

ABC observation sheet.

What happened before, what the behaviour looked like, and what happened after.

Six entries per sheet. Fill it in within an hour of the moment if you can, and describe what you would see and hear rather than giving it a label.

How to use it

"Hits out with an open hand when a transition is announced without warning" tells us more than "aggressive". Write what you saw, how long it lasted, and who was there. Record the ordinary days too, and the near misses that settled: they show what works.

Setting events

Things earlier in the day or week that make a hard moment more likely: poor sleep, pain or illness, a change of staff, a phone call from home, hunger, noise. Note them at the bottom of the sheet.

DATE AND TIME	SETTING AND WHO WAS THERE	A · BEFORE	B · BEHAVIOUR, WHAT IT LOOKED LIKE	C · AFTER, WHAT HAPPENED NEXT	WHAT THEY GOT OR AVOIDED

Setting events this week
