

Emotional Regulation

Self Monitoring Chart



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

The image displays two identical 'Emotional Regulation Self-Monitoring Charts'. One is a printed paper with a teal border, and the other is a tablet screen with a black border. Both charts include a header for 'Name:' and 'Date:'. Below this is the title 'EMOTIONAL REGULATION SELF-MONITORING CHART' and a set of directions: 'For each time of day, mark an X in the box that best describes how you felt. Then, reflect on what helped you and what you can do differently next time.' The main body of the chart is a table with four columns: 'Time of Day/ Activity', 'I felt calm' (with a happy face emoji), 'I felt frustrated' (with a sad face emoji), and 'I felt upset' (with a frowny face emoji). Each of these three emotion columns contains five empty boxes for marking an 'X'. The 'Time of Day/ Activity' column is currently empty. At the bottom of each chart, there are five horizontal lines for reflection, and a small copyright notice '©The Responsive Educator 2025' is visible.

Supports Emotional Awareness & Self-Regulation

✨ A Simple, Effective Tool for Self-Monitoring of Emotional Regulation

Why Do Students Need Self-Monitoring?

Many students struggle:

- identifying & expressing emotions
- managing frustration & staying calm
- recognizing what helps them regulate their feelings

Studies show that self-monitoring improves:

- emotional awareness
- self-control
- development of coping strategies

Common Challenges Teachers Face



Emotional Outbursts

- Students have difficulty managing frustration.



Difficulty Self-Soothing

- Students struggle to calm themselves.



Limited Emotional Awareness

- Students have a hard time identifying triggers & coping strategies

Name: _____ Date: _____

EMOTIONAL REGULATION SELF-MONITORING CHART

Directions: For each time of day, mark an X in the box that best describes how you felt. Then, reflect on what helped you and what you can do differently next time.

Time of Day/Activity	I felt calm 😊	I felt frustrated 😠	I felt upset 😞

☒ What helped me feel calm today?

☐ What will I try the next time I feel frustrated?

☐ End of Day Teacher Notes (optional)

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How This Chart Can Help



Encourages emotional-awareness



Supports self-regulation

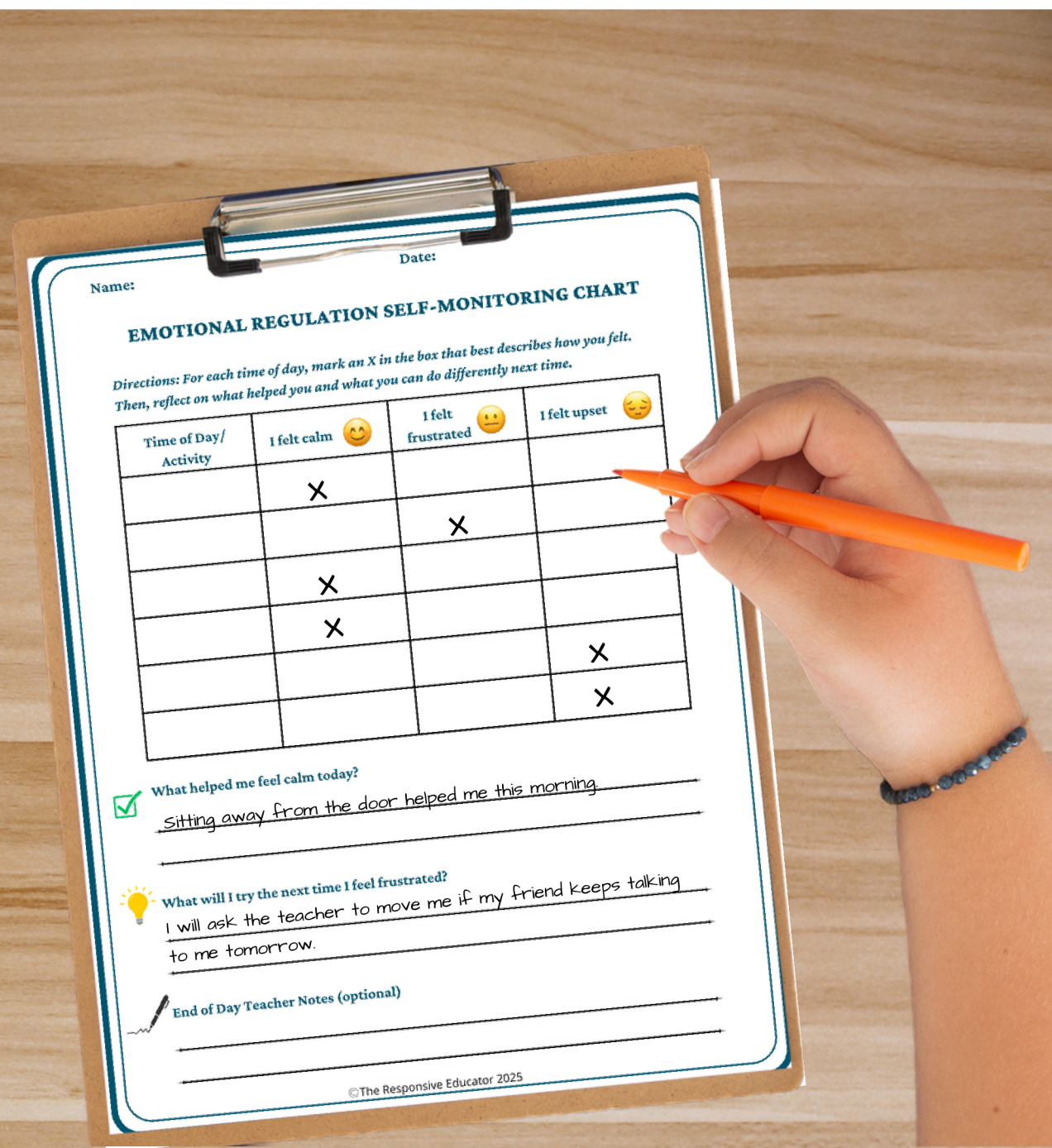


Simplifies teacher tracking



Backed by research

*Research shows self-monitoring fosters emotional growth and resilience.



SPECIFIC DETAILS

Write or type in daily
schedule (EDITABLE!)

Student self-
monitoring

Student reflection

Teacher review

Name: Date:

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 End of Day Teacher Notes (optional)

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