

Talking Out Self Monitoring Chart



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

The image displays two versions of the 'Talking Out Self-Monitoring Chart'. On the left is a printed paper version with a teal border, and on the right is a digital version shown on a tablet with a black border. Both charts include a header for 'Name:' and 'Date:', followed by the title 'Talking Out Self-Monitoring Chart'. Below the title are directions: 'Directions: Mark an X in the box that best describes how well you waited your turn to speak. Then, reflect on what helped you and what you can improve.' The main body of each chart is a table with four columns: 'Time of Day/ Activity', 'I raised my hand to talk' (with a happy face emoji), 'I talked out a little' (with a neutral face emoji), and 'I talked out a lot' (with a sad face emoji). Each column has seven rows for data entry. At the bottom of each chart are several horizontal lines for reflection notes. A dark teal banner at the bottom left of the image contains the text 'Supports Self-Control & Classroom Expectations' in white. A small copyright notice '©The Responsive Educator 2025' is visible at the bottom of both chart versions.

✨ A Simple,
Effective Tool for
Self-Monitoring of
Talking Out

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



Frequent Interruptions

- Students struggle to wait their turn, leading to disruptions.



Difficulty with Self-Control

- Some students impulsively blurt out before thinking.



Repeated Redirections

- Without reflection, students continue interrupting, making it harder to improve.

Common Challenges Teachers Face

Talking Out Self-Monitoring Chart

Name: _____ Date: _____

Directions: Mark an X in the box that best describes how well you waited your turn to speak. Then, reflect on what helped you and what you can improve.

Time of Day/ Activity	I raised my hand to talk 😊	I talked out a little 😐	I talked out a lot 😞

☒ What helped me wait my turn to speak?

☐ What can I do better tomorrow?

☐ End of Day Teacher Notes (optional)

©The Responsive Educator 2025

How This Chart Can Help



Encourages self-awareness



Supports self-regulation



Simplifies teacher tracking



Backed by research

*Research shows self-monitoring improves impulse control and classroom behavior

Name: _____ Date: _____

Talking Out Self-Monitoring Chart

Directions: Mark an X in the box that best describes how well you waited your turn to speak. Then, reflect on what helped you and what you can improve.

Time of Day/ Activity	I raised my hand to talk 😊	I talked out a little 😐	I talked out a lot 😞
	X		
		X	
	X		
	X		
			X
			X

What helped me wait my turn to speak?
✓ 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)

©The Responsive Educator 2025

SPECIFIC DETAILS

Name: _____ Date: _____

TALKING OUT SELF-MONITORING CHART

Directions: Mark an X in the box that best describes how well you waited your turn to speak. Then, reflect on what helped you and what you can improve.

Time of Day/ Activity	I raised my hand to talk 😊	I talked out a little 😐	I talked out a lot 😞

✓ What helped me wait my turn to speak?

💡 What can I do better tomorrow?

✍️ End of Day Teacher Notes (optional)

© The Responsive Educator 2025

Write or type in daily
schedule (EDITABLE!)

Student self-
monitoring

Student reflection

Teacher review

Name: _____ Date: _____

Talking Out Self-Monitoring Chart

Directions: Mark an X in the box that best describes how well you waited your turn to speak. Then, reflect on what helped you and what you can improve.

Time of Day/ Activity	I raised my hand to talk 😊	I talked out a little 😐	I talked out a lot 😞

✓ What helped me wait my turn to speak?

💡 What can I do better tomorrow?

✍️ End of Day Teacher Notes (optional)

© The Responsive Educator 2025