

ARGUING VISUAL MONITORS



Arguing Offenses		
	Threatening	Angry words will get you in trouble and not get you what you want.
	Yelling	An angry, loud voice will get negative responses.
	Complaining	Negative language said out loud will be ignored.
	Repeating	Asking again and again will result in the adult ending the conversation.
	Disobey	Ignoring an instruction will cause you to lose privileges.
	Boss	Expecting to always get your way will lead to disappointing results.

Conversation Monitor		
	Arguing and complaining	5
	Disagreeing with a command	4
	Questioning directions	3
	Asking for permission	2
	Agreeing	1

Arguing Advice		
	Manners	Kind words will help you get what you want.
	Voice Tone	A calm, inside voice will get a more positive response.
	Inner Monologue	Complaining words can be said inside your head so only you can hear.
	Scripted Phrases	Slowly state your thoughts in a way you have practiced.
	Consider	Take a moment to think. Realize adults want what is best for you.
	Ask	Be a good listener and ask questions.

Caroline Koehler

Conversation Monitor	
	Arguing and complaining
	Disagreeing with a command
	Questioning directions
	Asking for permission
	Agreeing

Conversation Monitor	
	After a warning, I have continued to argue and complain.
	I am disagreeing with a command I was given.
	I have a question about an adult's directions.
	I am asking for permission.

BULLYING VISUAL SUPPORTS

How to Stop a Bully

- Ignore**
If a person is saying upsetting things
tend they aren't and keep your feelings hidden.
- Let It Go**
If a person is saying rude or untrue things
use your regular voice and tell them, "Please stop."
- Don't Retaliate**
If a person is saying negative things
act calmly and shrug your shoulders.
- Be Polite**
If a person is saying hurtful things
smile, laugh, and shrug your shoulders.
- Take a deep breath and walk away**
If a person is causing you trouble.

Am I Being Bullied? Signs that you could be getting bullied

- Physically Hurt**
If someone has hurt me on purpose and wants to cause my body pain.
- Stolen or Damaged Items**
If someone has taken or broken things that belong to me.
- Afraid of Others**
If someone has threatened me or made me do things I don't want to do.
- Excluded from Activities**
If someone is leaving me out of things.
- Hiding Information**
If I'm upset over something.

Am I A Bully? Signs that you could be a bully.

- Do I say things to hurt others?**
I have teased, taunted, name called, gossiped, and threatened others.
- Do I do things to hurt others?**
I have caused others physical pain and stolen things from others.
- Am I trying to control others?**
I have excluded people or told others not to like someone.
- Am I blaming others?**
When I'm upset.
- Am I being aggressive?**

How to Stop Being a Bully

- Stop and Think**
If you feel like being mean, ask yourself if your behavior is going to hurt you or what you want to do when you are in trouble.
- Find a Different Activity**
If you feel like someone is bothering you, try a different activity like sports, reading, or drawing.
- Apologize**
If you have hurt someone in the past, talk calmly with them by using positive words that discuss solutions.
- Look for the Good**
If you are targeting others, look for the positive in others instead of the negatives.
- Be Patient**
If you are making fun of others, be patient and try to understand their feelings.
- Talk to an Adult**
If you have been a bully, talk to a counselor or trusted adult.
- Change Your Pastimes**
If you are harassing others, change your pastimes to something positive.

Bully Monitor

- 5** I am hurting others. I am controlling others. I am intolerant of others.
- 4** I have taken or broken things that do not belong to me. I have broken rules.
- 3** I am isolating and not including others. I am trying to control others.
- 2** I am saying hurtful, untrue, or threatening things.
- 1** I am being aggressive.

Bullied Monitor

- 5** Someone has hurt my body. I have been threatened or physically hurt.
- 4** Someone is stealing my things. I have told others to stop damaging or taking my things.
- 3** Others are not including me. I will find a true friend and be a good friend.
- 2** Others are saying hurtful things. I will control my actions and not try to control the actions of others.
- 1** I am being bullied.

Bully Monitor

- 5** I am hurting others. I have caused others physical pain on purpose. I have threatened others.
- 4** I am stealing others' things. I have taken things from others without permission.
- 3** I am isolating others. I need to stop. I need to get help from a trusted adult.
- 2** I am saying hurtful things. I need to stop. I need to get help from a trusted adult.
- 1** I am being aggressive.

Bullied Monitor

- 5** Someone has hurt my body. I will tell a trusted adult and get help.
- 4** Someone is stealing my things. I will tell a trusted adult so I can get help.
- 3** Others are not including me. I will find a true friend and be a good friend.
- 2** Others are saying hurtful things. I will control my actions and not try to control the actions of others.
- 1** I am being bullied.

Caroline Koehler

EFFORT MONITORING SUPPORT

Effort Monitor

I'm not working.
I'm wasting my time.



I'm ready.

I can...

ask for help

mark out answers

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FEELINGS + EMOTIONS MONITORS

Feelings Choices

disgust	angry	frustrated	guilty	hysterical	
sad	overwhelmed	mad	scared	fear	upset
anxious	bored	confused	hungry		
hurt	nervous	sick	sorry	tired	
good	happy	kind	loving	smart	

Feelings Monitor

Feeling out of control. I need help to calm down.	5
Feeling angry. I need to calm down.	4
Feeling nervous. Something is bothering me.	3
Feeling fine. Things are okay.	2
Feeling happy. Things are going great!	1

Feelings Choices Explanation

These feelings tell me something is wrong and I need help. 3

I need to stop and get help with my feelings and thoughts.

These feelings tell me something is

Feelings Monitor

Losing control	5	I need help to calm down.	A teacher will help get me to a safe area.
Feeling angry	4	I need to calm down.	I can ask for a break.
Feeling nervous	3	Something is bothering me.	I can ask for help.

Feelings Choices

disgust	angry	frustrated	guilty	hysterical	
sad	overwhelmed	mad	scared	fear	upset
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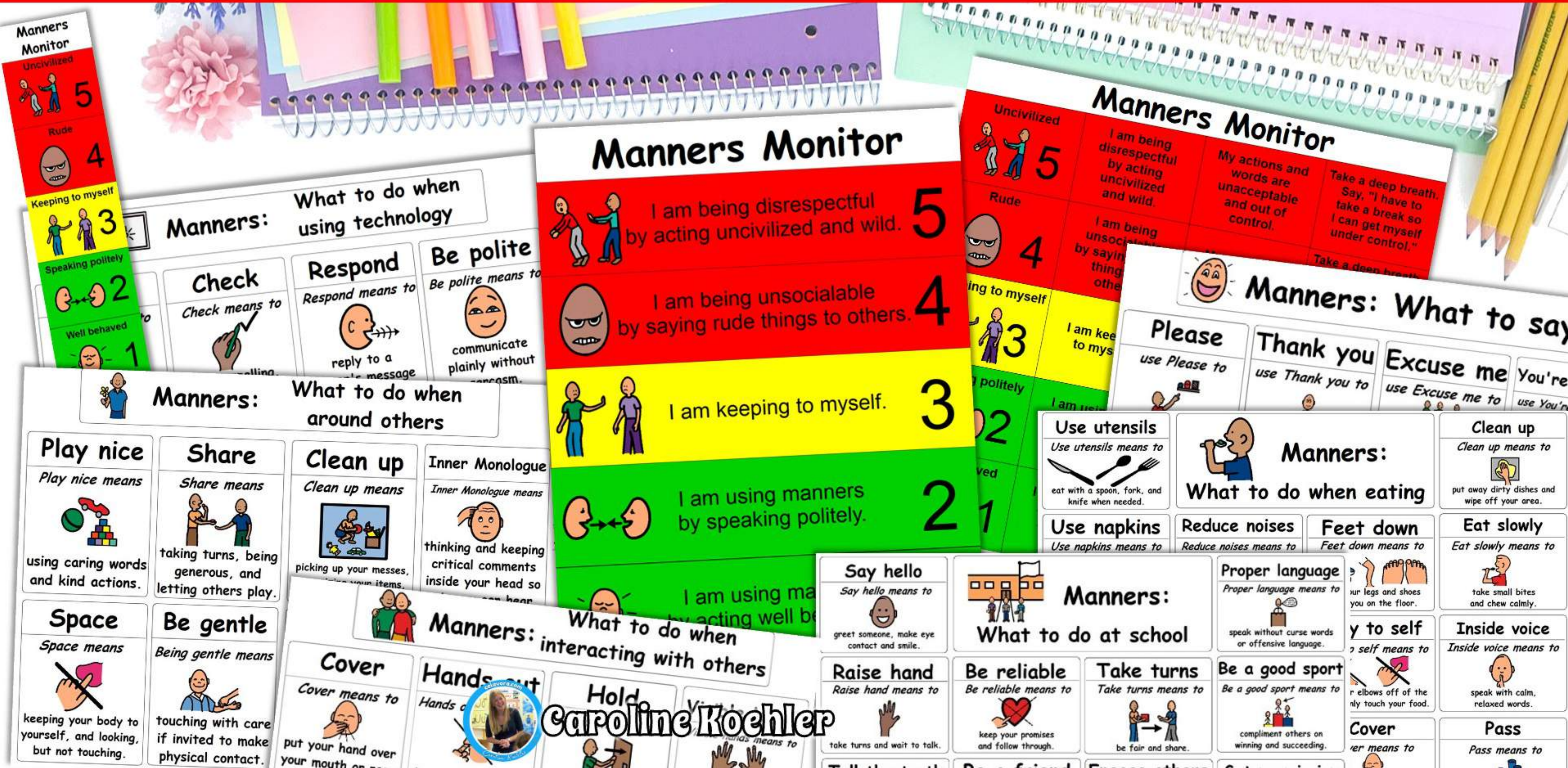
Feelings Choices

