Building Strength through Coping
Facilitator Fidelity Checklist

Session Three: Coping with Our Own Stresses

Facilitator Name : _____ Date: _____

Introduction and Check-In	**Time for Activity: 25 minutes**	**Time Started:**

Did you do the following:

No Some Yes

1. Reviewed Journey Map and week's material — No Some Yes

   Comments:

   Content
   Deleted Changed Added

2. Distributed folders — No Some Yes

   Comments:

   Content
   Deleted Changed Added

3. Reviewed week's objectives — No Some Yes

   Comments:

   Content
   Deleted Changed Added

4. Asked if wanted to add to rules — No Some Yes

   Comments:

   Content
   Deleted Changed Added

5. Reviewed home activity (check-in) No Some Yes

   Comments:

   Content
   Deleted Changed Added

Anchor Time for Activity: 10 minutes Time Started:

Did you do the following:

No Some Yes

1. Transitioned to ANCHOR No Some Yes

Comments:

Content
Deleted Changed Added

2. Talked about feelings when had and didn't have control No Some Yes

   Comments:

   Content
   Deleted Changed Added

3. Used examples from check-in for discussion No Some Yes

   Comments

   Content
   Deleted Changed Added

ADD Time for Activity: 25 minutes Time Started:

Did you do the following:

No Some Yes

1. Transitioned to ADD — No Some Yes

Comments:

Content
Deleted Changed Added

2. Introduced emotions poster — No Some Yes

Comments:

Content
Deleted Changed Added

3. Had parents identify emotions of faces — No Some Yes

Comments:

Content
Deleted Changed Added

4. Had parents explain what emotions meant to them — No Some Yes

Comments:

Content
Deleted Changed Added

5. Gave examples and had parents identify emotions by finding appropriate face on poster — No Some Yes

Comments:

Content
Deleted Changed Added

6. Introduced three-step process for coping poster — No Some Yes

Comments:

Content:
Deleted Changed Added

7. Passed out 3-step handout to take home No Some Yes
Comments:

Content:
Deleted Changed Added

APPLY Time for Activity: 20 minutes Time Started:

Did you do the following:

No Some Yes

1. Talked through scenarios and asked for answers No Some Yes

Comments:

Content
Deleted Changed Added

2. Wrote parents' answers on poster No Some Yes

Comments:

Content
Deleted Changed Added

3. Guided parents through each category No Some Yes

Comments:

Content
Deleted Changed Added

4. Two groups answered questions on own No Some Yes

Comments:

Content
Deleted Changed Added

5. Wrote small group answers on poster No Some Yes

Comments:

Content

Deleted Changed Added

6. If had extra time, asked for personal examples No Some Yes

   Comments:

   Content
   Deleted Changed Added

AWAY Time for Activity: 5 minutes Time Started:

Did you do the following:

No Some Yes

1. Told parents that would be asking about activity next week No Some Yes

   Comments:

   Content
   Deleted Changed Added

2. Explained home activity with 3 steps No Some Yes

   Comments:

   Content
   Deleted Changed Added

3. Passed out home activity cards No Some Yes

   Comments:

   Content
   Deleted Changed Added

Closing/Snacks	**Time for Activity: 5 minutes**	**Time Started:**

Did you do the following:

No Some Yes

1. Reminded of next week's session, time, place No Some Yes

   Comments:

   Content
   Deleted Changed Added

2. Gave overview of next week's objective No Some Yes

   Comments

   Content
   Deleted Changed Added

3. Asked if okay with being contacted to remind of next week No Some Yes

   Comments:

   Content
   Deleted Changed Added

4. Invited parents to take snacks on way out No Changed Added

   Comments:

   Content:

   Deleted Changed Added

What went well in this session:

Was there anything unusual in the session?

General Notes: