

# VIDEO RUBRIC FOR ECOPLAY SESSIONS

Name \_\_\_\_\_ Date \_\_\_\_\_

## INSTRUCTIONS

Use this rubric when conducting your Ecoplay sessions as a guideline and self-evaluation after each home Ecoplay session. You may also use it in your Ecoplay weekly group to evaluate videos together as a group. To score, place a check mark beside each item below that you believe was done well.

Total possible points = 10

- Allowed the child to lead the play
- Encouraged mindful skills
- Used HUG limit-setting when appropriate
- Matched voice and affect to child's voice and affect (exception: no yelling, even if child yells)
- Solicited child's input on how to solve problems
- Validated child's feelings, whatever they were (remember, the feeling itself is okay; it's the behavior that comes after the feeling that may be less than helpful)
- Didn't ask the child questions, offer information, or make suggestions (left play up to child's direction)
- Didn't answer questions about what the child should be doing or how the child should be playing; instead, reminded them, "That's up to you"
- Didn't make judgments on whether the play is good or bad, right or wrong
- Didn't solve child's problems for them by telling them what to do and how to do it

Total points: \_\_\_\_\_