

FREUNDE

Program Overview

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Program name

FREUNDE

Country of Origin

Germany

Other Countries

Austria

Implementation level of the program

Regional

International

Type of Program

Non-evidence based

Description

FREUNDE is a health promotion program that aims to strengthen children's life skills during the early childhood years, by the promotion of social and emotional competences. The program has been developed for childcare centers.

FREUNDE can positively influence the development process of children with age-appropriate educational projects and thus prevent addiction and violence problems.

FREUNDE trainers offer a standardized advanced training program for educational specialists and the implementation in the day-care centers is carried out by the educators.

It is a theory-based structured intervention.

Age Range

3-7 years

Age Range Information

3 – 6 years

SEL Skills Targeted

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

Sequenced Activities

The program follows a train-the-trainer approach. Educators from the childcare centers follow a basic seminar organized by trained FREUNDE trainers as part of multi-day advanced training modules.

The FREUNDE program includes different methods that support children to perceive and express their own feelings and those of others. Children learn how to deal with conflicts and to expand their problem-solving skills. In this method, the attitude of the pedagogical professional towards the child is central. The approach emphasizes the importance of appreciative communication and interaction.

Active Learning

On the FREUNDE website an overview of the different tools and activities of the FREUNDE programme is found:

FREUNDE emotion cards: through the graphic cards and the exercises and games described in the instruction booklet, educators can support children perceive and express their feelings and recognize the emotional messages of others.

Kinder reden mit: Children have the right to participate. Age-appropriate participation enables children experience their self-efficacy, they learn their own opinion and to represent them in front of the group. They can expand their problem-solving skills and learn to take responsibility. At the same time, they learn to accept those who think differently and to develop tolerance.

Mit viel Gefühl: this action helps children to understand to consciously perceive and handle one's own feelings and those of others

Ein Platz zum Streiten:

"A place to argue" creates room for conflict. The educators help children through the various stages of conflict resolution until they have found a solution for the conflict. Children learn that arguing is something normal and also has a good side when everyone knows how to solve it. The children develop a healthy culture of argument.

Inseln der Ruhe:

This project supports the facilities in integrating resting rituals and relaxation exercises into their everyday lives. "Islands of Peace" helps children to better deal with stress, to perceive their own needs and promotes health awareness.

Outcomes / Results

Non-evidence based

Quality / Effectiveness

The Green list prevention database rates the FREUNDE programme as "effectiveness theoretically well grounded".

Additional Information

<https://stiftung-freunde.de>

<https://kitaprogramm-freunde.de/>

<https://www.gruene-liste-praevention.de/nano.cms/datenbank/programm/11>

References

Benz, B., & Umbach, K. (2009) FREUNDE – ein Schlüssel zur Lebenskompetenzförderung. 10 Jahre FREUNDE in Kindertagesstätten - Ergebnisse aus der Qualitätssicherung. Stiftung FREUNDE (Hrsg.) München

Citation

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