

Supplementary Table 3-

Example of the CARE Daily Session Rating Form

<u>Time</u>	<u>Activity and Notes</u>	<u>Completed</u>	<u>Objectives met</u>	<u>Minutes</u>	<u>Led By</u>
8:10	Being Here		0 1 2 3 4		
	Gives Introduction to "Being Present" (3 Breaths)	Yes No			
	Has participants practice being present using "3 Breaths"	Yes No		___/1	
8:15	Introductions		0 1 2 3 4		
	Introduces themselves to participants (all facilitators and staff)	Yes No			
	Facilitates participant introductions (BINGO, Q and A)	Yes No			
9:30	Introduction to CARE		0 1 2 3 4		
	Introduces purpose and goals of CARE	Yes No			
	Introduces theoretical basis for CARE	Yes No			
	Reads through "Take home messages"	Yes No			
9:55	Establish group guidelines		0 1 2 3 4		
	Gives Group Guidelines explanation (<i>CARE is NOT therapy</i>)	Yes No			
	Has participants brainstorm guidelines	Yes No			
	Records agreed upon rules and post visibly	Yes No			
10:10	Caring for Yourself		0 1 2 3 4		
	Introduces "caring for yourself" using oxygen mask metaphor	Yes No			
	Introduces "How I spend my time" and "things I enjoy" workbook activity and has participants fill out forms	Yes No			
	Debriefs activity- participants share about what they discovered (can be done in groups and/or pairs)	Yes No			
10:30	Intro to Setting an Intention		0 1 2 3 4		
	Invites participants to write down why they became a teacher	Yes No			
	Gives explanation of setting an intention (use example)	Yes No			
	Invites participants to set intention for the day and allows 3 minutes of silence for them to do so	Yes No		___/3	
	Debriefs skill practice- Lets participants know they will be doing this throughout the training	Yes No			