
















## Drop a Note

 <b>Eyes on your work.</b>	 <b>A note to remind you to get back on track.</b>	 <b>Please get back to work.</b>	 <b>I know you can pay attention.</b>	 <b>Please keep working.</b>
 <b>It is time to get to work.</b>	 <b>Danger ahead! Please get back on track.</b>	 <b>Ring! Ring! A call to do your work.</b>	 <b>File that away and get back to work.</b>	 <b>Just checking to make sure you are on track.</b>
 <b>Count to 5 and get back to work.</b>	 <b>Fly forward with your work!</b>	 <b>Time to work.</b>	 <b>Keep up the good work.</b>	 <b>Look at the words on the page.</b>



## Self-Monitoring Cards

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

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

Objective:

I will record a check mark whenever I meet this objective within a \_\_\_\_\_ minute time period.




Total number of checks:

*(transfer these to the Weekly Record Keeping Card)*

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

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

Objective:

I will record a check mark whenever I meet this objective within a \_\_\_\_\_ minute time period.




Total number of checks:

*(transfer these to the Weekly Record Keeping Card)*



## Meeting My Objective: Week at a Glance

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

*My objective:*

*I will put a ✓ in a box whenever I meet my objective.*

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30					
9:30 - 10:00					
10:00 - 10:30					
10:30 - 11:00					
11:00 - 11:30					
11:30 - 12:00					
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30					
2:30 - 3:00					

*Total number of times I have met my objective this week:*

*I have coloured in my 5 best boxes.*

*From this information I think* \_\_\_\_\_



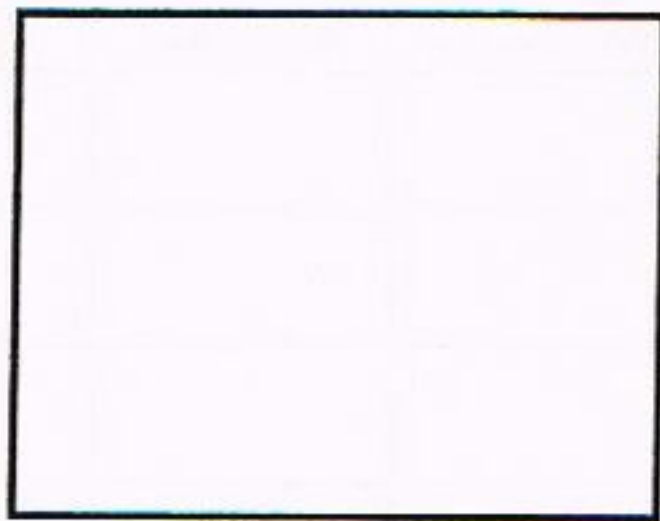
## On-Task Chart



Name:

Date:

*Here is a picture of me, working on-task:*



*This is how many times I have been working on-task:*

Morning: ✓

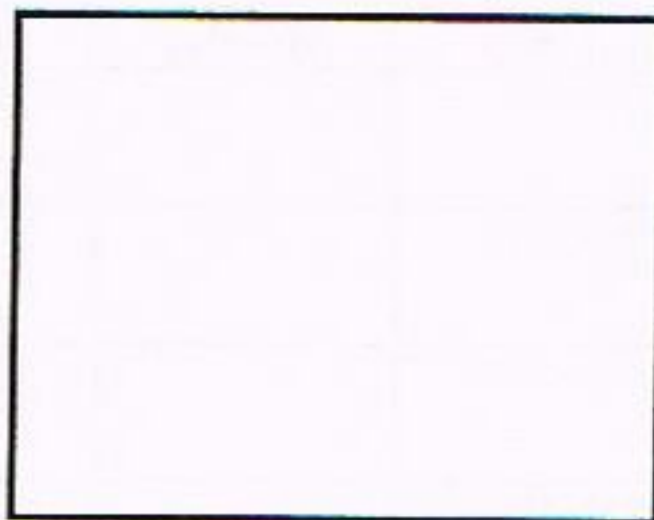
Afternoon: ✓

Daily total:

Name:

Date:

*Here is a picture of me, working on-task:*



*This is how many times I have been working on-task:*

Morning: ✓

Afternoon: ✓

Daily total:







*Transfer these data to a graph for easy interpretation.*



## Self-Monitoring Cards for Rules

Have students circle a number when they perform the behaviour stated on the card (numbering is cumulative).



		
<p><b>During seatwork, I keep my pencil moving on the paper.</b></p>	<p><b>I ask permission if I want to leave my seat.</b></p>	<p><b>On the playground, I use items for their intended purpose.</b></p>
1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
		
<p><b>I focus my attention on the teacher.</b></p>	<p><b>I keep my hands, head, arms, legs, and feet to myself.</b></p>	<p><b>I walk quietly in the classroom.</b></p>
1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10



## My Daily Work



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

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

*Today I will complete:*

1.

2.

3.

*I completed it:*

*I was able to complete this work because:*

**My teacher's comment:**

**My parent's comment/signature:**

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

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

*Today I will complete:*

1.

2.

3.

*I completed it:*

*I was able to complete this work because:*

**My teacher's comment:**

**My parent's comment/signature:**