

## Section 3

### Activity: Self-reflection: inspecting your wheels



#### Ready to go?

##### In this section you have learned:

- The four parts of behaviour – thinking, doing, feeling, body signals.
- The four parts of behaviour are like the wheels of a car.
- Like the wheels of a car, if one wheel changes direction or speed, the others follow.

#### Think back to the three digital services you like to use.

Name some of the behaviours you experience when on these digital services.





What are my actions?




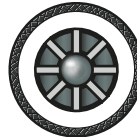
What am I thinking?





What are my feelings?

What's happening in my body

You might also want to think about how these behaviours link together.

Name of the service			
What do I use it for			
Why do I like using it			
 <p>What are my actions?</p>	 <p>What am I thinking?</p>	 <p>What are my feelings?</p>	 <p>What's happening in my body</p>

Name of the service			
What do I use it for			
Why do I like using it			
 <p>What are my actions?</p>	 <p>What am I thinking?</p>	 <p>What are my feelings?</p>	 <p>What's happening in my body</p>

Name of the service			
What do I use it for			
Why do I like using it			
			
<p>What are my actions?</p>	<p>What am I thinking?</p>	<p>What are my feelings?</p>	<p>What's happening in my body</p>

