Self-Management

Directions:
At the end of each of 5-minute interval, circle whether you actively participated in online learning. After the fifth or last time interval, determine if you get a reward.

Target Behavior/Skill:
1. Ask a question relevant to the lesson AND/OR
2. Made a comment relevant to the lesson

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How many smiles do I have?

Do I have 5 smiles?

Yes: Get a reward!

No: Try again.

Do I get a reward?

Adapted from AFIRM Module: Self-Management