

Self-Monitor Journal Prompts.

Grades 1-4

1

When playing, it is easy to get excited. Think about a time when you were playing with a friend. How did you know if you were being too loud or rough? Write or draw what you did to make sure you were playing nicely.

2

Keeping track of how you are acting is important. What are the ways you can check your behavior? For example, you might count to 10 before you do something when angry. Write or draw the ways you can check your own actions.

3

When working, looking at how you are doing is helpful. Think about a time when you were building with blocks or coloring a picture. How did you check to see if you were doing a good job? Write or draw about how you monitored your own work.

4

Putting a puzzle together is fun. Think about a time when you were working on a puzzle. How did you check if you were putting the pieces in the right places? Write or draw about the ways you checked your pieces.

5

Picking up after yourself is an important skill. Think of a time when you needed to clean up. What did you do to make sure you were putting everything back in the right place? Write or draw how you felt when you were finished.

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Grades 1-4

6

Self-monitoring is reflecting on what you are doing and how you are thinking. Write down three things you can do to practice self-monitoring, such as paying attention to how you feel, what you are doing, and whether you are following the rules.

7

Self-monitoring helps you grow. Write down ways you have used self-monitoring to improve your behavior, such as reminding yourself to share with others or to clean up your stuff.

8

Self-monitoring helps you reach a goal. Write down a goal you have, such as learning how to read. Then, think about how you can use self-monitoring to help you reach that goal and write about it. For example, you can track how much time you spend reading every day.

9

Self-monitor is helpful if someone bothers you. Write a letter to your teacher asking them to teach your classmates about self-monitoring and why it is needed.



Self-Monitor Journal Prompts.

Grades 5-8

1

Self-monitor is the ability to view and evaluate oneself. Think about the last time that you showed a lot of self-monitor. It could have happened in class or at home. Maybe it was when you checked your work as you went, kept track of your progress, or knew what you needed to do to be successful. Describe in detail what you thought and felt before and after you showed good self-monitoring. Be sure to provide enough details so readers know what it was like to be there before and after you showed self-monitor.

2

Your actions often affect others' thoughts and emotions. Think about a time when you didn't understand how your actions affected others. Maybe you said unkind words to a classmate or became annoyed when they disagreed. Describe what you thought about when this happened and what you would change about your thoughts or actions if you could do it over again. Provide details so readers know what you were thinking and how you would change your thoughts or actions.

3

Asking for help can be a difficult thing to do sometimes. Think about a time when you had trouble asking for help. Maybe you didn't know why you failed an assignment, why your work had many mistakes, or how you didn't know the best way to learn a new idea. Describe your thoughts before asking for help, when you realized your mistakes, and after asking for help. Be sure to provide enough details so your readers understand what it was like to evaluate your abilities and get the help needed.

Self-Monitor Journal Prompts.

Grades 5-8

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wished you had a time machine to go back to change an assignment you didn't do well on before you turned it in. Then, write a story about a fictional character who travels back in time to help you use self-monitor strategies for your selected situation. Make sure you include enough details so your readers can understand and follow your story.

5

Everyone would like to have a hero who appears when they are needed. Think about a situation in class where students could show more self-monitor. It could be when students turn in work without checking it first, say their thoughts before thinking, or are unaware of how their actions affect others. Write a fictional story about a hero who appears out of thin air to help and support you and your classmates when self-monitor should be used. Describe your hero, how they help, and the difference they make.

6

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their self-monitoring skills. Tell me how you would help that student use self-monitor strategies during class. Maybe you help them by giving reminders or using a special signal to help them self-reflect. Describe your imagined classmate's actions and how you help them use self-reflection in three different situations.

Self-Monitor Journal Prompts.

Grades 5-8

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of self-monitor you do well and what areas you need to work on. Explain how gaining additional self-monitor skills could help you throughout your lifetime. Provide enough details so that your readers understand how improvement in your self-monitoring skills could help you in the future as a student, employee, or parent.

8

More learning occurs if students use good self-monitoring skills in class. Self-monitoring includes checking work as you go, improving areas of weakness, and being aware of your thoughts and feelings. Imagine a student in your class who shows poor self-monitoring skills. Write a letter to this imaginary student to convince them to improve their self-monitoring skills. Include enough details to support your opinion and convince the reader that more learning will occur if self-monitoring improves.



Self-Monitor Journal Prompts.

Grades 9-12

1

Self-monitor is the ability to view and evaluate oneself. Think about the last time that you showed a lot of self-monitor. It could have happened in class or at home. Maybe it was when you reviewed your work before turning it in, kept track of your grades, or knew how to succeed on the test. Describe your thoughts and feelings before and after you showed good self-monitor. Be sure to provide details so that your readers know what it was like to be there before and after you showed self-monitor.

2

Your actions affect those around you. Think about a time when you didn't understand how your actions affected others. Maybe you repeatedly bothered someone or did not consider how your words could make someone feel. Describe what you thought about when this happened and what you would change about your thoughts or actions if you could do it over again. Provide enough details so your readers understand what you were thinking and how you would change your thoughts or actions.

3

Asking for help can be a difficult thing to do sometimes. Think about a time when you had trouble asking for help. Maybe you didn't know why you failed your test, made mistakes on your math problems, or didn't understand your preferred learning style. Describe your thoughts when you realized you needed help and how you felt after receiving it. Be sure to provide enough details so your readers understand what it was like to evaluate your abilities and get the needed help.

Self-Monitor Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wished you had a time machine to change how you studied for a test or the amount of effort you gave in a class you did not do well in. Then, write a story about a fictional character who travels back in time to help you use self-monitor strategies for your selected situation. Make sure you include enough details so your readers can understand and follow your story.

5

Helping another student is a kind way to show that you care. Imagine a classmate who needs help using their self-monitoring skills. Tell me how you would help that student use self-monitor strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you help them use self-reflection.

6

The skill of self-monitoring is important for students to use during class. Self-monitoring includes knowing what you need to do to be successful, tracking your progress, and evaluating your performance. Explain how your classroom environment would improve if students used more self-monitor. Explain why self-monitor is sometimes difficult to use. Be sure to include specific details to support your explanation.

Self-Monitor Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of self-monitor you do well and what areas you need to work on. Explain how gaining additional self-monitor skills could help you during school. Provide enough details so your readers understand how improving your self-monitoring skills could help you next semester.

8

Self-monitor skills are important for life. Self-monitoring includes checking work as you go, improving areas of weakness, and being aware of your thoughts and feelings. Imagine a student in your class who shows poor self-monitoring skills. Write a letter to this imaginary student to convince them to improve their self-monitoring skills. Include enough details to support your opinion and convince the reader that learning these skills will help the student succeed.

