

Behavioural Activation Worksheet

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	Morning	Afternoon	Evening
Example	<ul style="list-style-type: none">• Wake at 8am• Eat breakfast	<ul style="list-style-type: none">• Go for a 15 minute walk	<ul style="list-style-type: none">• Call a friend• Practice guitar
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Worksheet

Footnote

Behavioural Activation Introduction

Behavioural activation helps us understand how behaviours influence emotions, just like cognitive work helps us understand the connection between thoughts and emotions.

For Teachers

Allow students to create a schedule of activities that will lead them to having positive experiences in the day.

When a student is feeling depressed or unmotivated, it might be difficult for them to complete large or complex tasks.

If this is the case, encourage students to write down simple goals at first and let them work up to more challenging activities.

Target Audience

- Key Stage 3
- Key Stage 4