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# Communicating about behaviours of concern

Large picture cards (A4)



The  
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Direction

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Working together on positive  
behaviour support (PBS)

## How to use these cards – instructions for practitioners

Before using these cards, read our page on [communicating about behaviours of concern](#) and watch our video about [using discussion mats](#).

These picture cards are designed to be used with a discussion mat and match our [example discussion mat for communicating about behaviours of concern](#), but they can be used in any way you find helpful in your behaviour support practice.

You may wish to use our [customisable discussion mat template](#) so that you can use the blank mat together when discussing behaviours of concern with your participant.

To use these cards, print them on A4 paper and cut them out. You may choose to laminate them or use thick paper so that they last longer.

Before going to see your behaviour support participant, you can also use our customisable picture card templates to create cards you know will be relevant to the participant, using pictures, photos or words.

## Other useful resources include:

### Guides:

- [Communicating about behaviours of concern: Using discussion mats](#)
- [Communicating about restrictive practices: Using discussion mats](#), and
- [Different communication techniques: Discussion mats](#) (video)

### Picture cards:

- [Communicating about behaviours of concern](#) (discussion mat-sized cards)
- Communicating about restrictive practices  
([A4 discussion mat size](#), [A4 large size](#))
- [A4 template](#) (our discussion-mat template size),
- [A4 template](#) (large-size cards), and
- [A3 template](#) (discussion-mat template size).

Discussion mats:

- [Example mat for discussing behaviours of concern,](#)
- [Example mat for discussing restrictive practices,](#) and
- [Discussion mat template.](#)

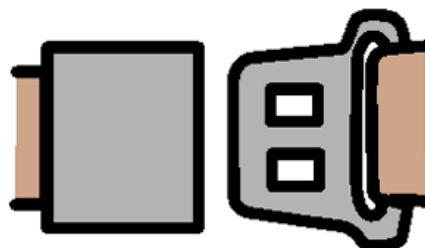
These cards support the [example discussion mat for discussing behaviours of concern](#).

## I feel upset when

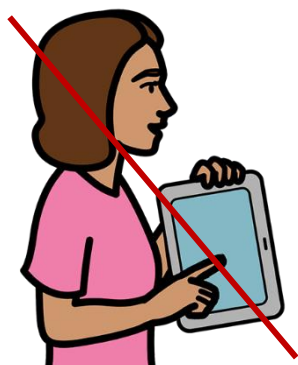
There's too much noise



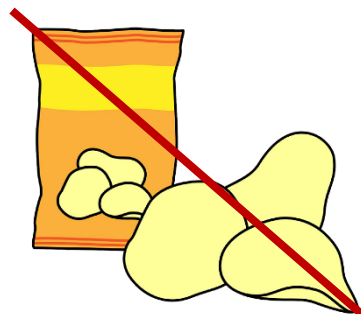
I have to wear a seatbelt



It's time to stop using my iPad



I am not allowed to eat chips because of my special diet



## I feel upset when

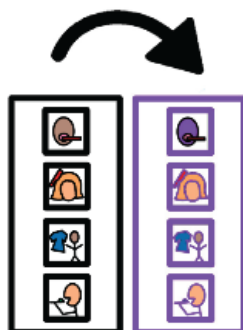
People coming into my room without asking if it is ok



