

PRE-TEST / POST-TEST FORM

Trainer's Handbook

Participant: _____

Date: _____

Type of administration:

- ☐ Pre-test (beginning of Session 1)
- ☐ Post-test (end of Session 6)

This form is not an examination. There are no right or wrong answers. Please answer every question honestly.

1. When a child suddenly starts crying, what is the first thought that comes to mind?

- ☐ I ask, "Stop crying; why are you crying?"
- ☐ I say, "Do not cry; it will pass. There is nothing to be upset about."
- ☐ I go to the child, stay present without saying anything at first, and say, "We can talk when you are ready."
- ☐ I often do not know what to do.

2. How would you define the concept of "Emotional Intelligence (EQ)"? (Write briefly in your own words.)

3. Which of the following emotions do you believe have a functional role in children — that is, a protective or development-supporting role? (You may select more than one.)

- | | |
|--|---------------------------------------|
| ☐ Anger | ☐ Sadness |
| ☐ Fear | ☐ Pleasure/Joy |
| ☐ Love | ☐ Surprise |
| ☐ Disgust | ☐ Shame |
| ☐ All of them have a function. | |
| ☐ Negative emotions have no function. | |

4. When a child is experiencing an anger outburst — shouting and throwing objects — what do you do? (Select the response you use most often.)

- ☐ I raise my voice and say, "Stop!"

- ☐ I intervene immediately and physically restrain the child.
- ☐ I remain calm, move closer and say softly, "I am here; I am with you."
- ☐ I become unsure about what to do.

5. Do you agree with the statement, "Anger is a natural emotion, while aggression is an unacceptable behaviour"?

- ☐ Strongly agree.
- ☐ Partly agree.
- ☐ Disagree.
- ☐ Not sure.

6. What do you do when you have to continue working with children while you yourself feel stressed or angry?

7. Which of the following two statements best describes empathy?

☐ "

I feel very sorry for you."

☐ "

Going through this must have placed you in a very difficult situation; I understand."

8. What would you say if a child told you, "Nobody loves me"? (Write in your own words.)

9. Is the following statement correct? "Validating a child's emotion also means approving the child's behaviour."

- ☐ Yes, it is correct.
- ☐ No, it is incorrect.
- ☐ Not sure.

10. How do you usually intervene when two children are fighting in the institution?

- ☐ I decide who is right.
- ☐ I separate both children and speak with them individually.
- ☐ I guide them in finding their own solutions.
- ☐ I am often unsure how to intervene.

11. Which of the following do you do during conflict?

- ☐ I insist on winning even when the other person is right.
- ☐ I say, "You take one step and I will take one step", and seek a compromise.
- ☐ I try to understand the real needs of both parties and seek a new solution that meets both.
- ☐ I give up my own need so that the other person will be happy.

12. Are there situations in which you find it difficult to say "No"?

- ☐ Very often.
- ☐ Sometimes.
- ☐ Rarely.
- ☐ Never.

13. Can you explain the difference between "you" language and "I" language?

14. Label each of the following statements as 'Passive', 'Aggressive' or 'Assertive':

Statement

Label

"You always do this!"

"All right, we will do whatever you say."

"This situation makes me uncomfortable; can we talk about it?"

15. Rate yourself from 1 to 5 in each of the following areas:

(1 = Not at all competent 5 = Highly competent)

Area

Score

Recognising children's emotions

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Remaining calm during a crisis

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Empathising with a child

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Resolving conflicts constructively

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Managing my own emotions

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Setting boundaries / being able to say "No"

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

16.

☐ Pre-test: What do you most want to learn from this training?

☐ Post-test: What has changed most for you as a result of this training?

Thank you for your participation and honesty. • Empowered by Empathy — Erasmus+ KA210-ADU