



Programs

DROPI

Program Overview

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Program name

DROPI

Country of Origin

Portugal

Implementation level of the program

Organization

Type of Program

Non evidence-based intervention.

Description

DROPI is a program for socio-emotional development and prevention of risk behaviours for children in the 1st and 2nd grades, aged between 6 and 12 years old. The name DROPI comes from the idea “to drop feelings”, which means to drop, let go feelings.

The program is based on the children's story “Take the leap with DROPI!”, where the protagonist is a kangaroo who through his body, language, history and way of life, intends to influence others to be healthier, more positive and more balanced.

DROPI feeds on feelings. The more DROPI identifies and expresses its feelings, and the more others share his feelings with him, the stronger and more energetic DROPI becomes.

Methods and materials:

This program is implemented by DROPI Multiplying Agents, as teachers, psychologists and other professionals, trained to implement the program, in different contexts (schools, elementary school, social centers). The animator must know the group well and its characteristics and assess the adequacy of this program to the specific group of participants.

DROPI consists of 10 sessions of 90 minutes each, which should occur frequently. The total duration of the program is 15 hours.

There is a manual that should be understood as a guide, a flexible tool in which the activities may undergo changes, adaptations or be replaced by others, depending on the children's group.

Age Range

3-7 years

Age Range Information

Students in the 1st and 2nd grades (6-12 years old).

SEL Skills Targeted

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

Sequenced Activities

All sessions have a pre-defined structure:

- i) reception and introduction to the session;
- ii) skills development activities;
- iii) reflection and main learnings;
- iv) relaxation.

The order of the sessions is designed in progressive learning and skills training. So, the skills are gradually complementing each other. Some adjustments can be made, in case it is determined that the group should focus more on certain skills. Each tool trains specific skills. So, it is important to have a balance between activities, for training different skills throughout the sessions.

Active Learning

DROPI Program promotes dialogue, interaction and personal and social development, using a variety of active participation methodologies, different non-formal education tools (group dynamics, games, debates between children, role-plays, individual reflection exercises, relaxation, and others). These children are expected to become more competent to overcome challenges and goals throughout their development and more aware of their skills and strengths, exploring their potential.

Quality / Effectiveness

Professionals obtained positive feedback from educators about the program's impact on children. Some results are greater self-regulation, greater capacity for concentration, communication and participation, reduction of indiscipline, improvement of interpersonal relationships, greater help and cohesion, the inclusion of students with special educational needs.

Additional Information

<https://www.facebook.com/canguruDROPI/>

References

Alves, S. M., & Gonçalves, A. (2015). "Dá o salto com o Dropi!" - Programa de Prevenção de Comportamentos de Risco. Associação Unificar.

Citation

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