





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

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


# Self-Monitoring Checklist

## Behavior

 Check off how well you think you did for each action.  Yes! I did it!  I can do better

 I followed the classroom rules.

 I used kind words.

 I followed the teacher's directions.

 I stayed focused.

### Reflect on your Checklist

Choose one action that you would like to improve upon for next time and one thing that you can do to

*One action I can improve upon for next time is...*

Following the classroom rules.

Using kind words.

Following the teacher's directions.

Staying focused.

*One strategy I will use to help improve upon my behavior for next time is...*

I will ask my teacher for help.

I will write down the directions.

I will sit in a different seat.




Other: \_\_\_\_\_


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

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

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*One action I can improve upon for next time is...*

Following the classroom rules.

Using kind words.

Following the teacher's directions.

Staying focused.

*One strategy I will use to help improve upon my behavior for next time is...*

I will ask my teacher for help.

I will write down the directions.

I will sit in a different seat.

Other: \_\_\_\_\_







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


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


# Self-Monitoring Checklist


## Behavior

 Check off how well you think you did for each action.  Yes! I did it!  I can do better

 I followed the classroom rules.

 I used appropriate classroom language.

 I followed the teacher's directions.

 I was not distracted and did not distract others.

### Reflect on your Checklist

Write 2-3 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.

One action I did without help was \_\_\_\_\_

\_\_\_\_\_

One action I could improve upon is \_\_\_\_\_

\_\_\_\_\_

Next time, I will \_\_\_\_\_




\_\_\_\_\_


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


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


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One action I did without help was \_\_\_\_\_

\_\_\_\_\_

One action I could improve upon is \_\_\_\_\_

\_\_\_\_\_

Next time, I will \_\_\_\_\_

\_\_\_\_\_



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

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

# Self-Monitoring Checklist

## Behavior

 Check off how well you think you did for each action.



Yes!  
I did it!



I can  
do better

I followed the classroom rules.

I used appropriate classroom language.

I followed the teacher's directions.

I tried my best to complete my work.

I communicated with a positive tone and language.

I was not distracted and did not distract others.



### Reflect on your Checklist

Write 2-3 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.

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

# Self-Monitoring Checklist

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 Check off how well you think you did for each action.



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### Reflect on your Checklist

Write 2-3 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.

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

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

# Self-Monitoring Checklist

\_\_\_\_\_

 Check off how well you think you did for each action.



Yes!  
I did it!



I can  
do better



## Reflect on your Checklist

Write 1-2 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.

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

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

# Self-Monitoring Checklist

\_\_\_\_\_

 Check off how well you think you did for each action.



Yes!  
I did it!



I can  
do better



## Reflect on your Checklist

Write 1-2 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.

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