

Building Strength Through Coping

Observer Fidelity Checklist

Session Four: Common Childhood Stressors and Communicating About Emotions

Facilitator Name : _____ Date: _____

Pre-Session Activities

- | | <u>No</u> | <u>Some</u> | <u>Yes</u> |
|---|-----------|-------------|------------|
| 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: 27 minutes****Time Started:**

Did Facilitator do the following:

	<u>No</u>	<u>Some</u>	<u>Yes</u>
1. Reviewed journey map of what was and will be covered	No	Some	Yes
Comments:	Content Deleted	Changed	Added
2. Distributed folders			
Comments:	Content Deleted	Changed	Added
3. Explained 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. 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 the Facilitator do the following:

No Some Yes

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 the Facilitator 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 the Facilitator 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 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 objectives

No Some Yes

Comments

Content

Deleted Changed

Added

3. 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:**