Healthy Children

The COISE Model

The COISE Model is a planning tool. It has been found useful in the Healthy Children Project when the health ambassadors were planning their activities for the trial out phases. But it's a well known planning tool that can be useful for as well children as adults. In the originally form in Danish it's known as the SMTTE-Model as the name "SMTTE" consists of the first letters of the model's five phases, written in Danish. When we translate it to English the model's name is "COISE" named after the five elements: Context, Objectives, Initiatives, Signs and Evaluation. The model is a dynamic tool: The order of the elements isn't important and during the planning process it's allowed to go back and forth.

Context: Here we clarify our motivation and the starting point and background for the intervention. Who are the participants? What is their starting point and circumstances? What is already there? Why is this important to them etc.?

Objectives: Here we describe what we want the participants to learn or which other goals we want to reach. Make the goals concrete and clear.

Initiatives: This point involves all the concrete things we will do to reach the goal.

Signs: What are the criteria for success? Are we achieving our goals? What are we looking for?

Evaluation: Description and reflection. How can we describe what we did and how can we evaluate the activity? Did we achieve our goals? What could be better? Do we ask people, observe or??

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Template for preparation of activity using the COISE Model

Context	Objectives	Initiatives	Signs	Evaluation
Starting point and background *Description* *Conditions and terms* *Participant group; age, number, problems, preconditions etc.* *Motivation*	*What do we want the participants to learn?.*	*What do we want participants to do?* *How do we organize the activity?* *What do we need to accomplish the initiative?*	*What are we looking for to evaluate if we are achieving the objectives?*	*How is the connection between the five points?*

Source: Andersen, F.B. (2013): *Tegn er noget vi bestemmer*. København: Hans Reitzel (Systime)

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