

*A customizable*  
intervention to  
supports students  
in taking  
responsibility for  
their own behavior!

scroll for all  
the details



**EDITABLE**

# self-monitoring

Target Behaviors	First Block	Second Block	Third Block
	Student Response	Student Response	Student Response
Use Coping Skills	Y/N	Y/N	Y
Safe Body			

**self-monitoring plan**

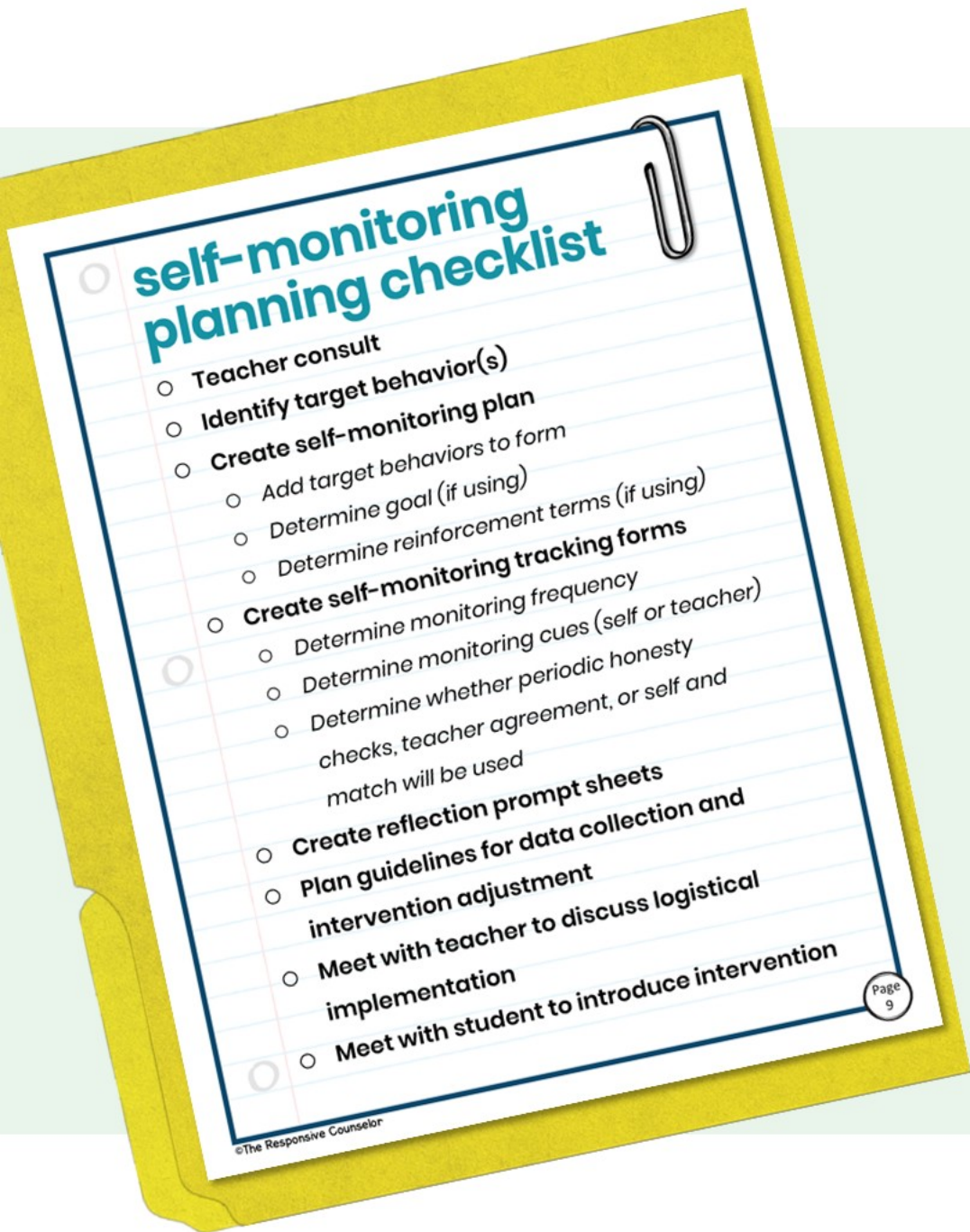
Use Time Wisely

Follow Directions

**behavior intervention**

# quick facts

- ✓ **Evidence-based** intervention
- ✓ Best for **2<sup>nd</sup>–5<sup>th</sup>** graders who **already have the ability to exhibit the behavior** but need support being more consistent.
- ✓ Use with or without **reinforcement**
- ✓ **Customize** to different target behaviors





