

Name:

Date started:

Date completed:

### STAR/ABC chart

Date	Time	<b>S</b> etting (where – be precise)	<b>T</b> igger (what happened just before)	<b>A</b> ction (event, people, activity, equipment)	<b>R</b> esult (reactions of all)	Person recording
00/00	00:00					
<b>A</b> ntecedent (Where, who else, what)				<b>B</b> ehaviour (who else, what)	<b>C</b> onsequence (what, who else, where)	

Record as much information as possible – this is the key to establishing a pattern and recognising triggers, so that they can be addressed (removed or more appropriately introduced if unavoidable or necessary). It is also important to record what happens afterwards, as this may play some part in the behaviour, e.g. if the result is to spend quiet time with a preferred adult, or to go home.