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Feelings Monitor

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Feeling angry	4	I need to calm down.	I can ask for a break.
Feeling nervous	3	Something is bothering me.	I can ask for help.

MANNERS VISUAL SUPPORTS



MISTAKE MONITORS



Mistake Monitor

I've made a purposeful mistake.	5
I've made an accidental, complex mistake.	4
I've made a minor mistake.	3
I've made a simple, daily mistake.	2
I haven't made a mistake.	1

Mistake Monitor

I've made a purposeful mistake.	5	This has created problems for me and others. I need help to develop good judgement and become a problem solver.	Admit the mistake. Get help to find out what went wrong. These mistakes could be hurting my own or someone's body, breaking rules, or saying something hurtful.
I've made an accidental, complex mistake.	4	This has caused others to be upset and created trouble. I'm taking responsibility and focusing on a solution.	Take time to reflect. These mistakes could be losing a game, breaking something valuable, making a big mess, or disappointing someone.
I've made a minor mistake.	3	I'm taking a moment to think of a solution this and future similar issues. I'm trying, learning, and growing through this error.	Recognize your effort. These mistakes could be yelling, forgetting your supplies or homework, failing a test or to
I've made a simple, daily mistake.	2	I did not do this on purpose. There is nothing to be upset or embarrassed about.	There will be other mistakes. These mistakes could be bumping into someone, spilling a drink, dropping a pencil, or losing something.
I haven't made a mistake.	1	I'm using good judgement. I'm talking, drawing, or writing about my thoughts.	I'm following the rules. I'm using manners. I'm being flexible. I'm

Mistake Monitor

I've made a purposeful mistake that has created problems for others. I need help to develop good judgement and become a problem solver.	5
I've made an accidental mistake that has caused others to be upset. I'm taking responsibility and focusing on a solution.	4
I've made a minor mistake. I'm taking a moment to think. I'm trying, learning, and growing.	3
I've made a simple, daily mistake. I did not do this on purpose. There is nothing to be upset or embarrassed about.	2
I haven't made a mistake.	1



Caroline Koehler

PERCEPTION VS REALITY TOOLS

Perception Monitor

Blaming others for untrue situations



5

Lying to myself



4

Making up actions or words



3

Imagining or guessing



2

Seeing and hearing what's happening

Paths of Perception

How are you seeing your situation?

REALISTIC PERCEPTION
This is a path to success.



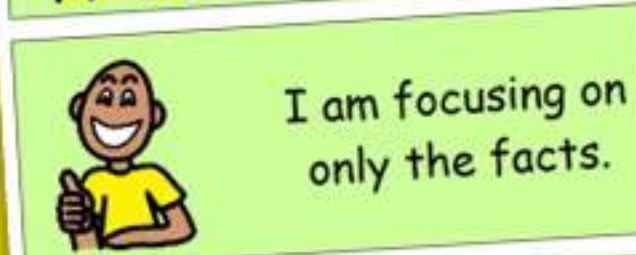
I am able to see good and have good experiences.

OR

UNTRUE PERCEPTION
This is a path to problems.



I am ignoring good times so I can stay in a sad place.

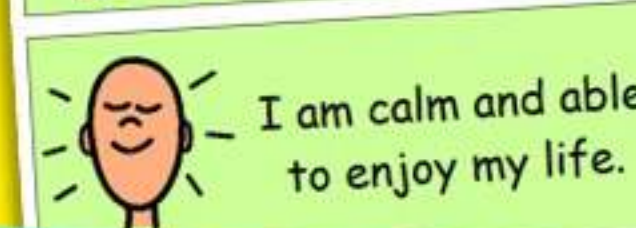


I am focusing on only the facts.

OR



I am thinking or guessing what others are saying.



I am calm and able to enjoy my life.

OR



I am making up situations and causing stress.



I am emotionally overloaded and not seeing clearly.



I am worrying about what others are thinking or doing.



I am seeing one problem and thinking it never ending.

Perception Monitor



I am choosing to falsely blame others for untrue situations I have created in my mind.

5



I am choosing to suffer and be a helpless victim by lying to myself and ignoring the truth in my mind.

4



I am making up actions or words by closing my eyes.



I am imagining about what is instead of what is.



I see and hear what is happening to accept reality.

Perception Monitor

Blaming others for untrue situations



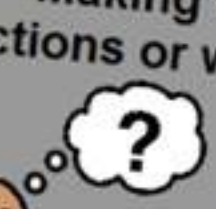
5

Lying to myself



4

Making up actions or words



3

Imagining or guessing



2

Seeing and hearing what's happening

I am pretending my problems were created by others.

I have created my own problems.

I am creating upsetting problems.

I am choosing lies over truth.

I am letting my feelings change my mind.

I am rejecting the truth.

I am believing what isn't true.

I am not always right and don't have all the facts.

I can choose behavior that helps instead of harms.

I can cope with negative thoughts.

I can balance my thinking by believing the truth.

I can choose calmness.

I can mind my own business.

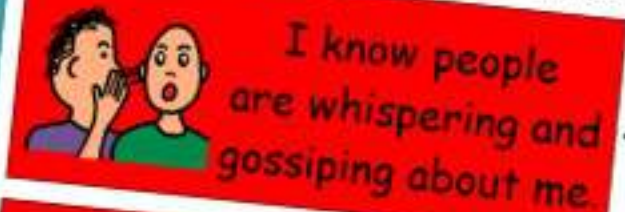
I can think of a better way to handle this.

I can ask for help understanding.

Changing My Perception

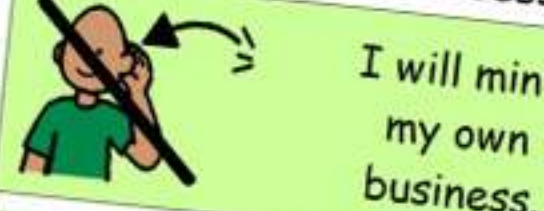
Replace your words & change your perception

NEGATIVE PERCEPTION
This is a path to problems.



I know people are whispering and gossiping about me.

POSITIVE PERCEPTION
This is a path to success.



I will mind my own business.



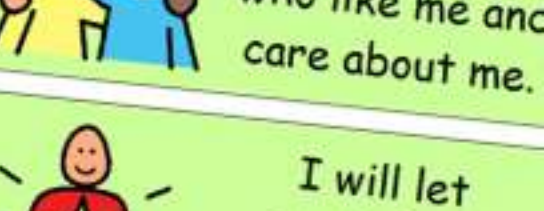
Everyone hates me.



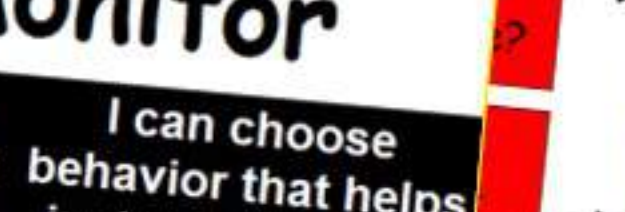
There are people who like me and care about me.



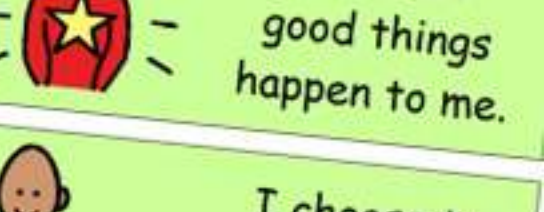
I will let good things happen to me.



I choose to try and do my best.



I have the power to choose to be happy.



I will live my best life and be happy with myself.



Caroline Koehler

PERSONAL SPACE MONITOR

Social Distancing Monitor

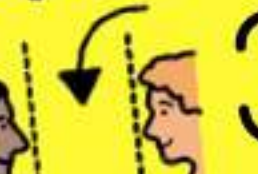
Touching others in public
 5

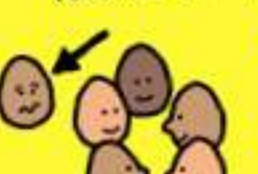
Being in crowds
 4

Personal Space Monitor

Touching others
 5

Too close
 4

Slightly too close
 3

Too far away
 2

Right distance
 1

Social Distancing Monitor

Touching others in public
 5

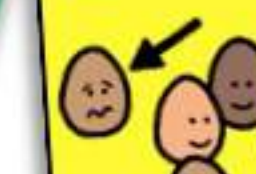
Being in crowds
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Personal Space Monitor

There is no space between me and another.
Touching others without permission
could lead to abuse, violence, police
matters, and spreading sickness.


There is very little space between me and others.
Others could not walk between
me and those I'm near.
This can cause others to become mad.

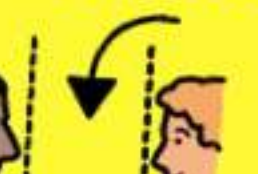

There is little space between me and others.
I could easily touch the people around
me. Others feel annoyed and nervous about
closeness. They keep moving away and looking
back.

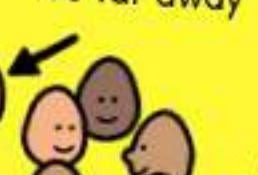

There's a lot of space between me and others.
A long car could be between me and others.
People are comfortable about my distance.


Personal Space Monitor

Touching others
 5

Too close
 4

Slightly too close
 3

Too far away
 2

Right distance
 1

Social Distancing Monitor

I am not following social distancing rules for safety.
I am touching others without permission or
standing close. I am sick, starting to feel sick,
or have been around others who are. 5

I'm not limiting my time out with nonfamily members.
I'm not getting important supplies or materials.
I'm not practicing good hygiene. 4

I'm not wearing a mask.
I'm not staying as short as possible.
I'm not staying away from others. 3

Healthy Living Tips

Wash your hands
Use soap and hot
water for 20 seconds

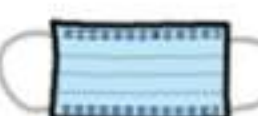
when around others,
before eating, and
when using the toilet.

Stay home when sick
Rest in quarantine if
you have a

fever, cough, trouble
breathing, or problems
smelling or tasting.

Stay 6 feet away
Social distance with
nonfamily members

by staying 2 arms
length away.

Wear a mask
Use a face covering on
your mouth and nose

when you are out in
public.

Limit going to stores
Go to shops and stores
only

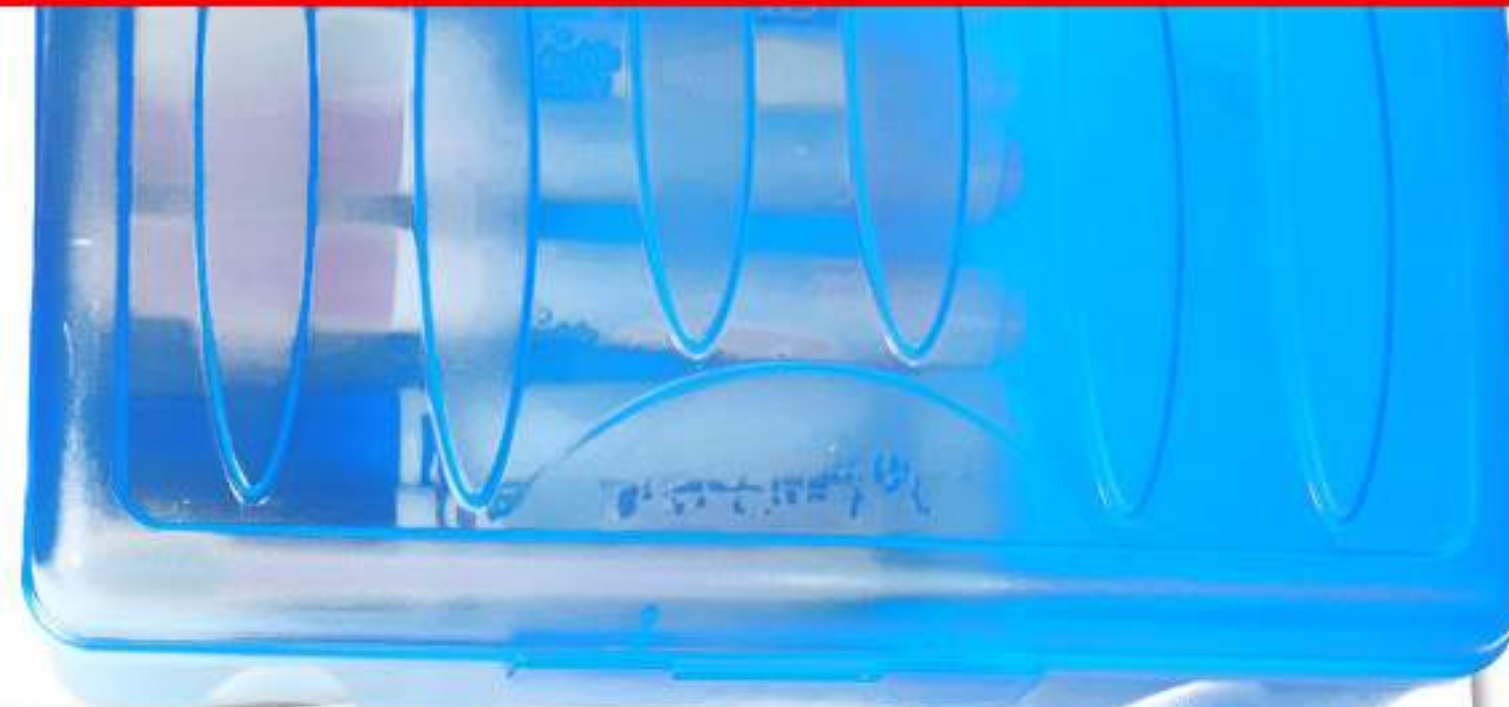
when you need
things.

Keep groups small
Be in groups of 10
people or less

when you are with
others.

Caroline Koehler

PROBLEM SOLVING MONITOR



Problem Monitor

I have a life changing problem. 5	I need a mentor's advice to cope and understand my options, so I move forward. I must get help to learn how to handle this large issue.	Identify the problem. Tell a trusted adult your concerns. These problems could be illness, death, moving, divorce, addiction, discrimination, or violence.
I have a complex, long lasting problem. 4	I am digging deep to find the reason behind this problem. I need support on what I should do. I'm judging the pros and cons of my choices.	I can be resilient and overcome this issue. These problems could be a relationship concern, keeping a dangerous secret, or social pressure.
I have a frustrating problem. 3	I'm identifying the problem and taking a moment to think about my options. Once I figure out what went wrong, I can decide how to fix this issue.	I can overcome setbacks. These problems struggling on an assignment, failing a test or task, losing an item, breaking a rule, or lying.
I have a small, daily problem. 2	I am responsible and can find an appropriate solution by myself. Problems are chances for me to challenge and do things	I see a teachable moment. These problems could be misplacing or forgetting something, disagreeing with someone, or being confuse

Problem Monitor

I have a life changing problem. 5
I have a complex, long lasting problem. 4
I have a frustrating problem. 3
I have a small, daily problem. 2

Problem Monitor

I have a life changing problem. I need a mentor's advice to cope and understand my options.
I have a complex, long lasting problem. I need support on how to move on. I'm judging the pros and cons of my choices.
I have a frustrating problem. I'm identifying the problem and taking a moment to think about my options.
I have a small, daily problem. I am responsible and can find an appropriate solution by myself.
I don't have a problem. I am kindly telling others my feelings, thoughts, and

 **Caroline Koehler**

RESPECT VISUAL TOOLS

Respectful Redo

Use words and sentences to complete the think sheet. Think through your options and choices to give as many details as you can.

I can learn and grow by thinking about my past behavior. Disrespectful behavior causes problems to all involved. The disrespectful problem that happened was

I can have a respectful redo. Disrespect can be replaced with respect. A respectful choice I will make in the future is

People who can help me with my respectful choices are

Things that can help

Respect Monitor



I'm disrespecting myself and others by not properly processing feelings and needs. Insults, sarcasm, and blaming causes conflict. I am damaging relationships and hurting myself.

5



I'm showing rudeness to myself and others by saying or doing troubling things. I am acting stressed and harming relationships. I'm upsetting or hurting others on purpose.

4



I misunderstood a situation or someone's words. I am confused and didn't know the rules. I wasn't understanding others' thoughts, emotions, and needs.

3



I am calmly asking questions to better understand the needs, thoughts, and

2

Respect Monitor



Disrespect

5

I am saying or doing things that could ruin relationships. My attitude is creating hostile feelings.

I will wait until I'm calm to speak with a kind voice. I will have self-control without trying to control others.



Rudeness

4

I am hurting others on purpose. I am reacting based on negative emotions.

I will express my anger appropriately and calmly explain my needs. I will focus on a solution that is good for everyone.



Misunderstanding

3

I forgot to think of others' feelings and needs. I am focused on just myself.

I will be strong enough to give and accept apologies. I will focus on the feelings of myself and others.



Questioning

2

I am trying to understand what is happening better. I'm learning about new situations.

I will politely asking for more information. I'm aware of others' feelings by listening and asking.



Showing respect

1

I am treating others the way I hope to be treated.

I am making choices that strengthen relationships. I am aware of differences of myself and others.

Respectful Actions

Disrespectful Actions

Admitting mistakes.

Blaming others.

Being a friend you'd like to have.

Putting others down.

Celebrating successes of others and your own.

Insulting others.

Controlling your noise level.

Being loud.

Following the rules.

Breaking the rules.

Respectful Actions

Disrespectful Actions

Paying attention.

Keeping yourself or others from participating.

Respecting the items around you.

Destroying things.

Saying okay and trying your best.

Refusing to follow instructions.

Solving problems.

Complaining.

Staying in your area.

Being unsafe and harmful to yourself or others.

Telling the truth.

Lying and keeping dangerous secrets.

Thinking of others' needs and feelings.

Threatening with angry words.

Using a calm voice tone

Using an angry voice tone

Respect Monitor

Disrespect

5

Rudeness

4

Misunderstanding

3

Questioning

2

Caroline Koehler

RULES OF FRIENDSHIP TOOLS

Friendship Monitor

Blaming
and tricking



5

I am accusing
friends of doing
something bad or
tricking them to
do things they
shouldn't do.

Friends don't
trust me and don't
think they want to
be friends with
me anymore.

Lying



4

I am not telling
my friends
the truth.

I'm breaking
promises and
lying to hurt
friends' feelings.

Ignoring



3

I am ignoring
my friends and
not thinking

Friends are
confused and



Rules of Friendship: Okay



Listen

Friends take
time to talk and
respond to
each other.

Say, "So what do
you want to
talk about?"



Interests

People are
friends because
they like the
same things.

Say, "Hey I like
that, too! We
should hang out."



Help

Friends support
each other
when they can.

Say, "When I
finish my work,
I can help you."

Friendship Monitor



I am blaming and
tricking people who
think I'm their friend.

5



I am lying and
breaking promises.

4



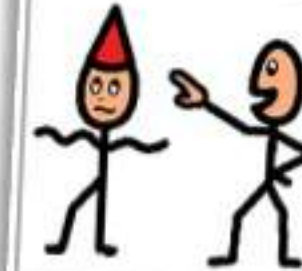
I am ignoring friends
and their feelings.

3

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Rules of Friendship: Not Okay



Trick

Friends should not
tell each other to
give them things
to be friends.

Say, "I don't
my friend



Boss

Friends should not
tell each other
what they have

Say, "Let's w
together so v
can both hav
a fun time."



Blame

Say, "I'm so
but I would
hurt your fee
on purpose"



Lying

Say, "It hurts r
feelings"



Break

Say, "I wish yo
would keep yo
word so I coul
trust you."



Ignore

Say, "I'm feeli
upset that yo
were not payi

SUICIDE AND SAFETY MONITORS

Safety Concerns Explanation

I want to commit suicide.
I want to kill someone or others.
I have a plan.

I am not being safe.
I need to get immediate help and

I am using violence towards myself

My actions are
I need to get

I must talk about

I accept help

Safety Monitor

Death	5
Harming self or others	4
Planning to harm	3
Thoughts of harming	2
Able to talk	1

Safety Monitor



I am intending to cause death to myself or others.

5



I am harming myself or others.

4



I am making plans to harm myself or others.

3



I am having thoughts of harming myself or others.

2



I am able to talk about my emotions and thoughts.

1

Safety Monitor

Death	5	I am intending to cause death to myself or others.	I am suicidal
Harming self or others	4	I am harming myself or others.	I want to kill someone
Planning to harm	3	I am making plans to harm.	I am physically hurting myself or others on purpose
Thoughts of harming	2	I am having thoughts of harming myself or others.	I use weapons to cause pain
Able to talk	1	I am able to talk about my emotions and thoughts.	I have had lasting thoughts about violence

Safety Concerns

Death



Harming Self or Others



Thinking of or Planning



Caroline Koehler

SELF-CONTROL MONITOR



Self-Control versus Out-of-Control How are you handling your situation?

SELF-CONTROL

This is a path to success.



I am strong and in control of myself and my power.

OR

OUT OF CONTROL

This is a path to problems.



I am letting others control me by giving away my power.

OR



I have made goals and am planning ahead for success.

OR



I am staying upset by looking for drama and creating anxiety.

OR



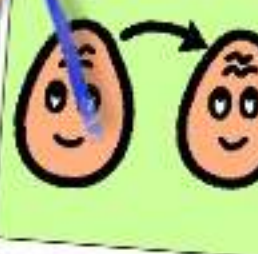
I am calm and stop to think of better ways to handle issues.

OR



I am creating new problems that can last for a long time.

OR



I am minding my own business and focusing on myself.



I am blaming others away from.

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Self-Control Monitor

Doing or saying things I'll regret



5

Responding negatively



4

Losing control



3

Thinking before talking and doing



2

In control



1

I am making bad choices that hurt myself and others.

I have created long term problems.

I am letting a difficult situation overwhelm me.

I am causing drama or am calm.

I am forgetting to take care of myself.

I am forgetting my goals by giving away my power.

I am able to stop think, and plan the best next step or action.

I am able to stay on task and focus on my goals.

