

# Levels System Fidelity Checklist

|  |  |  |
| --- | --- | --- |
| **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   |    |    |