**Self-monitoring** is a behavior intervention to help students **build self-awareness and responsibility** by encouraging them to observe their own actions and decide if they are meeting expectations.

## Self-Monitoring Tracking Form

Name: \_\_\_\_\_

2 behaviors – 6 blocks

Date: \_\_\_\_\_

Target Behaviors	First Block	Second Block	Third Block	Fourth Block	Fifth Block	Sixth Block	Total		
	Student Response	Student Response	Student Response	Student Response	Student Response	Student Response	Yes	No	
<b>Use Coping Skills</b> 	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>			
<b>Safe Body</b> 	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>	Y/N <input type="checkbox"/>			
							<b>Total:</b>		

# what's included?

**Educator Guide:** Step-by-step planning help with examples, tools, and implementation tips.

**Editable Plans:** Icons and plan templates that works in PowerPoint and Google Slides™.

**Tracking Sheets:** Multiple layouts for students to track their behavior.



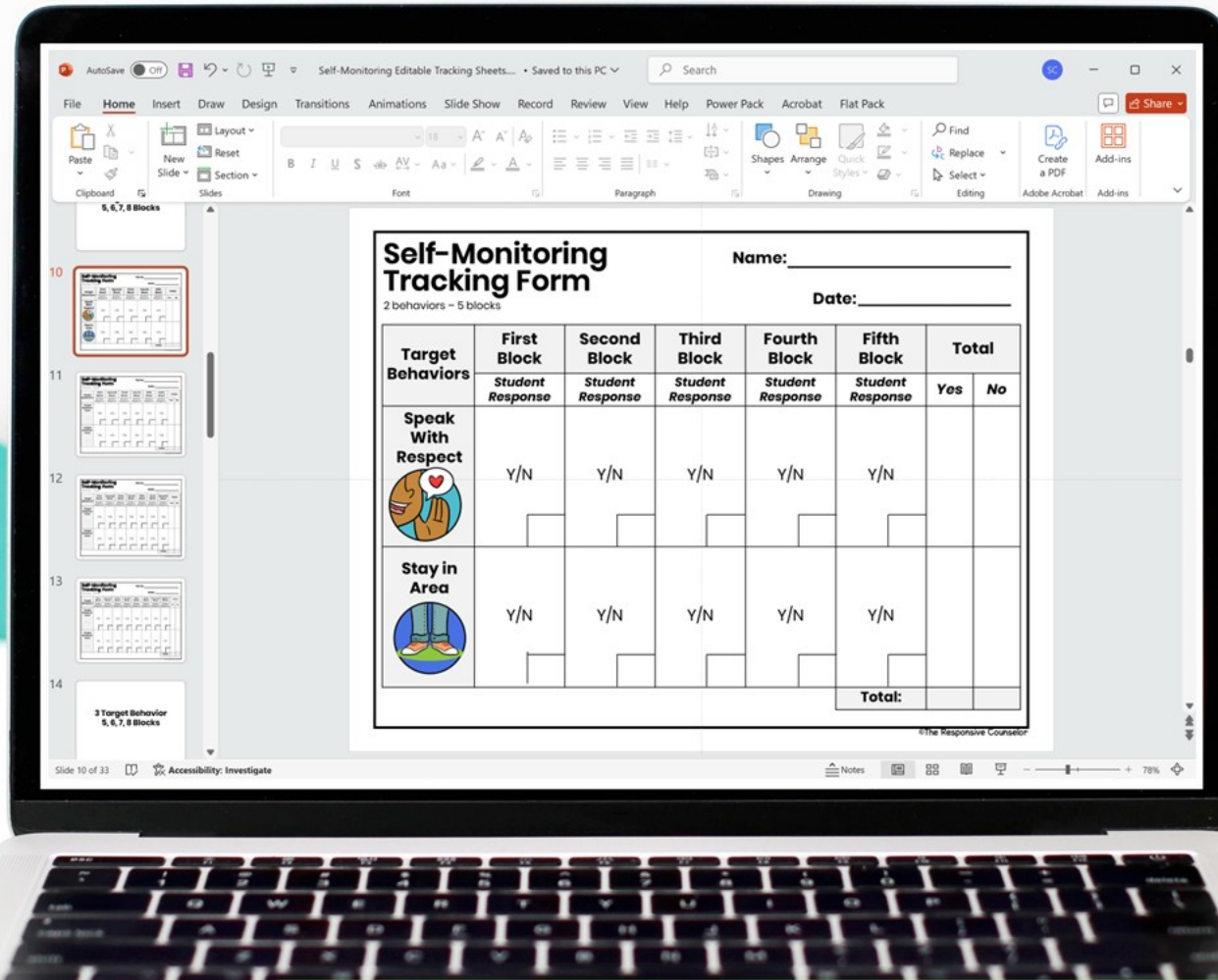
# what's included?



