

Verhaltenstraining für Schulanfänger

Program Overview

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Program name

Verhaltenstraining für Schulanfänger

Country of Origin

Germany

Other Countries

Luxembourg

Implementation level of the program

National

Type of Program

Evidence-based

Description

“Verhaltenstraining für Schulanfänger” is a primary prevention program for aggressive and inattentive behaviour. The target group are children in the first two years of primary school. The training program promotes social and emotional skills by offering coping strategies in problem solving and conflict management. The programme entails 26 sessions of 45 – 60 minutes and is divided into four consecutive stages.

Age Range

3-7 years

Age Range Information

5-8 years old

SEL Skills Targeted

Responsible decision-making, Relationship skills, Social awareness, Self-awareness, Self-management

Sequenced Activities

The programme entails 26 sessions of 45 – 60 minutes and is divided into four consecutive stages.

Active Learning

The sessions are build around the story of a "treasure hunt". The hand puppet "Ferdì" (a chameleon) is the main character and serves as a role model.

During the training different methods of active learning are used like role playing games, singing, observation, feedback, praise and support, relaxation and concentration games

Outcomes / Results

The program has been evaluated through a follow-up study using a quasi-experimental design in Luxembourg. Nine first grade classes (n = 88) were assigned to intervention and control groups. Three waves of data (pre-test, post-test and 12-months-follow up) including teacher and student assessments were analysed. The results of the evaluation study showed that social-cognitive and social-emotional skills as well as social behaviour could be increased through the training. (Petermann, Natzke, Gerken, & Walter, 2013).

Additional Information

Grüne Liste Prävention

References

Natzke, H., & Petermann, F. (2009). Schulbasierte prävention aggressiv-oppositionellen und dissozialen verhaltens: Wirksamkeitsüberprüfung des Verhaltenstrainings für Schulanfänger = School-based prevention of antisocial behavior: Efficacy of the "Verhaltenstraining für Schulanfänger." Praxis Der Kinderpsychologie Und Kinderpsychiatrie, 58(1), 34–50.
<https://doi.org/10.13109/prkk.2009.58.1.34>

Petermann, F., Natzke, H., Gerken, N., & Walter, H.-J. (2013). Verhaltenstraining für Schulanfänger: Ein Programm zur Förderung sozialer und emotionaler Kompetenzen (3., überarb. u. erw. Aufl.). Hogrefe.

Citation

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