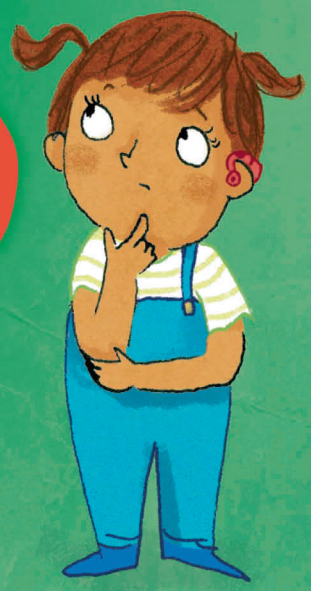
A Let's Talk Book



What Makes You Do That?







MOLLY POTTER

ILLUSTRATED BY
SARAH JENNINGS

BLOOMSBURY



What Makes You Do That?







MOLLY POTTER

ILLUSTRATED BY
SARAH JENNINGS

BLOOMSBURY EDUCATION
LONDON OXFORD NEW YORK NEW DELHI SYDNEY

This book is dedicated to my huge-hearted, Scouse friend Elle who I will admit to having got up to a fair amount of mischief with (but we know better now obviously).



BLOOMSBURY EDUCATION
Bloomsbury Publishing Plc
50 Bedford Square, London, WC1B 3DP, UK
29 Earlsfort Terrace, Dublin 2, Ireland
BLOOMSBURY, BLOOMSBURY EDUCATION and the Diana logo are trademarks of Bloomsbury Publishing Plc
First published in Great Britain, 2022 by Bloomsbury Publishing Plc
First published as 'What Makes Me Do The Things I Do?'
This edition published in Great Britain, 2024 by Bloomsbury Publishing Plc
Text copyright © Molly Potter, 2022
Illustrations copyright © Sarah Jennings, 2022

Molly Potter has asserted her right under the Copyright, Designs and Patents Act, 1988, to be identified as Author of this work

Bloomsbury Publishing Plc does not have any control over, or responsibility for, any third-party websites referred to or in this book. All internet addresses given in this book were correct at the time of going to press. The author and publisher regret any inconvenience caused if addresses have changed or sites have ceased to exist, but can accept no responsibility for any such changes

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage or retrieval system, without prior permission in writing from the publishers

A catalogue record for this book is available from the British Library

ISBN: HB: 978-1-4729-7398-6; PB: 978-1-8019-9487-3; ePDF: 978-1-4729-7397-9; ePUB: 978-1-4729-7399-3

2 4 6 8 10 9 7 5 3 1 (hardback)
2 4 6 8 10 9 7 5 3 1 (paperback)

Printed and bound in China by RR Donnelley Asia Printing Company Ltd, Dongguan, Guangdong

MIX
Paper | Supporting responsible forestry
FSC® C144853

To find out more about our authors and books visit www.bloomsbury.com and sign up for our newsletters

What Makes You Do That?

This is a book all about behaviour. Behaviour is what people do, what they say and how they act. We often behave in different ways depending on where we are, who we're with, how we feel and what we're thinking. Some of our behaviours can be helpful and some can make situations worse.



This book helps you think about different behaviours. It considers why you might sometimes behave in ways that are not helpful and it also looks at the ways in which positive behaviours can help you and other people. It will help you think about why we choose to act the way we do.



The thing to remember about behaviour is that we do have some control over it. No matter what we're feeling, we can usually choose how we react. This book will help you think about which behaviours you'd like to do more of and which you might want to do less of or not at all!

Contents

Telling lies or being honest	6-7
Not doing what you're asked to do or following instructions	8-9
Losing your temper or staying calm	10-11
Cheating or playing fairly	12-13
Being bossy or listening to others	14-15
Saying mean things or being kind	16-17
Giving up or being determined	18-19





Doing things that aren't good for you or being good to yourself	20-21
Rushing to get things done or doing things carefully	22-23
Staying cross with someone or forgiving them	24-25
Boasting or being modest	26-27
Being grumpy or being cheerful	28-29
Notes for grown-ups	30-32

Telling lies...

Some children tell lies more than others. Telling a lie is not usually a good thing to do, so why might you sometimes tell lies?

To try and get out of doing things you don't want to do.



To impress other people.



So you don't get told off.



Because it's easier than telling the truth.



...Or being honest

Being honest nearly always turns out better than telling lies. Let's look at why this is.

People will trust you to tell the truth.



Lies often get found out and make you look silly.



Telling the truth is brave and admirable.



Being honest can be really helpful.



It's good to know...

Lies that we tell to avoid hurting someone's feelings are called white lies, for instance if we said we liked someone's new coat when we didn't really. These are usually not harmful lies.

Not doing what you're asked to do...

Children don't always do what adults have asked them to do. Why might this be?

You might want to keep on doing what you're doing.



You might not want to do what you're being asked to do.



You might not feel confident about what you're being asked to do.



You might just feel lazy.



...Or following instructions

The adults in your life ask you to do things to keep you safe and healthy, and to encourage you to make good choices. It's a good idea to do what you're asked because...

The adult will be really pleased with you.



You probably can't get out of what you've been asked to do, so you might as well get on and do it.



You're probably being asked to do something for a good reason.



It's good to help adults when they need it and it will make you feel good too.



It's good to know...

If you're asked to keep a secret, unless it's a nice surprise for someone, check with one or two adults to see if they also think it is a good idea.

Losing your temper...

People lose their temper or have a tantrum when they're not getting their own way and are feeling angry. Temper tantrums can be quite powerful and not enjoyable for the person having them or for anyone else nearby. Why do people lose their temper?

Some people struggle to control their temper more than others.



We might lose our temper because we're impatient and it gets people's attention quickly.



We might think losing our temper will get us what we want – although it hardly ever does.



We might get cross to get out of doing something.



...Or staying calm

Staying calm can sometimes be really difficult. But when we do, things nearly always turn out better because...

We make better decisions.



People will be impressed that we stayed calm.



People are more likely to listen to us.



Other people react better to us.



It's good to know...

We all get angry sometimes, but it's how we react that matters. If we take a bit of time to cool down before we act, we're less likely to make the situation worse.

Cheating...

Cheating is when you do something that's unfair to try and get a better result. You can cheat in games by not following the rules or cheat at school work by copying someone else. Why might you be tempted to cheat?

You might be more likely to win a game (but it means you didn't really win).



It can make it easy to get all your work right.



It can make adults think you're better at doing things than you are.



It can seem easier to cheat than to do things properly (but it will stop you from learning).



...Or playing fairly

Most children know playing fairly is the right thing to do, even if they don't always do it! Here's why it's a good idea not to cheat...

Everyone prefers to play with a friend who plays fairly.



It's good to be someone people can trust.



If you never cheat, doing well is a real achievement and you can feel proud of yourself.



It's always more satisfying to do things properly, instead of cheating.



It's good to know...

People who don't cheat understand that joining in, having fun and playing fairly feels much better than always winning or being right.