ Physical aspects e.g. noise, temperature, light. ▪ People we are with and how we get on with them e.g. friends, family, teachers. ▪ The activities we are doing at the time. <p>Personal conditions include:</p> <ul style="list-style-type: none"> ▪ Physical well being, e.g. illness, pain, tiredness ▪ Emotional state, e.g. anxiety, feeling sad or excited ▪ Thoughts and beliefs e.g. It's too hard and I can't do this.
<p>TRIGGERS</p>	<p>These are specific events that “set off” behaviour, they usually happen immediately before. Common triggers are:</p> <ul style="list-style-type: none"> ▪ Changes in routine ▪ Demands being made e.g. getting dressed ▪ Being told "no" ▪ Being overloaded with choices ▪ Waiting for a favourite activity
<p>ACTIONS</p>	<p>An Action is a behaviour you can see. Describe exactly what happens and be precise. Don't write that he was “aggressive” but that “<i>he hit his friend with his hand</i>”.</p>
<p>RESULTS</p>	<p>Results are what happens after the behaviour has occurred. What others including you, might do or say in response. For example, “<i>the friend ran away crying and his mum shouted at him</i>”.</p> <p>These results may REINFORCE behaviour, making it more likely to happen in the future.</p>
<p>FORMULATION</p>	<p>A formulation is about understanding why behaviour occurs, what causes it in the first place and what keeps it going.</p> <p>Use the information from the STAR chart to work out a possible formulation for you child's behaviour.</p>