**ABC Chart**

**Instructions:** Complete one chart for each incident of the specific target behaviour. Complete all sections of the chart. Record charts for an agreed length of time, e.g. 2 weeks, then review charts.

**Name** (person completing):  
**Date:**  
**Time (of incident):**

<table>
<thead>
<tr>
<th>Target Behaviour</th>
<th>(E.g. hitting others in school, banging head against wall, soiling self, biting others.)</th>
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</thead>
</table>

**A - Antecedents**  
Anything that could affect the person before it occurred:  
- **Where** did it occur and what was the environment like (noise, temperature, crowded)?  
- **Who** was there (gender, friends, teachers, familiar or new people)?  
- **When** did it occur (specific events e.g. snack time, or activities)?  
- **Events:** what was going on when it started or did anything happen earlier that day?  

(E.g. Jack was waiting in the north corridor to use the music room when the break-time bell sounded. The corridor became very busy and noisy with two classes heading downstairs. Jack was with his normal classroom assistant Lucy and his friend Matthew. Jack had not slept well the night before and seemed tired and agitated.)

**B – Behaviour**  
What specifically occurred:  
- **What** happened, what did it look or sound like?  
- Did anything affect it?  
  Make it better or worse?  
- How severe was it?  
- How long did it last?  

(E.g. Jack hit Matthew on his forehead, with the palm of his right hand twice. Matthew then moved back and Jack began screaming and trying to hit Lucy on the head. Jack’s face became red when he couldn’t reach Lucy. 2 mins)

**C – Consequences**  
What happened immediately or straight after the behaviour occurred:  
- **How** did people react and what did they do?  
- **What** action was tried to reduce the behaviour – did this work?  
- **How long** before things went back to normal?  

(E.g. Lucy did not respond with speech or body language to Jack’s behaviour. Matthew was directed away by another teacher. Jack was guided to the nearest empty classroom by Lucy, where he continued to scream for 5 mins. It took another 10 mins for Jack to calm down. When he was calm, Lucy directed Jack to the music room using his visual timetable.)