

Disrupting Others

Self Monitoring Chart



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

The image shows two versions of the 'Disrupting Others Self-Monitoring Chart'. One is a physical paper form with a teal border, and the other is a digital version displayed on a tablet with a black bezel. Both forms include a header with 'Name:' and 'Date:' fields, followed by the title 'Disrupting Others Self-Monitoring Chart'. Below the title is a set of directions: 'Directions: Mark an X in the box that best describes how well you respected others' learning. Then, reflect on what helped you and what you can improve.' The main body of the chart is a table with four columns: 'Time of Day/ Activity', 'Stayed focused' (with a happy face emoji), 'Needed a few reminders' (with a neutral face emoji), and 'Often distracted others' (with a sad face emoji). Each column has six empty rows for data entry. At the bottom of each form, there is a line for a signature and a copyright notice: '©The Responsive Educator 2025'.

Time of Day/ Activity	Stayed focused 😊	Needed a few reminders 😐	Often distracted others 😞

Supports Respectful Classroom Behavior & Focus

✨ A Simple, Effective Tool for Self-Monitoring of Disrupting Others

Why Do Students Need Self-Monitoring?

Many students struggle:

- waiting their turn to speak
- recognizing when to contribute vs. when to listen
- interrupting conversations or lessons

Studies show that self-monitoring improve:

- impulse control
- awareness of speaking habits
- classroom interactions

Common Challenges Teachers Face

★ Frequent Disruptions

- students' Struggles to stay focused and respect others' learning.

★ Struggles with Self-Regulation

- impulsive interruptions during lessons

★ Repeated Redirections

- disruptions continue without structured reflection

Disrupting Others Self-Monitoring Chart

Name: _____ Date: _____

Directions: Mark an X in the box that best describes how well you respected others' learning. Then, reflect on what helped you and what you can improve.

Time of Day/Activity	Stayed focused 😊	Needed a few reminders 😐	Often distracted others 😞

☒ What helped me stay focused today?

☐ What can I do better tomorrow?

☐ End of Day Teacher Notes (optional)

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How This Chart Can Help



Encourages self-awareness



Promotes respectful
behavior



Simplifies teacher tracking



Backed by research

*Research shows self-
monitoring boosts focus, and
reduces disruptions



SPECIFIC DETAILS

Write or type in daily
schedule (EDITABLE!)

Student self-
monitoring

Student reflection

Teacher review

Name: _____ Date: _____

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