Building Strength through Coping

Observer Fidelity Checklist

Session Three: Coping with Our Own Stresses

Facilitator Name : _____ Date: _____

Pre-Session Activities

	No	Some	Yes
1. Facilitator arrived 15 minutes prior to start of session	No	Some	Yes
Comments:			
2. Facilitator had all the materials for this session	No	Some	Yes
Comments:			
3. Facilitator was friendly and greeted the parents	No	Some	Yes
Comments:			
4. Facilitator took attendance	No	Some	Yes
Comments:			
5. Facilitator made sure parents had a name tag	No	Some	Yes
Comments:			

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

Did Facilitator 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 Facilitator 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 the Facilitator 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 the Facilitator 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 the Facilitator 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 the Facilitator 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 them 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: