

RESPECT MONITOR

➤ VISUAL TOOL

➤ SIMPLE LANGUAGE

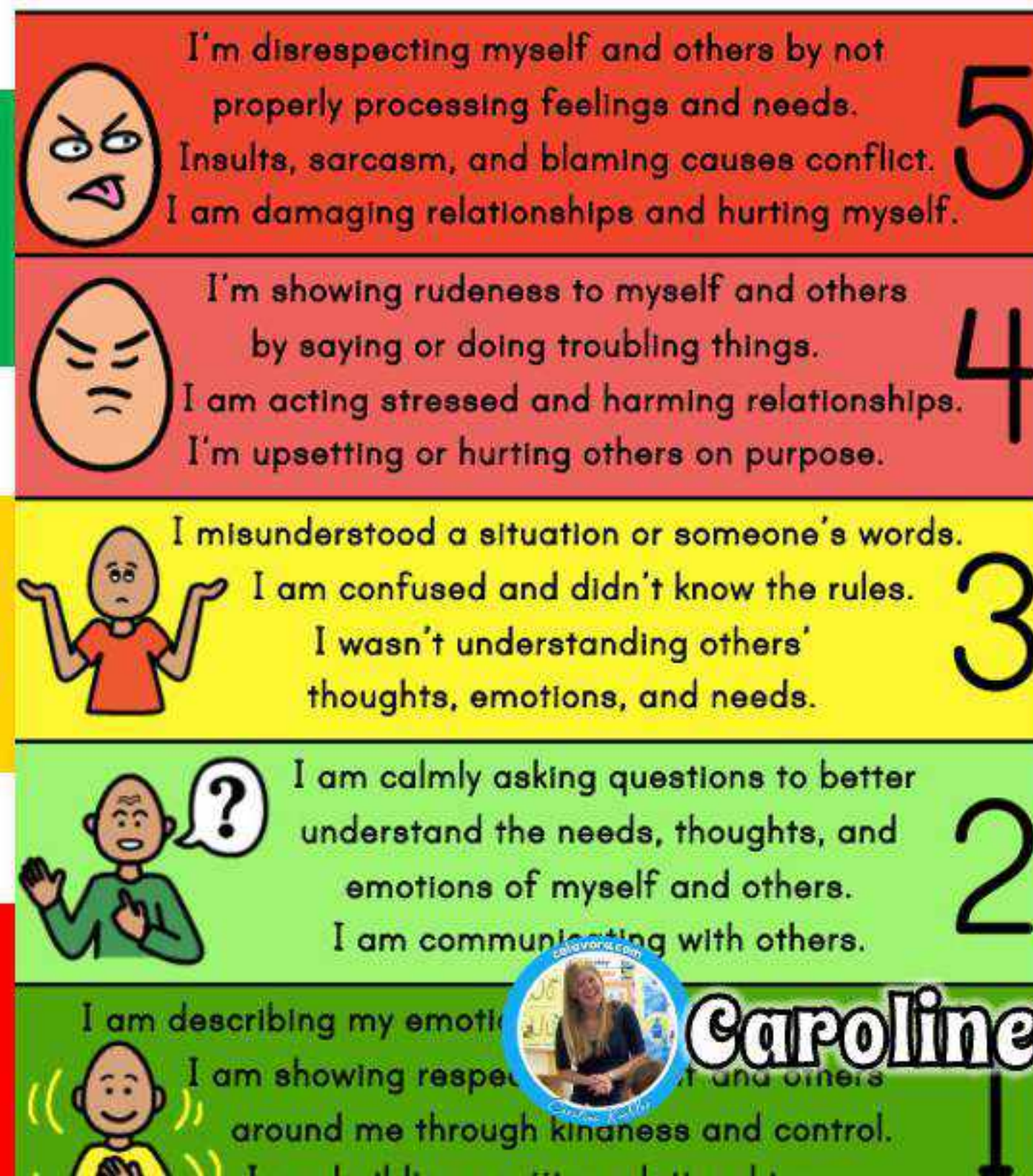
➤ REGULATE EMOTIONS

➤ SELF SUPPORT



Understanding	3	I forgot to think of others' feelings and needs.	I will be strong enough to give and accept apologies.
Questioning	2	I am trying to understand what is happening better.	I will politely asking for more information.
Giving respect	1	I am treating others the way I hope to be treated.	I am making choices that strengthen relationships.

