

**Teach Well - Gimme 5 Atlanta**  
**R7 - Stages of Change Protocol**  
**(Day 3)**

**[To be presented as written as closely as possible]**

"Today we want to find out what you think about changing what you eat. To do this, we have another questionnaire. Please take out a pencil so we can begin."

**[Distribute forms for Stages of Change (2 pages); distribute pencils if needed]**

"Please write in your name, today's date which is \_\_\_\_\_, and your teacher's name on both pages."

**[Allow time; Check that students are doing this]**

"Some (3rd / 4th / 5th) graders may be trying to eat more fruits and vegetables. There are no right or wrong answers to these questions. We just want to know what you think about changing what you eat."

"Let's read the instructions at the top of the page together. Please, follow along with me."

**[Read instructions together]**

"This questionnaire is unusual because you will darken two answers for each question. Your first answer will be whether you agree or disagree with the sentence. To do this, you will darken the circle in column A if you agree with the sentence. Or, you will darken the circle in column B if you disagree with the sentence. So, you will darken A or B, first."

**[Write "A or B" on the chalkboard or flipchart]**

"Then, you darken one circle in column C, D, E, or F to show how much you agree or disagree with the sentence. If you darkened A, then you darken the circle in column C if you agree with the sentence a little. Or, you darken the circle in column D if you agree with the sentence a lot. But, if you darkened B, then you darken the circle in column E if you disagree with the sentence a little. Or, you darken the circle in column F if you disagree with the sentence a lot. "

"So, if you darken A, then you darken C or D, also. If you darken B, then you darken E or F, also."

**[Write "A and C or D" and "B and E or F" on chalkboard or flipchart.]**

"OK--let's review. **[Repeat all answers after children's response]** How many answers will each question have? **(two)** What circle will you darken if you agree with the sentence? **(A)** What circle will you darken if you disagree with the sentence? **(B)** What circle will you darken if you agree with the sentence a little? **(C)** If you disagree with it a little? **(E)** If you agree with it a lot? **(D)** If you disagree with it a lot? **(F)** Right! So, you all know to darken two answers for each question. So, each question will have two circles darkened--A or B and C, D, E, or F."

"Are there any questions about what I've said so far?"

**[Answer and record questions]**

"Let's do an example first. Example 1 says "I am working hard at eating more fruits and vegetables than I used to eat." Pretend that Johnny is answering this question. Now, Johnny is trying to eat more fruits and vegetables. So, first Johnny decides that he agrees with this sentence -- please darken the circle in column A now. Next, Johnny must decide how much he agrees with the sentence. Well, he has been working really hard at eating more fruits and vegetables. So, he decides that he agrees with the sentence a lot. Please

darken the circle in column D now. So, Example 1 has the circle in column A darkened because Johnny decided that he agreed with the sentence. Example 1 also has the circle in column D darkened because Johnny decided that he agreed with the sentence a lot."

"Let's do example 2 so you can practice. It also says "I am working hard on eating more fruits and vegetables than I used to eat." Darken A if you agree with the sentence or B if you disagree with it."

**[Allow time]**

"Now, darken C, D, E, or F for how much you agree or disagree with the sentence. Make sure your answer makes sense! If you darkened A that you agree with the sentence, then darken C if you agree with it a little, or D if you agree with it a lot. But, if you darkened B that you disagree with the sentence, then darken E if you disagree with it a little or F if you disagree with it a lot."

**[Allow time; Rover(s) check(s) each student's page to make sure he/she is doing this correctly. Rover(s) need(s) to indicate if pace is too fast - by motioning with the hand down or too slow by motioning with hand up.]**

"Are there any questions about the responses you can make?"

**[Answer and record questions]**

"Remember, you need to darken two circles for each question -- A or B and C, D, E, or F. If A, then C or D also; if B, then E or F also."

"I will read each item to you. Please follow along with me. Do not try to go faster, but stay with me."

"Number 3 says "I do not need to change what I eat." Darken circle A if you agree with the sentence or darken circle B if you disagree with the sentence."

**[Allow time]**

"Then, darken circle C if you agree with the sentence a little, or D if you agree with it a lot, or E if you disagree with it a little, or F if you disagree with it a lot."

**[Allow time; Make sure students are following along and answering each item with two responses (If A, then C or D; If B, then E or F).]**

"Are there any questions?"

**[Answer and record questions]**

"Okay, let's go on. After I read each item, you need to darken A or B and C, D, E, or F.

Number 4. I might be ready to eat more fruits and vegetables."

**[Continue with numbers 5 through 11; allow time for students to darken their responses. Check that students are following along and answering each question with 2 responses-- If A, then C or D; if B, then E or F]**

"Okay, is everyone finished up through 11?"

**[If no, allow time; if yes, go on]**

"Let's go on. Number 12..."

**[Continue with numbers 12 through 19; allow time for students to respond; Check as before]**

"Is everyone finished with this page? If so, then put it on the corner of your desk."

**[If no, allow time; if yes, go on. Rovers check over and pick up finished sheets.]**

"Let's go on to the next page. Remember to mark 2 answers for each question -- A or B and C, D, E, or F. Okay, Number 20."

**[Continue with numbers 20 through 27; allow time between each. Check that students are following along and answering each question with 2 responses.]**  
**[Rover(s) can pick up page 1 as students are working on page 2; check each page 1 for name, teacher's name and date and that all questions are answered with A or B; and if A, then C or D; if B, then E or F.]**

"Is everyone finished with numbers 20 through 27?"

**[If no, allow time; if yes, go on]**

"Is everyone finished with this page?"

**[If no, allow time; if yes, go on]**

"Please check that you have:

- written your name, teacher's name, and date on the page and
- answered each question with two answers -- If A, then C or D; if B, then E or F."

Please lay your paper on the corner of your desk when you are finished. We will come by and pick it up."

**[Pick up papers and carefully check that:**

- name, teacher's name, and date are on each page and
- all questions are answered with 2 responses (A or B; if A, then C or D; if B, then E or F.)]

"Just like we promised, we have a surprise for each of you who completed your diary and filled out the questionnaire today. Please sit quietly while we pass them out."

**[Rover(s) and administrator pass out trinkets, one to each child who has completed his/her diary and filled out the questionnaire.]**

"Thank you very much!"