

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

### Lesson 4: Wolakota

Date: \_\_\_\_\_ Grade: 8<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 3
	<input type="checkbox"/>	Have the students list at least four values that are important to them and they are practice each day.		
	<input type="checkbox"/>	Students have stress each day. What are some stressors and how do you handle them? What does Wolakota mean?		Students will be able to identify some stressors in the daily life and some possible coping skills.
<b>2. Video Presentations</b>	<input type="checkbox"/>	Have the students review two videos: <i>Teens Talk About Stress</i> and <i>Stress Management Strategies</i> . After watching the videos have the students share if these stressors are common and are there other stressors	<input type="checkbox"/>	Students will be able to list the stressors in their lives.
<b>3. Work Groups</b>	<input type="checkbox"/>	Divide the class into groups of three students each. Have the students work on developing a set of management strategies or coping skills for handling various stressors in their lives.	<input type="checkbox"/>	Students will be able to list a set of management strategies or coping skills to deal with stress in their daily lives.
<b>4. Guiding Questions</b>	<input type="checkbox"/>	Where there any coping skills not mentioned by the groups?	<input type="checkbox"/>	Students will be able to share the consequences of not being able to deal with the stressors in their lives.
	<input type="checkbox"/>	What are some health issues that can develop if you do not deal with the stressors in your life?		

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**