

**Gimme 5 Atlanta
R3 - Self Efficacy Protocol
(Day 2)**

[To be read as written!]

"Today we want to find out how sure 5th graders are about things they can do to eat more fruits and vegetables. To do this, we have a questionnaire. Please take out a pencil so we can begin."

[Distribute both pages of questionnaire ; distribute pencils if needed]

"Let's begin. Please write in your name, (pause); today's date which is _____, (pause); and your teacher's name on the top of both pages."

[Allow time; Rover(s) need(s) to check that students are doing this]

"Each 5th grader may feel differently about how sure they are that they can do something to eat more fruits and vegetables. There are no right or wrong answers to these questions. We just want to know how sure you feel about things you can do to eat more fruits and vegetables."

"You will answer with how much you agree or disagree that you can do what each sentence says.

You will darken circle A if you disagree very much that you can do what the sentence says.

Or, you will darken circle B if you disagree a little that you can do what the sentence says. **Or**, you will darken circle C if you are not sure that you can do what the sentence says.

Or, you will darken circle D if you agree a little that you can do what the sentence says.

Or, you will darken circle E if you agree very much that you can do what the sentence says."

"You will darken circles only on the blue lines--not on any of the white lines. And you will darken only one circle for each question."

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

[Respond to questions; record]

Let's begin with page 1. I will read each item to you. Please follow along with me. Do not try to go faster, but stay with me."

"Number 1 asks 'I think I can write my favorite fruit or vegetable on the family's shopping list? Darken circle A if you disagree very much that you can write your favorite fruit or vegetable on the family's shopping list, **or** darken circle B if you disagree a little, **or** darken circle C if you are not sure that you can do it. **Or**, darken circle D if you agree a little that you can do what the sentence says. **Or**, darken circle E if you agree very much that you can write your favorite fruit or vegetable on the family's shopping list.'"

[Allow time; Rover(s) need(s) to make sure students are following along; answering each item with one response (A, B, C, D or E); and darkening circles only on the blue lines. Rover(s) need(s) to indicate if pace is too fast AND to slow down by motioning with hands down or if the pace is too slow AND to speed up by motioning with hands up.]

"Are there any questions?"

[Answer and record questions]

"Okay, let's go on. After I read each item, you need to darken circle A, B, C, D, or E. Be sure you are marking only on the blue lines, not the white lines. Number 2...."

[Read numbers 2 through 8; preface each with "I think I can..."; allow time for students to darken their responses. Rover(s) need(s) to check that students are following along; answering each question with one response--A, or B, C, D, and E; and darkening circles only on the blue lines.]

"Now, is everyone ready for the next set of questions? These questions ask if you think you can do these things at breakfast. Remember to mark only one answer for each question -- A, B, C, D or E. Also, remember to darken circles on the blue lines only. Okay, Number 9..."

[Continue with numbers 9 and 10; preface each with "At breakfast I think I can ..."; allow time between each. Rover(s) need(s) to check that students are following along; answering each question with one response -- A, B, C, D or E; and darkening circles only on the blue lines]

"Now, is everyone ready for the next set of questions? They ask if you think you can do these things for lunch at school. Remember to mark only one answer for each question -- A, B, C, D or E. Also, remember to darken circles on the blue lines only. Okay, Number 11..."

[Continue with numbers 11 and 12; preface each with "For lunch at school, I think I can ..."; allow time between each. Rover(s) need(s) to check that students are following along; answering each question with one response -- A, B, C, D or E; and darkening circles only on the blue lines]

"Now, is everyone ready for the next set of questions? They ask if you think you can do these things for lunch at home. Remember to mark only one answer for each question -- A, B, C, D or E. Also, remember to darken circles on the blue lines only. Okay, Number 13..."

[Continue with numbers 13 and 14; preface each with "For lunch at home, I think I can ..."; allow time between each. Rover(s) need(s) to check that students are following along; answering each question with one response -- A, B, C, D or E; and darkening circles only on the blue lines]

"Now, we're ready to do page 2 of this questionnaire. Turn to page 2. Be sure you have written your name, today's date and your teacher's name at the top of the page. This page is still about how sure 5th graders are about the things they can do to eat more fruits and vegetables. You will mark one answer for each question just like you did on page 1. You will answer with if you think that you can do what the sentence says. Remember to darken circles only on the blue lines. Are there any questions?"

[Answer and record questions]

"Just like before, there are no right or wrong answers. We just want to know how sure you are about things you can do to eat more fruits and vegetables. I will read each item to you. Please follow along with me. Do not try to go faster, but stay with me."

"This set of questions asks if you think you can do these things for a snack. Remember to mark only one answer for each question -- A, B, C, D or E. Also, remember to darken circles on the blue lines only. Okay, Number 15..."

[Continue with numbers 15 through 19; preface each with "For a snack, I think I can choose ... "; allow time between each. Rover(s) need(s) to check that students are following along; answering each question with one response -- A, B, C, D or E; and darkening circles only on the blue lines]

"The next set of questions asks if you think you can do these things for dinner or supper. Remember to mark only one answer for each question -- A, B, C, D or E. Also, remember to darken circles on the blue lines only. Okay, Number 20..."

[Continue with numbers 20 and 21; preface each with "For dinner or supper, I think I can ... "; allow time between each. Rover(s) need(s) to check that students are following along; answering each question with one response -- A, B, C, D or E; and darkening circles only on the blue lines]

"Now, is everyone ready for the next set of questions? They ask if you think you can do these things in general. Number 22..."

[Continue with numbers 22 through 24; preface each with "I think I can.."; allow time between each. Rover(s) need(s) to check that students are following along; answering each question with one response -- A, B, C, D or E; and darkening circles only on the blue lines]

"Is everyone finished with this page?"

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

"Please check that you have:

- written your name, today's date and your teacher's name on the top of both pages;
- answered each question with A, B, C, D or E; and
- darkened circles only on the blue lines.

"Please lay your papers in front of you when you are finished. We will come by and pick them up."

[Pick up papers and carefully check that:

- name, date and teacher's name are on both pages;
- all questions are answered with one response (A, B, C, D or E) on both pages, and;
- all questions are answered on blue lines only.]

"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."

[Rovers and Reader pass out trinkets, one to each child who has completed his/her diary and filled out the questionnaire.]

"Thank you very much!"