

Emotional Course

Program Overview

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Program name

Emotional Course

Country of Origin

United States

Other Countries

Italy

Implementation level of the program

Regional

Type of Program

Evidence-based intervention

Description

Emotional course is a theoretically-coherent program based on differential emotions theory and is designed to be implemented by teachers in Head Start classrooms. The EC consists of 20 lessons divided into two to five sections carried out two or three times per week so that the whole educational path is completed in 20 weeks. The program is structured so that for every emotion, the aspects related to the emotion knowledge are taught first, followed by those relating to the ability to regulate one's emotions and use them constructively.

Age Range

3-7 years

Age Range Information

3-7 years

Group Size

No information

SEL Skills Targeted

Relationship skills, Social awareness, Self-awareness

Sequenced Activities

The EC is an educational path that aims to accelerate the development of emotion competence. That includes emotional knowledge, regulation and utilization.

Active Learning

The program manuals emphasize learning by doing and by interactive experiences.

Outcomes / Results

Evidence based intervention with previous results which show positive impact to emotion knowledge and some aspects of emotional regulation, positive emotion expression and social competence.

Quality / Effectiveness

No information

Strengths and Weaknesses

No information

Additional Information

No information

References

Di Maggio, R., Zappulla, C., Pace, U., & Izard, C. E. (2017). Adopting the emotions course in the Italian context: A pilot study to test effects on Social-Emotional Competence in preschool children. *Child Indicators Research*, 10(2), 571-590. <https://doi.org/10.1007/s12187-016-9387-x>

Izard, C. E., Trentacosta, C. J., King, K. A., & Mostow, A. J. (2010). An emotion-based prevention program for Head Start children. *Early Education and Development*, 15(4), 407-422. https://doi.org/10.1207/s15566935eed1504_4

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