

Following Directions Self Monitoring Chart



Part of a growing collection of self-monitoring tools for student success!

The image displays two versions of the 'Following Directions Self-Monitoring Chart'. One version is shown on a tablet screen, and the other is a paper printout. Both forms include a header with 'Name:' and 'Date:' fields. Below the header, the title 'FOLLOWING DIRECTIONS SELF-MONITORING CHART' is printed. The instructions state: 'Directions: For each time of day, mark an X in the box that best describes how well you followed directions. Then, reflect on what helped you and what you can work on.' The chart consists of a table with four columns: 'Time of Day/ Activity', 'I followed directions the 1st time' (with a happy face emoji), 'I needed some reminders' (with a neutral face emoji), and 'I had trouble following directions' (with a sad face emoji). The table has six rows for recording data. At the bottom of the forms, there is a copyright notice: '©The Responsive Educator 2025'.

Supports Listening,
Compliance & Independence

✨ A Simple,
Effective Tool for
Self-Monitoring of
**Following
Directions**

Why Do Students Need Self-Monitoring?

Many students struggle:

- remembering & following directions
- staying focused during instruction
- recognizing how often they need reminders

Studies show that self-monitoring improves:

- listening & attention skills
- encourages independence
- reduces repeated instructions from teachers



Off-Task Behavior

- Easily distracted, leading to incomplete work.



Missed Steps in Assignments

- Struggles with completing tasks correctly.



Frequent Reminders Needed

- Difficulty following instructions the first time.

Common Challenges Teachers Face

FOLLOWING DIRECTIONS SELF-MONITORING CHART

Name: _____ Date: _____

Directions: For each time of day, mark an X in the box that best describes how well you followed directions. Then, reflect on what helped you and what you can work on.

Time of Day/ Activity	I followed directions the 1st time 😊	I needed some reminders 😐	I had trouble following directions 😞

☒ What helped me follow directions today?

What can I do better tomorrow?

End of Day Teacher Notes (optional)

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How This Chart Can Help



Encourages responsibility



Supports classroom
efficiency



Builds listening & attention
skills



Backed by research

*Research shows self-
monitoring improves task
accuracy & focus

Name: _____ Date: _____

FOLLOWING DIRECTIONS SELF-MONITORING CHART

Directions: For each time of day, mark an X in the box that best describes how well you followed directions. Then, reflect on what helped you and what you can work on.

Time of Day/ Activity	I followed directions the 1st time 😊	I needed some reminders 😐	I had trouble following directions 😞
	X		
		X	
	X		
	X		
			X
			X

What helped me follow directions today?
✓ Sitting away from the door helped me this morning

What can I do better tomorrow?
💡 I will ask the teacher to move me if my friend keeps talking to me tomorrow.

End of Day Teacher Notes (optional)

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SPECIFIC DETAILS

Write or type in daily
schedule (EDITABLE!)

Student self-
monitoring

Student reflection

Teacher review

Name: _____ Date: _____

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Time of Day/ Activity	I followed directions the 1st time 😊	I needed some reminders 😐	I had trouble following directions 😞

✓ What helped me follow directions today?

💡 What can I do better tomorrow?

✍ End of Day Teacher Notes (optional)

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✓ What helped me follow directions today?

💡 What can I do better tomorrow?

✍ End of Day Teacher Notes (optional)

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