**Student Self-Reflection Pages:** Options for meeting goal, not meeting goal, and for no goal involved

**Data Analysis Tools:** Printable data tracker and Google Form™ tracker to see trends over time

editable in  
**PowerPoint**  
and **Google**  
**Slides**™

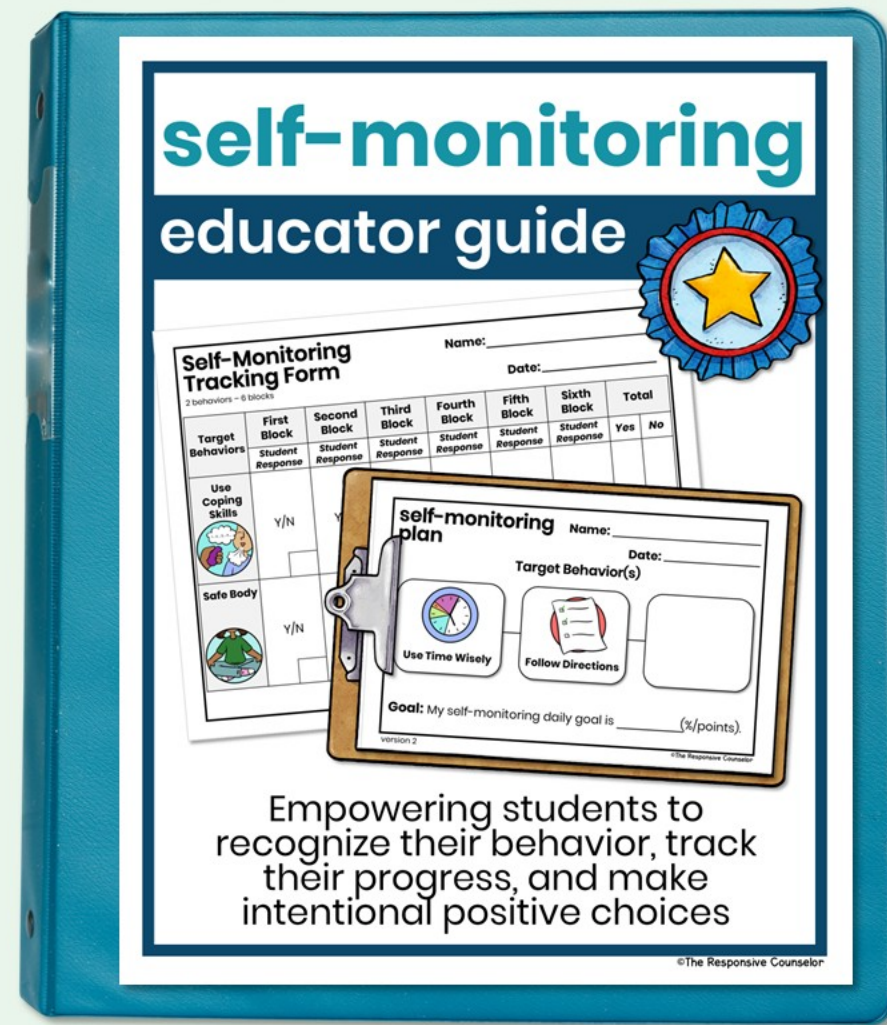


**edit text, drag and drop graphics for  
different target behaviors, and make  
the perfect fit for each student!**

# getting started

New to **self-monitoring**? Start by opening the **Educator Guide**. It walks you through the entire process, from identifying student needs to building a plan and adjusting the intervention over time.

**Each section includes examples and tips to support confident implementation.**



## self-monitoring in action



### The Situation

Jordan is a first grader who often **gets distracted during independent work** but can stay focused when given support and reminders.

### The Practice

Jordan's self-monitoring plan includes **teacher prompting, more frequent check-ins, and accountability through track and match**. During each independent work block, the teacher provides two cues—one near the middle and one near the end of the block—to remind Jordan to check in. At each check-in, Jordan marks her tracking form if she is on task. At the end of the block, she reviews her chart with the teacher. Jordan earns points based on both her focus and honesty in reporting: zero points if her self-report doesn't align with the teacher's observations, one point for honesty if she admits to being off task, and two points for staying on task and accurately reporting her behavior. Jordan works toward a daily point goal to earn an end-of-day reward and earns a sticker for each block where she achieves the full two points. **This system provides ongoing reinforcement and motivation throughout the day.**

## troubleshooting



**Q: What if the goal is not being met?**

### Check the Goal

Is the goal **realistic**? If the goal is too high, it might feel overwhelming. Start by reviewing where the student began (their baseline) and **adjust the goal** to something more achievable.

### Identify Barriers

Talk with the student to **better understand** what's getting in the way of meeting their goal.

### Adjust Rewards

If rewards are part of the plan, make sure they're **motivating enough**. Students may lose interest in a reward they've earned multiple times. Consider adding **new choices** based on student feedback. Consider offering smaller, more frequent rewards to keep students engaged.



### Review

Make sure the behavior being tracked is **clear and easy to understand**. Consider **reviewing and practicing** what the target behavior looks and sounds like. Also consider if the behavior may be too broad.

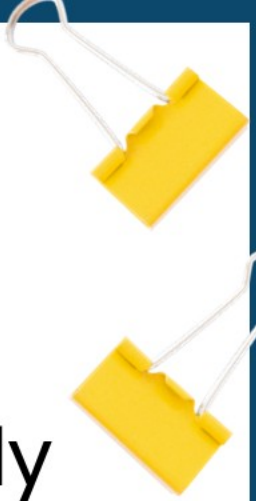
### Celebrate Effort

Acknowledge even **partial success** to build confidence. Highlighting progress, no matter how small, helps students **feel encouraged** to keep trying.

# target behaviors

## include:

- ▶ Stay in area
- ▶ Listen to speaker
- ▶ Raise hand before speaking
- ▶ Be safe with my body
- ▶ Follow directions
- ▶ Stay on task
- ▶ Complete work
- ▶ Maintain personal space
- ▶ Use time wisely
- ▶ Speak respectfully
- ▶ Use supplies correctly
- ▶ Solve conflicts peacefully
- ▶ Ask for help
- ▶ Ask for breaks
- ▶ Use coping skills
- ▶ Give best effort
- ▶ Keep desk and materials organized
- ▶ Respect others' property
- ▶ Have supplies ready



# target behaviors include:

**Editable text** means you can customize the target behavior(s) to your students needs – just select the closest visual and type in the language you want!



Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves. Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

**B.A. from Michigan State University**

Psychology and Anthropology

**M.S. from Vanderbilt University**

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**experience**

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



let's connect:

