



➡️ Digital Tools & Apps for Behavior Tracking

Using **digital tools** can make **tracking behavior easier and more engaging** for children. Below are **recommended apps** designed to support **behavior monitoring, reinforcement, and self-regulation**.

📱 Behavior Tracking & Rewards

✓ **ClassDojo** – Allows parents and teachers to **track positive behaviors, reinforce effort, and communicate progress**.

🔗 www.classdojo.com

✓ **Supernanny Reward Charts** – Customizable **digital reward charts** to encourage positive habits.

🔗 Available on iOS & Android

✓ **Habitica** – Turns behavior tracking and **daily habits into a game** with points, rewards, and achievements.

🔗 www.habitica.com

📊 Visual Schedules & Behavior Support

✓ **Choiceworks** – Helps children **build independence** with **visual schedules** and behavior supports.

🔗 www.beevisual.com

✓ **First Then Visual Schedule** – Great for kids who need **clear, step-by-step expectations**.

🔗 Available on iOS & Android

✓ **Routinist** – Helps structure **daily routines** with reminders and **visual prompts**.

🔗 Available on iOS




Self-Regulation & Emotional Support

✓ **Moshi – Sleep stories and relaxation tools** to help kids **wind down and self-regulate**.

 www.moshisleep.com

✓ **Breathe, Think, Do (Sesame Street)** – Interactive app for teaching **young kids** problem-solving and emotional control.

 Available on iOS & Android

✓ **Smiling Mind – Meditation and mindfulness** activities tailored for kids.

 www.smilingmind.com.au

Need Help Choosing the Right Behavior Tracking Tools?

Book a **free 30-minute consultation** for expert guidance on integrating digital tools into your child's behavior support plan.



[Schedule Here](#)

 **Contact:** TrottaLearningSolutions@gmail.com

 **Website:** TrottaLearningSolutions.com

♥ Digital tools can help make behavior tracking fun and effective. Which app will you try first?  

Warmly,

Tom