

I am surprised, angry, afraid, happy

Program Overview

Generated: 2024-12-01 10:46:14





I am surprised, angry, afraid, happy

Author of this description

Gergana Petrova, 37 Kindergarten "Valshebstvo"

Veronika Dilova, 37 Kindergarten "Valshebstvo"

Program name

I am surprised, angry, afraid, happy

Country of Origin

Russian Federation

Implementation level of the program

Organization

Type of Program

Non evidence-based intervention

Description

The program promotes the development of children's emotional sphere, the ability to understand their emotional state, to recognize the feelings of others.

Frequency: once/twice a week

Duration: 30-40 minutes

Age Range

3-7 years

Age Range Information

4-6 years old

Group Size

10-12

SEL Skills Targeted

Relationship skills, Self-awareness, Self-management

Sequenced Activities

Includes 17 classes:

Lesson 1. Shyness

Lessons 2-5. Joy
Lessons 6-9. Fear
Lesson 10. Surprise
Lesson 11. Complacency
Lesson 12. Strengthening the knowledge of feelings
Lesson 13. Anger
Lesson 14. Shame, guilt
Lesson 15. Disgust
Classes 16-17. Creative workshop

Active Learning

Role-playing games; psycho gymnastics; drawing methods; elements of group discussion; creative workshop

Outcomes / Results

The program is winner of the All-Russian competitions for author's works for social and psychological adaptation of children, conducted by "Genesis" (Center for Social and Psychological Development) in cooperation with the Ministry of Education of the Russian Federation.

Additional Information

Предисловие к книге Крюковой С. В., Слободяник Н. П. «Удивляюсь, злюсь, боюсь, хвастаюсь и радуюсь. Программы эмоционального развития детей дошкольного и младшего школьного возраста: Практическое пособие», <https://www.eti-deti.ru/raznie-knigi/534.html>

References

Крюкова С.В., Слободяник Н.П., (2002) Удивляюсь, злюсь, боюсь, хвастаюсь и радуюсь. Программы эмоционального развития детей дошкольного и младшего школьного возраста: Практическое пособие — М.: Генезис. 2002. — 208 с., илл.,

Citation

This document was generated from the database used to create the Programs Compendium:
Koltcheva, N., Wastijn, B., Achten, M., Van Rossem, L. & Costa, I. S (2022). Programs for Social and Emotional Skills Development for Early and Preschool Children Applied in European Countries. Compendium. EU-SELF Project. ISBN 978-619-233-211-2 (can be downloaded from <https://euself.nbu.bg>)