I have the power

I must stop destructive behavior

I can walk away from tempta

I must stop destructive behavior

I can walk away from tempta

I must stop use coping

I can choose to give up the for a hap

I can think better hand

I am a negative

I am powerful go

I am mature.

I choose strength.

I control my power.



I am acting on an impulse by doing or saying harmful things I'll regret later.

5



I am negatively responding right away without using any coping strategies.

4



I am caught up in the moment and lose by not planning for

3



I am blocking out so I can stop before talking

2



I am in control of my thoughts, and

1



Thinking before talking and doing

2



In control

1

Self-Control Monitor

Self-Control Monitor

Doing or saying things I'll regret



5

Responding negatively



4

Losing control



3

Thinking before talking and doing

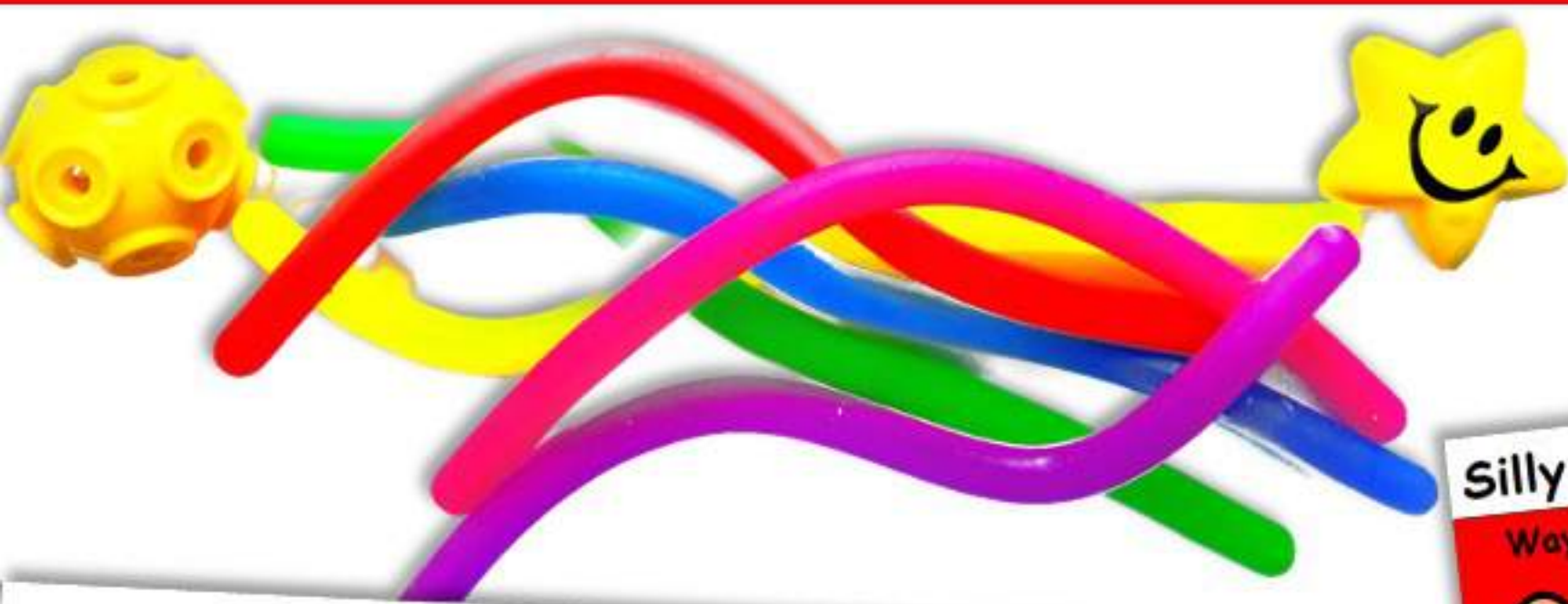


2

In control

1

SILLY VISUAL SCALES



Silly Monitor

Way too silly! I am out of control. I need to calm down. I can take deep breaths, drink water or use fidgets to relax.	5
Too silly! I am feeling some silliness. I need to get under control. I can ask for help or a break. I can use a fidget to relax.	4
Just right. I have myself under control. I am focusing on my work.	3
Time for silly. It's a time to be silly! I can giggle and laugh. This is a goofy time.	2
Super silly time. This is a time to be really wacky! Laughing and being loud is okay. Being playful is okay right now.	1

Silly Monitor

Way too silly! I am out of control. I need to calm down. I can take deep breaths, drink water or use fidgets to relax.	5
Too silly! I am feeling some silliness. I need to get under control. I can ask for help or a break. I can use a fidget to relax.	4
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Silly Monitor

Way too silly! I am out of control. I need to calm down. I can take deep breaths, drink water or use fidgets to relax.	5
Too silly! I am feeling some silliness. I need to get under control. I can ask for help or a break. I can use a fidget to relax.	4
Just right. I am under control and focusing on my work.	3
Time for silly. It's a time to be silly!	2
Super silly time. This is a really wacky time!	1

Silly Monitor

Way too silly! I am out of control. I need to calm down the silliness. I need to take a break, take deep breaths, drink water, or use fidgets to relax.	5
Too silly! I am feeling some silliness. I need get myself under control. I can ask for help or a break. I can use a fidget to relax.	4
Wacky This is a time to be really wacky! Laughing and being loud is okay. Being playful is okay right now.	3
Super silly time.	2
Zany Time for silly.	1



Caroline Koehler

SPEED VISUAL MONITORS

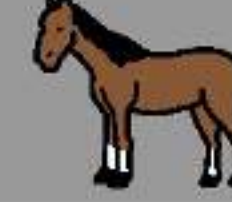
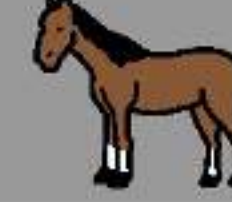
Speed Monitor

I am stopped. 	1	I am not moving. 
I am going slow. 	2	I am going slow. 
I am going. 	3	I am going. 
I am going fast. 	4	I am going fast. 
I am going rapidly. 	5	I am going rapidly. 

Speed Monitor

I am stopped. 	1	I am stopped. 
I am going slow. 	2	I am going slow. 
I am going. 	3	I am going. 
I am going fast. 	4	I am going fast. 
I am going rapidly. 	5	I am going rapidly. 

Speed Monitor

I am stopped. 	1	I am stopped. 
I am going slow. 	2	I am going slow. 
I am going. 	3	I am going. 
I am going fast. 	4	I am going fast. 
I am going rapidly. 	5	I am going rapidly. 

Speed Monitor

I am stopped. 	1	I am stopped. 
I am going slow. 	2	I am going slow. 
I am going. 	3	I am going. 
I am going fast. 	4	I am going fast. 
I am going rapidly. 	5	I am going rapidly. 

Caroline Koehler

STEALING MONITOR



Stealing Monitor



I have stolen from several different places. I am out of control. I could go to jail.

5



I stole this from a store. I could be punished for a wrong decision. Others do not trust me.

4



I took this from someone. This is wrong. Others are starting to not trust me.

3



Someone gave me this. I was given a present for a holiday or a reward. I can show others.

2



I earned this. This is good. I can show others what I have.

1

Stealing Monitor



I've taken lots of things.

5

I'm out of control.

I have stolen from several places. I am out of control. I could go to jail.

This is wrong. My life is in danger and dangerous. Others are worried about my safety.



I took this from a store.

4

I'm untruthful.

I stole this from a store. I could get in trouble or go to jail.

This is wrong. I have a problem and need help. Others do not trust me.



I took this from someone.

3

I'm nervous.

I took this from someone. Trading things is not okay if an adult doesn't know. This is wrong.

This is wrong. Others are starting to not trust me. I've been lying.



Someone gave me this.

2

I'm honest.

I was given a present for a holiday or a reward. I can show others.

This is good. Others trust me. I have self-control.



I earned this.

1

I'm responsible.