Respect Monitor



	5	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.
	4	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.
	3	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.
	2	I am calmly asking questions to better understand the needs, thoughts, and emotions of myself and others. I am communicating with others.
	1	I am describing my emotions and showing respect around me through kindness and control.

Caroline Koehler



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.
Asking for help from a trusted person.	Giving up.
Establishing contact.	Refusing help from others.
Managing your stress.	Ignoring someone.
	Hurting yourself or others on purpose.
	Making a mess.

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

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

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

Caroline Koehler

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

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 _____

Respectful Actions	Disrespectful Actions
Paying attention.	Keeping yourself or others from participating.
Respecting you.	Destroying things.
Saying okay best.	Refusing to follow instructions.
Solving problems.	Complaining.
Staying in your seat.	Being unsafe and harmful to yourself or others.
Telling the truth.	Lying and keeping dangerous secrets.
Thinking of others and feelings.	Threatening with angry words.
Using a calm voice.	Speaking in an angry tone.
Using your manners.	Being rude or impolite.
Working for what you want.	Taking items without permission or stealing.

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 emotions of myself and others. I am communicating with others.	2
	I am describing my emotions and addressing my needs. I am showing respect to myself and others around me through kindness and control. I am building positive relationships.	1

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 am confused and didn't know the rules. I wasn't understanding others' thoughts, emotions, and needs.	I will be strong enough to give and accept.
	Questioning 2 I am calmly asking questions to better understand the needs, thoughts, and emotions of myself and others. I am communicating with others.	
	Showing respect 1 I am describing my emotions and addressing my needs. I am showing respect to myself and others around me through kindness and control. I am building positive relationships.	

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.
Getting help from a trusted adult.	Giving up.
Learning.	Refusing help from others.
Making eye contact.	Ignoring someone.
Managing your stress.	Hurting yourself or others on purpose.
Organizing.	

Caroline Koehler

Click here for visual p behavior

Caroline Koehler

The image displays a collection of educational materials designed to teach social skills and emotional regulation to children. The tools are arranged in a collage around a central cartoon girl with red hair, wearing a yellow shirt and blue overalls, holding a large blue number 1.

Top Left: Effort Monitor
A colorful card with a red background and yellow text, featuring a cartoon character and the text "Effort Monitor".

Top Center: Tattling Monitor
A colorful card with a red background and yellow text, featuring a cartoon character and the text "Tattling Monitor".

Top Right: Truth Monitor
A card with a green background and white text, featuring a cartoon character and the text "Truth Monitor". It includes three scenarios with corresponding numbers: 5 for lying, 4 for saying something not true, and 3 for using words to get out of trouble.

Middle Left: Arguing Advice
A card with a blue background and white text, featuring a cartoon character and the text "Arguing Advice". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Middle Center: Feelings Choices
A card with a red background and white text, featuring a cartoon character and the text "Feelings Choices". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Middle Right: Feeling angry
A card with a red background and white text, featuring a cartoon character and the text "Feeling angry". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Bottom Left: Manners
A card with a blue background and white text, featuring a cartoon character and the text "Manners". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Bottom Center: Voice Tone
A card with a green background and white text, featuring a cartoon character and the text "Voice Tone". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Bottom Right: Inner Monologue
A card with a purple background and white text, featuring a cartoon character and the text "Inner Monologue". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Bottom Far Right: Scripted Phrases
A card with a yellow background and white text, featuring a cartoon character and the text "Scripted Phrases". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Bottom Far Right: Consider
A card with a pink background and white text, featuring a cartoon character and the text "Consider". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Bottom Far Right: Ask
A card with a pink background and white text, featuring a cartoon character and the text "Ask". It includes three scenarios with corresponding numbers: 5 for using more words like please, thank you, may I, and; 4 for using more words like please, thank you, may I, and; and 3 for using more words like please, thank you, may I, and.

Bottom: 24 ESSENTIAL LEARNING TOOLS
A large banner at the bottom of the image with the text "24 ESSENTIAL LEARNING TOOLS" in bold, white letters on a blue background.

- ✓ **Positive Behavior Management**
- ✓ **Social Emotional Learning Tools**
- ✓ **Simple but Powerful Visuals**