

## Lakota Circles of Hope Facilitator Fidelity Self-Assessment Form

### Lesson 9: Stress Out!

Date: \_\_\_\_\_ Grade: 7<sup>th</sup> Number of Students: \_\_\_\_\_ Boys \_\_\_\_\_ Girls \_\_\_\_\_  
 Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_ Estimated Time on Task: \_\_\_\_\_  
 School: \_\_\_\_\_ Facilitator/Educator: \_\_\_\_\_

Please check off activities that were completed.

Activity	Completed	Facilitator	√	Youth Outcome
<b>1. Introduction</b>	<input type="checkbox"/>	Students for a circle around the medicine wheel and perform the smudging ceremony.	<input type="checkbox"/>	Students will be able to recall what they have learned from Lesson 8
	<input type="checkbox"/>	Have the students share why making good choices are important to them personally, their families, and their community. Have at least three students share their responses.		
	<input type="checkbox"/>	Have the students share if they have been stress or depressed in the past month? How did you handle the stress?		<input type="checkbox"/>
<b>2. Story Reading</b>	<input type="checkbox"/>	Read the story on Stress. Do not ask for any feedback at this time	<input type="checkbox"/>	Students will listen to the story about what stress is about.
<b>3. Text Message Folder</b>	<input type="checkbox"/>	Students will be divided into four groups. Each group will be assigned a text message. Have the students identify the stress and explain how they would handle it. The group will reconvene and share their responses.	<input type="checkbox"/>	Students will be able to identify a set of stressors and provide some advice on how to handle a particular stress.
<b>4. Guiding Questions</b>	<input type="checkbox"/>	Is stress always bad for a person? Have the students explain why or why not?	<input type="checkbox"/>	Students will be able to get an understanding of the types of stress and anxiety in their daily lives and some coping skills to deal with them.
	<input type="checkbox"/>	What are some examples of stress in your life?		
	<input type="checkbox"/>	Give a list of how to handle daily stress?		

1) Were there any challenges with any of the activities? \_\_\_ Yes \_\_\_ No

Why? \_\_\_\_\_

2) Did you skip any activities? \_\_\_ Yes \_\_\_ No

Why? (e.g., group too large, had mandatory fire drill, etc.) \_\_\_\_\_

3) Which activity or activities went especially well for you?

\_\_\_\_\_

4) Did you make any changes in this session? \_\_\_ Yes \_\_\_ No

Why? \_\_\_\_\_

5) If you made any changes how would you rate the changes?

\_\_\_ Green (Spontaneous or Minor)

\_\_\_ Yellow

\_\_\_ Red (Major)

\_\_\_ Does not apply