



# Tools for Self- Monitoring Behavior Tools for Students

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

## My Behavior Chart

My Rules: \_\_\_\_\_

	I did it!	I didn't do it!

© 2016 Liz Monolis

## 's Self-Monitoring Tally Chart

Goal: I will \_\_\_\_\_  
My goal is to do this \_\_\_\_\_ minutes \_\_\_\_\_ times in \_\_\_\_\_

Yes	No

Did you meet your goal? \_\_\_\_\_

## 's Self-Monitoring Checks

My rules: \_\_\_\_\_

--	--	--	--

© 2016 Liz Monolis



# Thanks for downloading!

## What is self-monitoring?

Self-monitoring is a technique where students track their behavior. This allows students to take responsibility for their behavior and see where they need to make improvements. Students are more likely to increase desired behaviors when they are responsible for monitoring.

## How to use the behavior checklist:

- Agree on which behaviors student will work on improving.
- Decide on a reinforcer that will be earned (a tangible item, special activity, points or tokens- this is entirely based on the students and what they need!)
- Have student evaluate their behavior after an agreed time period.

## How to self-monitor frequency of behavior.

- This is great for working on increasing the frequency of a specific behavior - raising their hands, participating in a lesson, etc.
- Decide on behavior to be worked on. Set a goal of how many times this behavior will happen within a period of time.
- Student will tally the amount of times they engaged in behavior and the amount of time they didn't.

## How to use self-monitoring checks

Agree on which behaviors students will be working on.

Choose an amount of time student will have to follow rules to earn a check.









Students can either be prompted by teacher to give themselves a check or they can use a timer to prompt them.

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

# My Behavior Chart

My Rules:

I did it!      I didn't do it!

# \_\_\_\_\_ 's Self-Monitoring Tally Chart

Goal: I will \_\_\_\_\_

My goal is to do this \_\_\_\_\_ times in \_\_\_\_\_  
minutes.

Yes	No

Did you meet your goal? Yes No

© 2016 Liz Manolis

## \_\_\_\_\_ 's Self-Monitoring Checks

My rules:

☐☐☐☐

© 2016 Liz Manolis



# Thanks for downloading!

For more resources like this, visit The Autism Vault Store on Teachers Pay Teachers.

## Join us!



## Visit The Autism Vault Blog!



© 2016 Liz Manolis

Product is for single classroom use only. If you would like to share this file with a friend or colleague, please tell them to come to my store and download the file directly.