

Giant Leap (Salto de Gigante)

Program Overview

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Program name

Giant Leap (Salto de Gigante)

Country of Origin

Portugal

Implementation level of the program

Regional, Organization

Type of Program

Evidence-based intervention

Description

This program was designed based on the ecological and dynamic transition model, on the developmental model ABCD and accordingly to the Collaborative for Academic, Social and Emotional Learning orientation, and enlisted the perspectives of children, parents, educators and teachers about the adaptation in the transition from pre-school to the first year, collected in a previous study, developed in the Portuguese context.

This program integrates two versions:

- for preschoolers (Giant Leap Pre) – 15 weekly sessions of 45-60 minutes;
- for 1st graders (Giant Leap 1) – 18 weekly sessions of 60 minutes.

Both versions aim to develop social and emotional skills and improve the school adaptation of children in transition from preschool to 1st year.

Methods:

The implementation of each version of the program involves a 16-hour initial training before working directly with the children. Before the application of the sessions, an assessment of socio-emotional skills and adaptation indicators (pre-test) is carried out and, at the end, an assessment of the same indicators (post-test). This assessment is done both for the children who receive the intervention and for the children in the control group. Monitoring and supervision sessions are also carried out every three application sessions in a small group (by teleconference) and, at the end, an in-person evaluation and final reflection session will be held.

Materials:

The two versions of the program include:

- a manual;
- materials to be used in its implementation;
- evaluation scales of the implementation process and evaluation of results.

Age Range

3-7 years

Age Range Information

children between 4-6 years old and 5-7 years old.

SEL Skills Targeted

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

Sequenced Activities

Both versions of the intervention contain activities of action and reflection, that are sequentially organized in an integrated manner to foster the development of new skills based on previously learned skills. In order to facilitate generalization, skills are used in real situations.

Active Learning

The “Giant Leap” activities consists of specific instructional videos, storytelling, group educational games, role-playing and arts activities, brainstorming, modelling, constructive feedback, individual positive reinforcement, and group discussion.

Outcomes / Results

This program proved to be effective in improving children’s relationship with peers, academic behaviour, social skills, school adaptation, emotional knowledge, learning abilities, and expanding the social network of peers.

Strengths and Weaknesses

The quality of the implementation of this program is dependent on the quality of the pedagogical dynamics and practices of each educational establishment, including their suitability and adaptation to the group and the individual characteristics of each child and the educator's interpretation of the concept of educational intentionality.

Additional Information

<https://gulbenkian.pt/academias/publication/salto-de-gigante/>

References

Correia, K. S., & Pinto, A. M. (2016). “Salto de gigante”: Delineamento e avaliação da eficácia de um programa de aprendizagem socioemocional na transição do pré-escolar para o primeiro ciclo. In A. M. Pinto & R. Raimundo (Coord.), *Avaliação e promoção de competências socioemocionais em Portugal* (pp. 263- 290). Coisas de Ler.

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Citation

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