I am in a crowd



My routine is changed without people telling

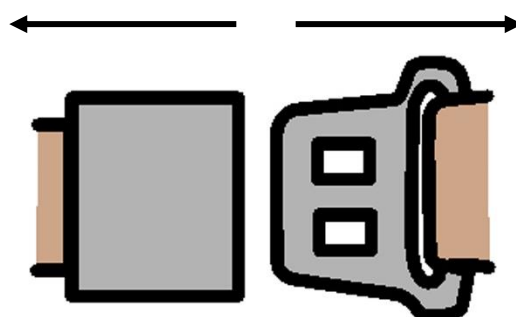


## When I'm upset I might

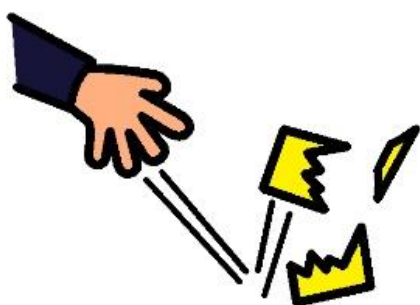
Hit myself



Take off my  
seatbelt



Throw or break  
my iPad



Take chips from the  
cupboard

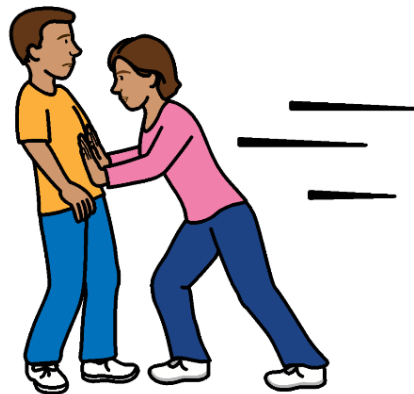


## When I'm upset I might

Hit people



Push people



Yell





## To feel better

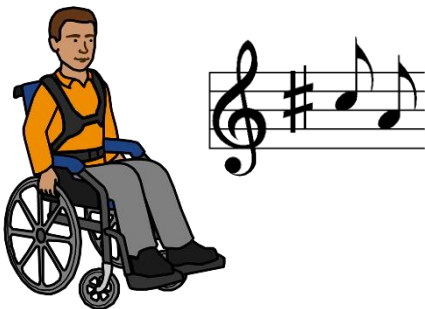
I might wear my  
headphones



I might leave the  
noisy place



I might listen to music  
to take my mind off  
the seatbelt

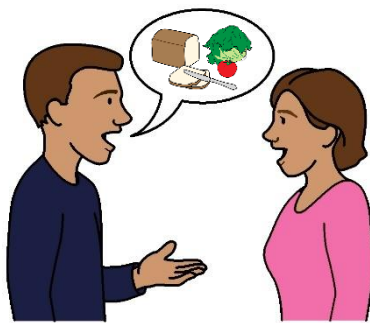


Do something else I  
like to do, like listen  
to music

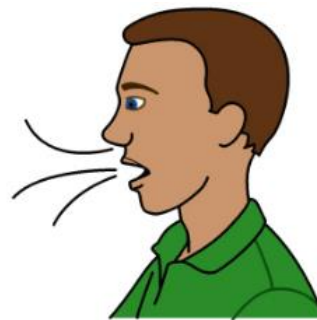


## To feel better

Ask someone to help me  
find foods I can eat



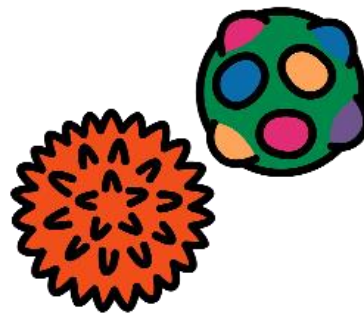
I could do a  
breathing exercise



Move away to a  
quiet place

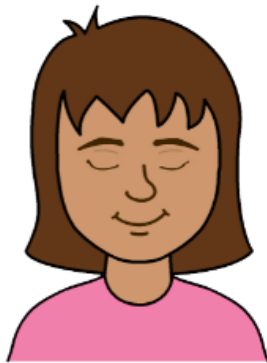


I could use my  
sensory toys



## Until

I feel calm / I say  
that I feel calm



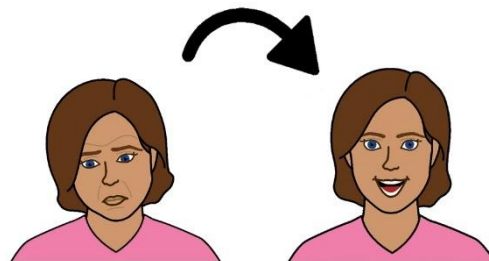
We get home / the  
car stops



I find the food I  
can eat



I am not  
upset anymore





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**[therightdirectionpbs.com](https://therightdirectionpbs.com)**

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Commission**