

# Levels System Fidelity Checklist

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| **Phase 1: Proactive Strategies** | **Check** | | | | | | **Notes** |
| I practiced the Level System at Arrival |  | | | | | |  |
| I practiced the Level System at Lunch |  | | | | | |  |
| I practiced the Level System at Dismissal |  | | | | | |  |
| **Going Over Level System** | | **Check** | | | | | **Notes** |
| I reviewed Expectations with the associate | |  | | | | |  |
| I reviewed each level | |  | | | | |  |
| I gave associate opportunity to tell me a feeling / what they can do in each level | |  | | | | |  |
| Associate practiced ALL parts of calming routine | |  | | | | |  |
| Associate engaged in calming activity | |  | | | | |  |
| Staff checked levels with associate at end of calming routine | |  | | | | |  |
| **Going Over Green** | | | **Check** | | | | **Notes** |
| Discussed emotions in the green | | |  | | | |  |
| Discussed what behaviors look like in the green | | |  | | | |  |
| Identify what associate can do in the green | | |  | | | |  |
| Review what associate can expect from their staff | | |  | | | |  |
| **Going Over Yellow** | | | | **Check** | | | **Notes** |
| Discussed emotions in the yellow | | | |  | | |  |
| Discussed what behaviors look like in the yellow | | | |  | | |  |
| Identify what associate can do in the yellow | | | |  | | |  |
| Review what associate can expect from their staff | | | |  | | |  |
| **Going Over Red** | | | | | **Check** | | **Notes** |
| Discussed emotions in the red | | | | |  | |  |
| Discussed what behaviors look like in the red | | | | |  | |  |
| Identify what associate can do in the red | | | | |  | |  |
| Review what associate can expect from their staff | | | | |  | |  |
| **Calming Routine** | | | | | | **Check** | **Notes** |
| In safe and calming area | | | | | |  |  |
| Turning on timer | | | | | |  |  |
| Turn on calming music and complete calming activity | | | | | |  |  |
| Check levels before returning to schedule; repeat if necessary | | | | | |  |  |