

## **Measurement 4 Change 101 – Worksheet for Session 1**

*This worksheet accompanies the first Session of the Measurement 4 Change 101 training. Use the questions below to develop a measurement plan for a program at your organization or choose one of the examples provided below.*

### *Example Scenario:*

- (1) You provide regular vaccines to children. You have noticed that children often exhibit fear of needles and you worry that negative experiences getting needles may lead to increased anxiety in the future. You have read that pretend play is very important for helping children learn and adapt to new situations. You plan to create a teddy bear vaccine program. In this program children will practice before their vaccine with a teddy bear. They will help the teddy bear go through all the steps of getting the needle, including managing its fear, using a pretend needle with the bear and praising it at the end. You expect this program will help the child experience less fear and anxiety when getting a needle themselves and make them more willing to co-operate.*
  
- (2) You are running a morning snack program in schools. You know that eating breakfast has many benefits for children's ability to engage in class. You suspect that many kids don't get breakfast at home because of lack of time and resources. You plan to set aside the first half hour of class each day to eat provided snacks at school. You hope that making food available first thing in the morning will facilitate better attention in class, less behaviour management issues for the teacher and better learning.*

**Program/Organization:**

**Step 1: What is the program goal (what will change and for whom?)**

**Goal:**

Needs – What is the problem?	Plan: What will you do? How much?

**Step 2: How will you know if it works?**

Action: Did you follow the plan?	Impact: Is anyone better off?