**Self-Monitoring Sheet**

You can adapt this grid to encourage the student to self-monitor goals/objectives.

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| Student’s Name: |
| Date: |
| Today we read a story! This is what we read:  | I liked it! | I didn’t like it | I am not sure |
| Today I helped at home! Here is what I did:  | By myself | I did it with help! |  |
| Today I (asked/answered questions, etc) | By myself | I did it with help! |  |
| Today I picked up my toys/got dressed  | By myself | I did it with help! |  |
| Parent/Guardian Signature: |