

Building Strength Through Coping

Facilitator Fidelity Checklist

Session Four: Common Childhood Stressors and Communicating About Emotions

Facilitator Name : _____

Date: _____

Introduction and Check-In**Time for Activity: 27 minutes****Time Started:**

Did you do the following:

No	Some	Yes
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1. Reviewed journey map of what was and will be covered

No	Some	Yes
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Comments:

Content Deleted	Changed	Added
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2. Distributed folders

Comments:

Content Deleted	Changed	Added
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3. Explained week's objectives

No	Some	Yes
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Comments:

Content Deleted	Changed	Added
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4. Asked if wanted to add to rules

No	Some	Yes
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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:

- | | | | |
|--|-----------------|-------------|------------|
| | <u>No</u> | <u>Some</u> | <u>Yes</u> |
| 1. Transition to ANCHOR | No | Some | Yes |
| Comments: | Content Deleted | Changed | Added |
| 2. Asked what stressed or upset parents when young | No | Some | Yes |
| Comments: | Content Deleted | Changed | Added |
| 3. Had large group discussion on question | No | Some | Yes |
| Comments | Content Deleted | Changed | Added |

ADD Time for Activity: 28 minutes Time Started:

Did you do the following:

	<u>No</u>	<u>Some</u>	<u>Yes</u>	
1. Split into 2 groups and gave blue sticky note	No	Some	Yes	
Comments:				
	Content Deleted		Changed	Added
2. Had parents write their situation on note or told them it's ok not to write, just remember it	No	Some	Yes	
Comments:				
	Content Deleted		Changed	Added
3. Had 3-5 parents share what they discussed	No	Some	Yes	
Comments:				
	Content Deleted		Changed	Added
4. Introduced five signs of stress categories	No	Some	Yes	
Comments:				
	Content Deleted		Changed	Added
5. Wrote five categories on whiteboard	No	Some	Yes	
Comments:				
	Content Deleted		Changed	Added

6. Switched partners and gave yellow sticky notes	No	Some	Yes
Comments:	Content Deleted	Changed	Added
7. Had parents write signs of stress on yellow note	No	Some	Yes
Comments:	Content Deleted	Changed	Added
8. Had parents discuss what wrote in small and large group	No	Some	Yes
Comments:	Content Deleted	Changed	Added
9. Had parents match signs to category	No	Some	Yes
Comments:	Content Deleted	Changed	Added
10. Wrote parents' responses on whiteboard	No	Some	Yes
Comments:	Content Deleted	Changed	Added
11. Talked about how to encourage to talk when upset	No	Some	Yes
Comments:	Content Deleted	Changed	Added
12. Presented 3 strategies to communication	No	Some	Yes
Comments:	Content Deleted	Changed	Added

13. Used 3 strategies poster with sticky notes	No	Some	Yes
Comments:	Content Deleted	Changed	Added
14. Had parents say if positive or negative strategy	No	Some	Yes
Comments:	Content Deleted	Changed	Added
15. Removed sticky notes to show pos/neg sign	No	Some	Yes
Comments:	Content Deleted	Changed	Added
16. Asked parents for example of each strategy	No	Some	Yes
Comments:	Content Deleted	Changed	Added
17. Wrote parents' examples of strategies on board	No	Some	Yes
Comments:	Content Deleted	Changed	Added

APPLY**Time for Activity: 15 minutes****Time Started:**

Did you do the following:

	<u>No</u>	<u>Some</u>	<u>Yes</u>
1. Asked for parent to be child in role play	No	Some	Yes
Comments:	Content Deleted	Changed	Added

2. Role play twice for bad grade situation with positive and negative strategies

No Some Yes

Comments:

Content Deleted Changed Added

3. Had parents apply strategies to situations written on blue notes in large group discussion

No Some yes

Comments:

Content Deleted Changed Added

4. Role-played with parents if more time

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. Remind parents will be asking about activity on following week

No Some Yes

Comments:

Content Deleted Changed Added

2. Explained home activity

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 objectives

No Some Yes

Comments

Content

Deleted Changed

Added

3. 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: