

STAR Behaviour Recording Chart

Date-

Time behaviour began _____

Time behaviour stopped _____

Setting Events – any important factors from earlier in the day / day before / something that has generally changed recently (can be anything which is out of the norm, e.g. change of activity, really enjoying an activity, hearing a familiar song, hot weather, sickness etc).

Triggers – were there any noticeable events prior to the unsettled behaviour (NB – you may not be able to identify one all the time). Triggers may include things unrelated to being unsettled, e.g. the telephone rang, something disappointing happened, etc or may include more obvious triggers such as being asked to finish a preferred activity.

Action – describe the behaviour - How did it start? How did it progress? What EXACTLY happened? What did it look like? How long did it last? Who was involved?

Response - Describe how you managed the situation and how person responded to that. How did the behaviour eventually stop? What happened afterwards?

Date _____ Signed _____ Name _____