

SELF CONTROL VISUALS

➤ BEHAVIOR SUPPORT

➤ EASY TO USE

➤ SPED FRIENDLY

➤ COOPERATION TOOL

Self-Control Monitor

Doing or saying things I'll regret  5	I am making bad choices that hurt myself and others. I have created long term problems.	I must stop my destructive behavior. I can walk away from temptations.
Responding negatively  4	I am letting a difficult situation overwhelm me. I am choosing drama over calm.	I must stop and use coping skills. I can choose to give up this drama for a happier life.
Losing control  3	I am forgetting to take care of myself. I am forgetting my goals by giving away my power.	I can think of a better way to handle this. I am able to stop negative thoughts.
Thinking before talking and doing  2	I am able to stop, think, and plan the best next step or action.	I am keeping my power and making good choices. I am strong enough to ask for advice.
In control  1	I am able to stay on task and focus on my goals. I have the power to control myself.	I am mature. I choose strength. I control my power.

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



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



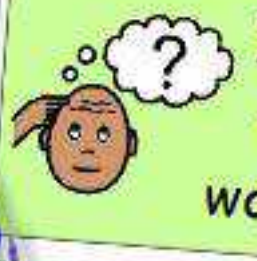
I have made goals and am planning ahead for success.

OR



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

OR



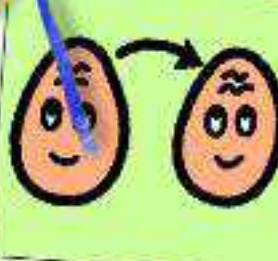
I am calm and stop to think of better ways to handle issues.

OR



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

OR



I am minding my own business and focusing on myself.

OR



I am blaming others away from.

Self-Control Monitor

Doing or saying things I'll regret



5

Responding negatively



4

Losing control



3

Thinking before talking and doing



2



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 not 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 temptations

I must stop using coping

I can choose to give up the power for a happy

I can take better

I am a negative

I am

I am

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 focus by not planning for the future.

3



I am blocking out so I can stop before talking

2



I am in control of my thoughts, and

1



I am thinking before talking and doing

2



In control

1

Self-Control Monitor

Doing or saying things I'll regret

Responding negatively

Losing control

Thinking before talking and doing

In control

5

4

3

2

1

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SELF-CONTROL MONITOR

Self-Control Monitor

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Losing control  3	I am forgetting to take care of myself. I am forgetting my goals by giving away my power.	I can think of a better way to handle this. I am able to stop negative thoughts.
Thinking before talking and doing  2	I am able to stop, think, and plan the best next step. I am keeping my power and using it wisely.	I am keeping my power and using it wisely. I am able to ask for advice.
I am able to stay on task and focus on my goals. I am mature.	I choose strength.	

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

SELF-CONTROL

This is a path to success.



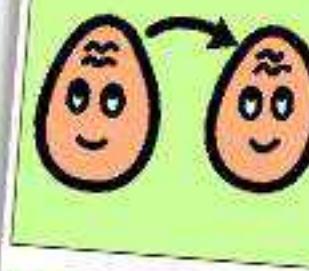
I am strong and in control of myself and my power.



I have made goals and am planning ahead for success.



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



I am minding my own business and focusing on myself.



I am using skills to stay on the right track.

OUT OF CONTROL

This is a path to problems.



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



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



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



I am blaming others for problems I could solve myself.



I am refusing to get help or to use my coping skills.

Caroline Koehler

Click here for visual presentation of 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-like fashion, with a central cartoon girl holding a large blue number '1'.

Top Left: Effort Monitor
A colorful card with a red header and a yellow body. It features a scale from 1 to 5, with illustrations of a child's face showing increasing effort and a small figure of a person running.

Top Center: Tattling Monitor
A red card with a yellow header. It features a scale from 1 to 5, with illustrations of a child's face showing increasing tattling and a small figure of a person running.

Top Right: Truth Monitor
A green card with a yellow header. It features a scale from 1 to 5, with illustrations of a child's face showing increasing truthfulness and a small figure of a person running.

Middle Left: Arguing Advice
A card with a yellow header and a green body. It provides advice on how to handle arguments, including using 'I' statements and listening to the other person.

Middle Center: STOP!
A card with a red header and a yellow body. It features a large red 'STOP!' sign and a cartoon girl's face. The text says 'Turn off the other things in your mind' and 'Slow down. I know I have to work.'

Middle Right: Feeling angry
A red card with a yellow header. It features a scale from 1 to 5, with illustrations of a child's face showing increasing anger and a small figure of a person running.

Bottom Left: Feelings Choices
A card with a yellow header and a green body. It features a grid of 24 small cartoon faces, each with a different expression and a corresponding number from 1 to 24. The text says 'Feelings Choices'.

Bottom Center: Feeling nervous
A yellow card with a green header. It features a scale from 1 to 5, with illustrations of a child's face showing increasing nervousness and a small figure of a person running.

Bottom Right: Stealing Monitor
A green card with a yellow header. It features a scale from 1 to 5, with illustrations of a child's face showing increasing stealing and a small figure of a person running.

Far Left: Social Skills Cards
A vertical strip of cards with various social skills topics, including Manners, Voice Tone, Inner Monologue, Scripted Phrases, Consider, and Ask. Each card has a small illustration and a brief description of the skill.

Far Right: Social Skills Cards
A vertical strip of cards with various social skills topics, including Truth Monitor, Feeling angry, Feeling nervous, and Stealing Monitor. Each card has a small illustration and a brief description of the skill.

Center: Cartoon Girl
A cartoon girl with red hair, wearing a yellow shirt and blue overalls, holding a large blue number '1'.

Bottom: 24 ESSENTIAL LEARNING TOOLS
A large, bold, black banner with the text '24 ESSENTIAL LEARNING TOOLS' in white capital letters.

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