

Kindergarten Plus

Program Overview

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Author of this description

Mart Achten, Erasmus Brussels University of Applied Sciences and Arts

Program name

Kindergarten Plus

Country of Origin

Germany

Implementation level of the program

National

Type of Program

Evidence-based program

Description

Kindergarten plus strengthens the personal development in accordance with the educational goal set out in Article 29 of the UN Convention on the Rights of the Child.

Basic skills such as perception of self and others, empathy, communication and conflict skills form an important basis for successful learning and life satisfaction. Dealing constructively with one's own emotions plays a key role in developing these "life skills".

It is true that parents have the greatest influence on their children, but childcare centers play an important (and in some cases also compensatory) role that must be used to create equal opportunities for all children.

Age Range

3-7 years

Age Range Information

4 – 5 years

Group Size

8 – 12 children

SEL Skills Targeted

Relationship skills, Social awareness, Self-awareness, Self-management

Sequenced Activities

The program takes place at nine mornings or afternoons, normally in intervals of one week. The topics are body, senses, feelings (fear and courage, anger and delight, sadness and happiness, relationships, limits and rules, and conflict management).

Structure of the modules: The repetitive structure of each module includes the greeting ritual, the hand-held puppets Tula & Tim, a roundtable with practical exercises, a fruit-snack break, kinetic games, a song about the topic of the module, creative duties and a good-bye ritual.

Senso-motoric competences:

Module 1: My body and I

Module 2: My senses and I

Emotional competences:

Module 3: I and my emotions

Module 4: I, my fears and my courage

Module 5: I, my anger and my delight

Module 6: I, my sadness and my happiness

Social competences:

Module 7: You and I

Module 8: I and my space

Learning and methodical competences:

Module 9: What to take along

Active Learning

The program uses games, exercises, conversations, songs and other creative methods.

Children are stimulated to strengthen their awareness of their bodies, to sharpen their senses, to manage their feelings, and to solve conflicts.

Two hand-held puppets accompany the children through the program: a girl and a boy called Tula & Tim.

Outcomes / Results

In 2011, an evaluation study of the Kindergarten plus program was conducted by a research group at the Psychological Institute of the Leuphana University of Lüneburg. 235 children from 26 kindergartens (participation in Kindergarten plus) were compared with 172 children from a control group from 13 kindergartens.

The children that participated in Kindergarten plus showed a significant increase in pro-social behaviour and emotional competences in comparison to the control group (Klinkhammer, 2013).

During the revision of the program following the evaluation, an in-depth module was developed and a focus was placed on the expanded inclusion of Kindergarten plus content in everyday kindergartens. This increases sustainable effectiveness.

Additional Information

<http://kindergartenplus.de/>

References

Klinkhammer, J. (2013). Evaluation des Präventionsprogrammes “Kindergarten plus” zur Förderung der sozialen und emotionalen Kompetenzen [Doctoralthesis, Leuphana Universität Lüneburg, Universitätsbibliothek der Leuphana Universität Lüneburg].
<https://pub-data.leuphana.de/frontdoor/index/index/docId/659>

Citation

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