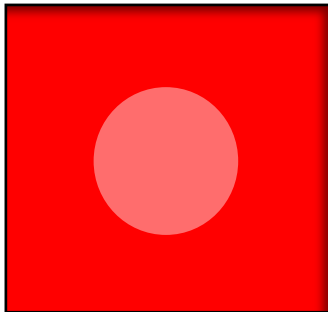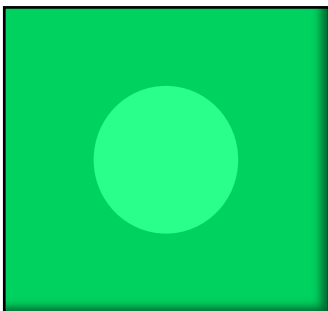# Behaviour traffic light

The behaviour traffic light is a tool that can help you to take notes of a particular behaviour. This way, it might be easier to understand what is causing that behaviour and how to best manage it.

What happened before?

What happened during?

What happened after?

Now think of your own traffic lights...

What is your red light?

Tip: think of..What were you doing before? Who was there? Where were you? Any particular sounds or smells or temperatures? Any unexpected changes?

What is your amber light?

Tip: think of..What did you do? How did you feel? Describe with as many details as possible.

What is your green light?

Tip: think of..What happened next? What was the consequence?