

## Observation checklist for HDHK intervention sessions

### Location/Venue details

Name of school / venue	
Name of researcher	
Name of session facilitator(s)	
Session/week being observed (week & date)	
Time of the session	
Did the session start on time / how many people were late – did they miss anything?	
Venue description (room size, equipment, welcoming etc.)	
Number of participants (Fathers, Children, Mothers)	

### Dads and Kids session section

Were the following sections delivered?	Yes / No / Not applicable
Welcome back	
Review of the week – Dads and Kids activities	
Dads and Kids 'bonding' activity	
List any reasons for not completing all activities (if applicable):	

### Dads only session

Were the following sections delivered?	Yes / No / Not applicable
Review of the previous weeks <b>green slip</b> ?	
Reminder for next week's <b>green slip</b> activities?	
<b>Weight</b> review	
<b>Step count</b> review	
<b>Monthly goals/weekly targets</b> review	
<b>Summary</b> of last week's session	

Is all relevant <b>session content</b> covered?	
Is there reference to the <b>Dad's handbook</b> ?	
Are Dads completing the <b>logbook</b> when asked?	
Are the group engaged in <b>spot quiz</b> active responses e.g. Star jumps?	
Are men <b>talking to each other</b> in brainstorm activities?	
Do the Dads <b>share and discuss</b> ?	
Is there a clear use of <b>behaviour change techniques</b> ?	
Do you think the content is <b>relatable</b> to group's cultural norms and practices?	
List any reasons for not completing the activities or any other notes:	

The rapport amongst the Dads in the session:	Very Poor/Poor/OK/Good/Excellent
The Dads appeared to enjoy the session:	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree
The Dads appeared well engaged with session content:	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree
The Dads appeared to understand information from the session :	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree
The Dads appeared motivated to use recommended strategies at home :	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree

## Dad facilitator skills

Approachable and friendly	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree
Rapport with Dads in the group	Very Poor/Poor/OK/Good/Excellent
Engagement with Dads – encouraging sharing of ideas and opinions, listening to their views	Very Poor/Poor/OK/Good/Excellent
Dealing with questions	Very Poor/Poor/OK/Good/Excellent
Clarity of communication	Very Poor/Poor/OK/Good/Excellent
Appears prepared and knows session content	Not at all prepared/Somewhat prepared/Fully prepared
Overall quality of Dads session delivery	Very Poor/Poor/OK/Good/Excellent

## Kids only session

	Yes / No / Not applicable
Was there a review of the previous week's tasks?	
Did any child not have their handbook with them?	
Were the session handbook tasks completed?	
Did the children pick tasks to work with Dad on this week?	
List any reasons for not completing the activities or any other notes:	

## Kids

What proportion of the children ...	
...were 'on task' for <b>at least some of the</b> session?	None/A few/Some/Most/All
...were 'on task' for <b>most of the session</b> ?	None/A few/Some/Most/All
... <b>understood</b> the session content?	None/A few/Some/Most/All
... seemed to <b>enjoy</b> the session?	None/A few/Some/Most/All
Any other notes:	

## Kid's facilitators

Approachable and friendly	Strongly disagree/Disagree/Neutral Agree/Strongly Agree
Did their best to keep children on task	Strongly disagree/Disagree/Neutral Agree/Strongly Agree
Adapted session to meet range of children's needs within the group	Strongly disagree/Disagree/Neutral Agree/Strongly Agree
Encouraged children to answer questions and think about the key messages of the session	Strongly disagree/Disagree/Neutral Agree/Strongly Agree
Clarity of communication	Very Poor/Poor/OK/Good/Excellent
Appears prepared and knows session content	Not at all prepared/Somewhat prepared/Fully prepared
Overall quality of Kids session delivery	Very Poor/Poor/OK/Good/Excellent
Any other notes:	

## Dads and kids session

Was there a <b>rough and tumble</b> activity?	Yes / No
How would you rate the <b>R&amp;T</b> activity?	Very Poor/Poor/OK/Good/Excellent
Was there a <b>FMS</b> activity?	Yes / No
How would you rate the <b>FMS</b> activity?	Very Poor/Poor/OK/Good/Excellent
Was there a Dad's <b>fitness</b> activity?	Yes / No
How would you rate the <b>fitness</b> activity?	Very Poor/Poor/OK/Good/Excellent
Was there a review at the end to tell Dads what the children had done in their session?	Yes / No
Any other notes:/ quick summary of session and if any sections were missed why?	

What proportion of...	
... children seemed to <b>enjoy</b> the session?	None/A few/Some/Most/All
...children seemed to <b>engage</b> with the session? (following instruction, joining in activities)	None/A few/Some/Most/All
... Dads seemed to <b>enjoy</b> the session?	None/A few/Some/Most/All

The Dads appeared well engaged with session content	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree
Dads and kids worked well together	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree

## **Session facilitator skills**

Approachable and friendly	Strongly disagree/Disagree/Neutral/Agree/Strongly Agree
Rapport with Dads and Kids in the group	Very Poor/Poor/OK/Good/Excellent
Clarity of communication	Very Poor/Poor/OK/Good/Excellent
Appeared prepared	Not at all prepared/Somewhat prepared/Fully prepared

Overall quality of the Dads and Kids PA session delivery	Very Poor/Poor/OK/Good/Excellent
Any other notes:	

From everything that I saw today I would rate this session as:	Very Poor/Poor/OK/Good/Excellent
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