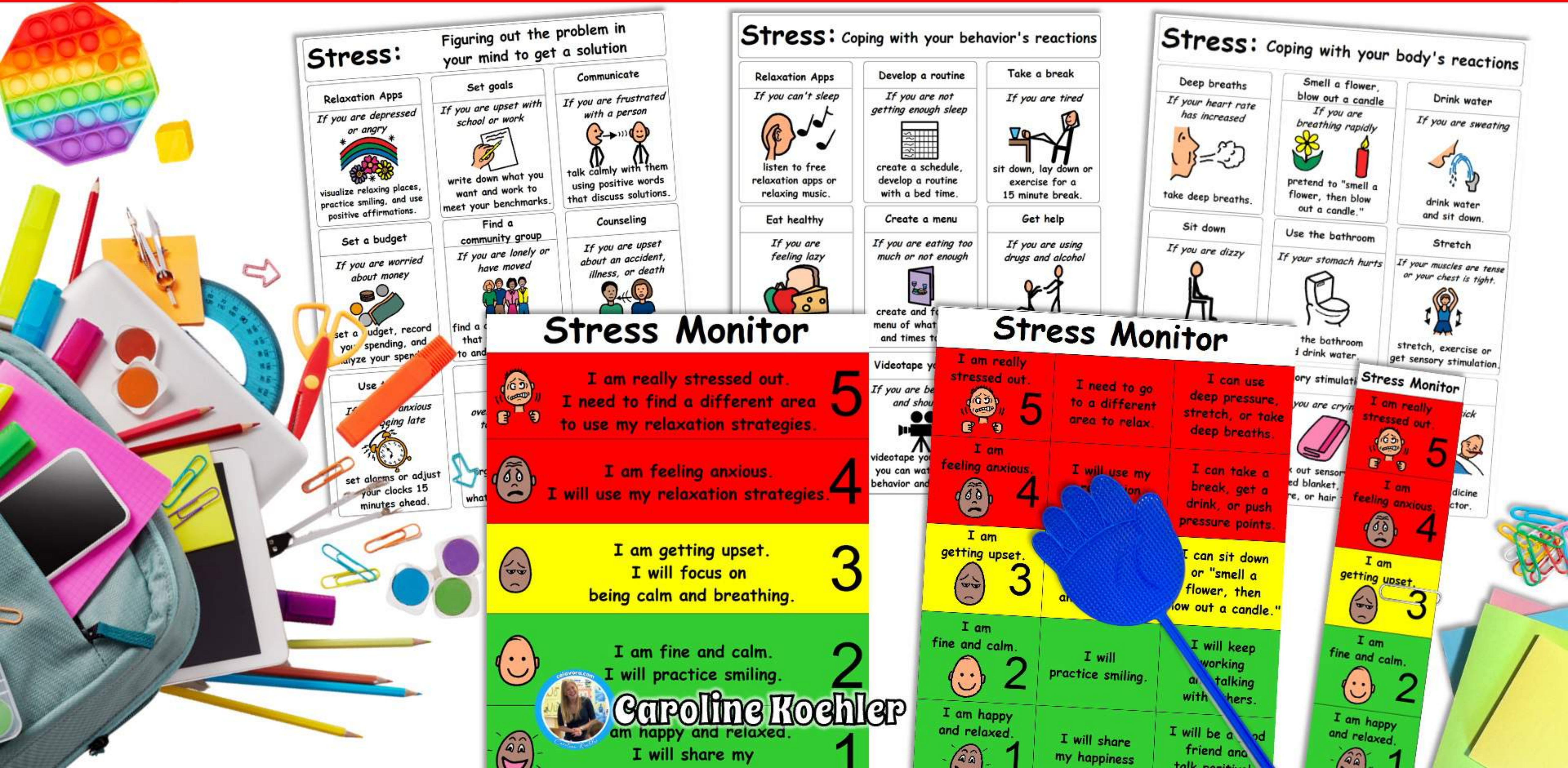
I earned this. This is good. I can show others what I have.

This is good. Others trust me. I am honest.



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STRESS MONITORING TOOLS



Stress:

Figuring out the problem in your mind to get a solution

Relaxation Apps

If you are depressed or angry



visualize relaxing places, practice smiling, and use positive affirmations.

Set a budget

If you are worried about money



set a budget, record your spending, and analyze your spending.

Use a clock

If you are anxious or late



set alarms or adjust your clocks 15 minutes ahead.

Set goals

If you are upset with school or work



write down what you want and work to meet your benchmarks.

Find a community group

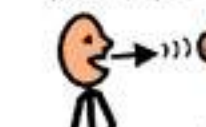
If you are lonely or have moved



find a community group that you can join to and from.

Communicate

If you are frustrated with a person



talk calmly with them using positive words that discuss solutions.

Counseling

If you are upset about an accident, illness, or death



Stress Monitor



I am really stressed out.
I need to find a different area to use my relaxation strategies.

5



I am feeling anxious.
I will use my relaxation strategies.

4



I am getting upset.
I will focus on being calm and breathing.

3



I am fine and calm.
I will practice smiling.

2



I am happy and relaxed.
I will share my happiness.

1

Stress: Coping with your behavior's reactions

Relaxation Apps

If you can't sleep



listen to free relaxation apps or relaxing music.

Eat healthy

If you are feeling lazy



Develop a routine

If you are not getting enough sleep



create a schedule, develop a routine with a bed time.

Create a menu

If you are eating too much or not enough



create and follow a menu of what and times to eat.

Take a break

If you are tired



sit down, lay down or exercise for a 15 minute break.

Get help

If you are using drugs and alcohol



ask for help from a friend or family member.

Stress Monitor

I am really stressed out.



5

I am feeling anxious.



4

I am getting upset.



3

I am fine and calm.



2

I am happy and relaxed.



1

I need to go to a different area to relax.

I will use my relaxation strategies.

I can take a break, get a drink, or push pressure points.

I can sit down or "smell a flower, then blow out a candle."

I will keep working and talking with others.

I will share my happiness.

I will be a good friend and talk positively.

Stress: Coping with your body's reactions

Deep breaths

If your heart rate has increased



take deep breaths.

Smell a flower, blow out a candle

If you are breathing rapidly



pretend to "smell a flower, then blow out a candle."

Drink water

If you are sweating



drink water and sit down.

Sit down

If you are dizzy



Use the bathroom

If your stomach hurts



use the bathroom.

Stretch

If your muscles are tense or your chest is tight.



stretch, exercise or get sensory stimulation.

TELLING VS TATTTLING TOOLS

Tattling Monitor

Getting someone in trouble.  5	I am telling stories that did not happen to get others in trouble.	This is dangerous. I am lying and could get in serious trouble. Tell the truth.
Making up stories.  4	I am blaming others for something I did.	This is wrong. I am trying to get myself out of trouble. Tell the truth.
Complaining.  3	I am whining about someone. I am tattling.	This is not okay. I need to keep negative thoughts to myself.
Gossiping and spreading rumors.  2	I am talking about other people's personal business.	This is upsetting. My words could cause problems for me and others.
Telling secrets.  1	I am sharing private things.	This is hurtful. Others might not trust me.

Tattling Monitor

	I want to get someone in trouble
	I am making up stories.
	I am complaining about others.
	I am gossiping and spreading rumors.
	I'm telling secrets

Tattling Monitor

Getting someone in trouble.  5	I am telling stories that did not happen to get others in trouble.	This is dangerous. I am lying and could get in serious trouble. Tell the truth.
Making up stories.  4	I am blaming others for something I did.	This is wrong. I am trying to get myself out of trouble. Tell the truth.
Complaining.  3	I am whining about someone. I am tattling.	This is not okay. I need to keep negative thoughts to myself.
Gossiping and spreading rumors.  2	I am talking about other people's personal business.	This is upsetting. My words could cause problems for me and others.
Telling secrets.  1	I am sharing private things.	This is hurtful. Others might not trust me.

Telling Monitor

I need help.  5	I have an emergency. I need help right now.	I can talk to an adult or ask someone to go get help.
I am scared.  4	I am afraid something bad is happening.	I need to tell an adult what is happening.

Telling Monitor

 5	I need help.
 4	I am scared.

Telling Form
Name: _____ Date: _____
Please write what you need to tell and then plan
Tattling Form
Name: _____ Date: _____
Please write what you need to tell and then plan

Caroline Koehler

TIME AND WORK SUPPORT

Monitor

I need to stop.

I am finished,
or I can do
this later.

I will get ready
to stop.

I can finish
or do this later.

I will have to
stop in a little bit.

I will finish
in a little bit.

I can continue.

I keep focusing
on my activity.

It's time for
me to work.

I can plan and
focus without
worrying
about time.

Work Monitor



I am unorganized.
My mind and body
are not participating.



I need to remove whatever
is keeping me from working.
I need to start organizing myself.



I am planning what my
body needs to do and what
items I need to get ready.



I am getting my supplies ready.
My mind and body are ready.



I am ready to work.
My mind, body, and
supplies are ready.



Time Monitor



Time is over.



Time is almost finished.



I can work for a little bit.



Time is over.



Time is almost finished.



I can work for a little bit.

I need to stop.

I will get ready
to stop.

I can
or do this later.

Work Monitor

Unorganized



Remove distraction



Thinking and planning



Getting ready



Ready to work



Work Monitor

I am unorganized.
My mind and body
are not participating.

I need to remove whatever
is keeping me from working.
I need to start organizing myself.

I am planning what my
body needs to do and what
items I need to get ready.

I am getting my supplies ready.
My mind and body are ready.

I am ready to work.
My mind, body, and
supplies are ready.

Caroline Koehler

TOUCHING MONITOR TOOL

Touching Monitor



I use my body to injure.
I move with anger and force.
This feels like a lot of pain.

5



I smack to upset people.
I move fast with hard pressure.
This feels like a bee sting.

4



I touch with hi-fives and hand shakes.
I move in a careful, nice way.
This feels like clapping hands.

3



I have my hands to myself.
I move in a calm manner.
This feels like a tickle.

2



I have my hands to myself.
I move in a calm manner.
This feels like a tickle.

1

Touching Monitor



Painful injuring

5

I use my body to injure.
I move with anger and force.
This feels like a lot of pain.



Smacking to upset

4

I smack to upset people.
I move fast with hard pressure.
This feels like a bee sting.



Careful, nice touch

3

I touch with hi-fives and hand shakes.
I move in a careful, nice way.
This feels like clapping hands.



Soft touch

2

I touch with soft, gentle hands.
I move in a calm manner.
This feels like a tickle.



Hands to self

1

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Touching Monitor



I use my body to injure.
I move with anger and force.
This feels like a lot of pain.

5



I smack to upset people.
I move fast with hard pressure.
This feels like a bee sting.

4



I touch with hi-fives and hand shakes.
I move in a careful, nice way.
This feels like clapping hands.

3



I touch with soft, gentle hands.
I move in a calm manner.
This feels like a tickle.

2



I have my hands to myself.

1

TRUTH AND LYING TOOLS

Truth Monitor

 Out of control Feeling rage 5	I made up a story. It is dangerous and untrue. I was trying to get someone in trouble.	I need to talk to an adult about my angry thoughts. Others are worried about my safety.
 Telling a lie Feeling mean 4	I have said something that is not true.	I can think about what is true and change my words. Others do not trust me.
 Hiding the truth Feeling nervous 3	I am using my words to get out of trouble or avoid trouble.	I can tell an adult that I'm worried about getting in trouble for doing something wrong. Others are starting to not trust me.
 Playing pretend Feeling nervous 2	I'm playing pretend and using my imagination.	I can tell others my mind is growing by pretending. Others can imagine with me.
I said what I meant and I used honest words.		Others trust me.

Truth Monitor

 Out of control 5
 Telling a lie 4
 Hiding the truth 3
 Playing pretend 2
Telling the truth 1

Truth Monitor

 I made up a story. It is dangerous and untrue. I was trying to get someone in trouble. 5
 I have said or done something that is not true. 4
 I am using my words to get out of trouble or avoid trouble. 3
 I'm playing pretend and using my imagination. 2
 I said what I meant and used honest words. 1

Caroline Koehler

VOLUME CONTROL MONITOR

Volume Control

Way too loud!	Yelling voice	There is an emergency
5		
Too loud!	Outside voice	I can be loud at outside recess.
4		
Just right.	Inside voice	Inside noises are in the classroom, the lunchroom or on the bus.
3		
Too quiet!	Soft voice	Quiet voices are in small groups.
2		
Way too quiet!	No voice	My voice is off when someone else is talking.
1		

Volume Control

5	Yelling	
4	Loud	
3	Inside voice	
2	Whisper	
1	No talking	

Yelling	5
Loud	4
Inside voice	3
Whisper	2
No talking	1

Voice Tone Monitor

My voice sounds loud and violent. This is unacceptable.
My voice sounds loud and huffy. This is obnoxious.
My voice sounds worried. This is unpleasant.
My voice sounds funny. This is okay.
My voice sounds nice. This is great.

Voice Tone Monitor

Shouting	5	My voice sounds loud and violent. I need to use relaxation strategies.
Hurtful	4	I'm angry! I'm furious! I'm frustrated. Shouting will get me in more trouble. I should calm down.
	3	My voice sounds loud and huffy. I need to breathe, relax, and readjust.
	2	I'm mad. I'm bossy. I'm trying to intimidate. Saying mean things will upset others and get me in trouble.
	1	My voice sounds worried. I need to talk calmly about my feelings.

Yelling



5

Loud



4

Inside voice



3

Whisper



2

No talking



1

Noise Level Control

4	Yelling noises	
3	Loud noises	
2	Inside noises	
1	Soft noises	
0	No noises	

Noise Level Control

Yelling noises	4	There is an emergency.
I hear big sounds!	3	I can be loud at outside recess.
I hear talking sounds.	2	Inside noises are in the classroom, the lunchroom, or on the bus.
I hear whisper sounds.	1	Quiet noises are in small groups. Quiet noises are in the hall.
I hear nothing.	0	No sounds when someone else is talking.

Yelling noises	4
Loud noises	3
Inside noises	2
Soft noises	1
No noises	0

Caroline Koehler

Months: January, February, March, April, May, June, July, August, September, October, November, December

Seasons: Summer, Autumn, Winter, Spring

Weather: Sunny, Cloudy, Rainy, Snowy

Calendar: Day, Date, Month, Weather, Season

Activities: Calendar, Weather, Hand, Pick, # Number, Straws, Graph, Clock, Money

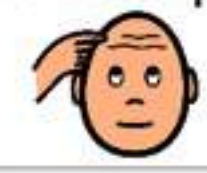


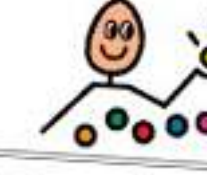
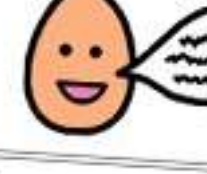
WELLNESS MONITOR TOOL



WINNING VS LOSING MONITOR



When You Are Losing		
Have a plan 	When you lose, be prepared: take a deep breath, take a break, go for a walk, state a practiced sentence.	Say, "Good
Good sport 	Increase your friend's self esteem by shaking hands, patting them on the back, or saying nice things."	Say, "Good I would li play ag another t
Focus on fun 	Remove stress by working on having fun with friends instead of competing.	Say, "I didn I enjoyed when I

When You Are Winning		
Try to do well 	Set goals and try to improve your skills.	Say, "I'm to do m and be of mys
Good sport 	Feel good that you won but celebrate calmly without bragging.	Say, "Good I would I play ag another t
Cooperative 	Get along with friends and practice taking turns and sharing.	Say, "I rea spending tin you. Thank great tim
Enjoy 	Have fun and enjoy the activity and	Say, "I reall spending tim

Good Sport Monitor

Having a tantrum 	5	I am out of control. I am shouting angry words and being physically violent.	This is not okay. I have to stop. I can ask for sensory, take a break, or count.
Using angry words 	4	I am saying hurtful, angry things and being rude to others.	This is not okay. I should say nice things or stop talking. I can take a break or a walk.
Stressing out 	3	I am getting upset and anxious about winning and losing.	I can focus on fun, take deep breaths or ask for sensory like deep pressure.
Having fun 	2	I am enjoy the activity. I am building great friendships.	Being around happy people feels nice. Others enjoy m
Doing your best 	1	I am getting smarter and learning more.	Others a happy for n and want to be around me more.

