

Self-Monitoring Chart Used for a 5th grade student with ADHD:

My Expected Behaviors:

- I will be respectful to my peers and adults.
- I will follow directions.
- I will listen quietly when others are speaking.

Circle the number of reminders needed during each class period.

1	1 or fewer reminders to follow expected behaviors
2	2 reminders to follow expected behaviors
3	3 reminders to follow expected behaviors
4	4 reminders to follow expected behaviors
5	5+ reminders to follow expected behaviors

Expected Behaviors Chart Used for a 3rd Grade Student with ADHD:

My Expected Classroom Behaviors:

Quiet Voice Do my Work Hands to Myself Be Respectful

Task	Expected Behaviors Followed = ☺	Comments
Morning Meeting		
Reading		
Specialists		
Snack/Read Aloud		
Math		
Lunch/Recess		
Math with Me		
Reading with Mrs. R		
Total ☺s		

5 ☺s = Spin!

You can do it, Sarah!