Good Sport Monitor

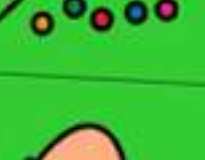
	I am having a tantrum. This is not okay. I need to take a break and relax.	5
	I am using angry words. This is not okay. I need to say nice words or stop talking.	4
	I am stressing out. I need to use a strategy to relax. I will focus on having fun.	3
	I am having fun. This is good. I will make nice memories.	2
	I am doing my best. I am concentrating and growing.	1

Caroline Koehler

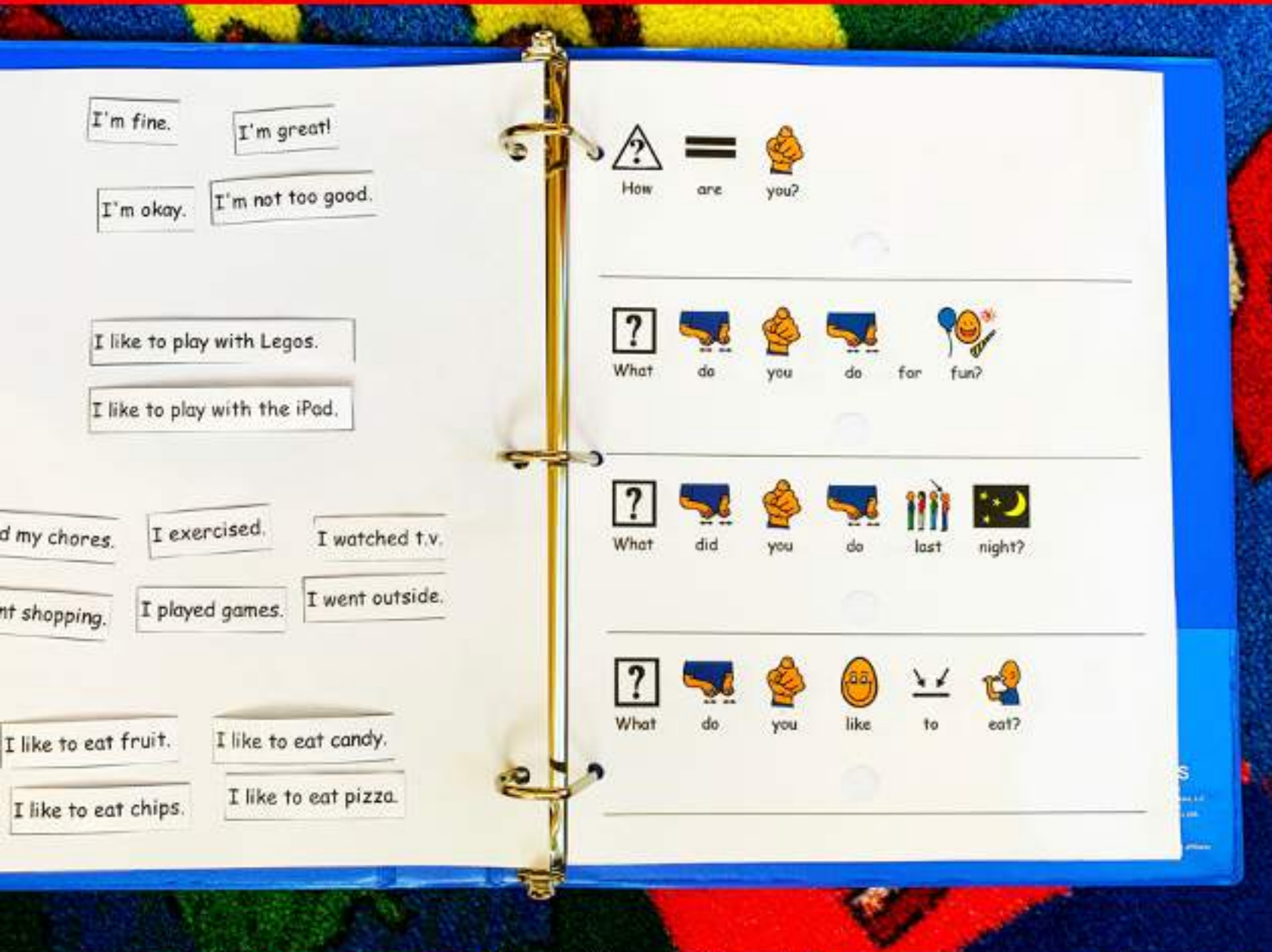
Good Sport Monitor

Having a tantrum 	5
Using angry words 	4
Stressing out 	3
Having fun 	2
Doing your best 	1

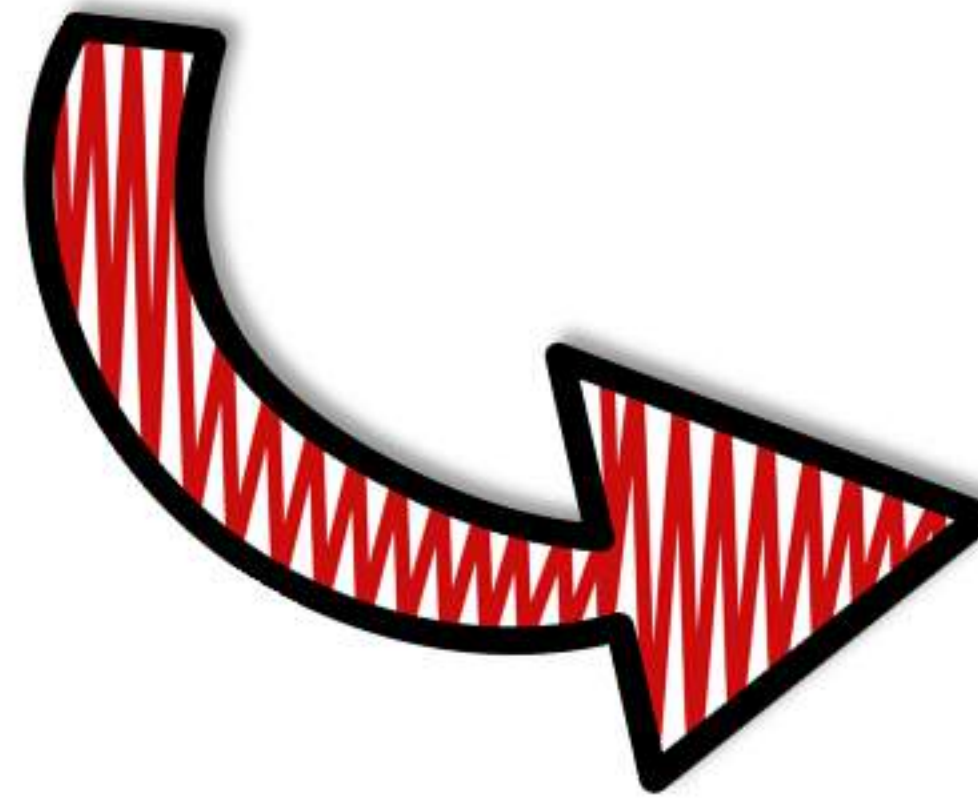
Winning versus Losing

Acting like a WINNER	Acting like a SORE LOSER
 I'm learning how to cooperate and get along with others.	 I'm competing and trying to beat others.
 I'm treating others how I want to be treated.	 I'm trying to make others feel guilty or upset for them winning and me losing.
 I'm setting goals and trying hard to improve.	 I'm wanting others to give me what I want even if I didn't earn it or deserve it.
 I'm concentrating and trying to do my personal best.	 I'm stressed out and pressuring myself to win.
I'm having fun	

CHECK OUT THE MEGA BUNDLE!



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