

# Lubo from outer space! (Lubo aus dem All!)

## Program Overview

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



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## Program name

Lubo from outer space! (Lubo aus dem All!)

## Country of Origin

Germany

## Other Countries

Austria

## Implementation level of the program

National

## Type of Program

Evidence-based intervention

## Description

This universal preventive program was developed to foster social-cognitive information processing for the school introduction age. In the manual 34 structured meetings are available, the sessions duration is 35–40 minutes each and they are carried out three times a week over a period of approx. 12 weeks in small groups of 9-14 preschool children under the guidance of project staff by educators.

## Age Range

3-7 years

## Age Range Information

4-6

## Group Size

10-12 children

## **SEL Skills Targeted**

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

## **Sequenced Activities**

Skills targeted:

knowledge about emotions:

regulation and expression,

building a positive group feeling,

convey the value of friendship,

learn problem solving strategies,

improvement of social behaviour

The activities are embedded in a framework around the hand puppet „ extraterrestrial Lubo“. Lubo travels to the earth to learn about feeling, friendship and good relationships. He comes across social problems again and again and the children task is to help „Lubo“. Age-appropriate methods such as cooperation, games, role plays, discussion groups, picture cards, feedback system should support the learning process.

## **Active Learning**

The preventive program Lubo from Outer Space! supports positive behavior of children and facilitates the everyday life of children in kindergartens.

To support the implementation of what has been learned into the everyday life, the parents and the teachers are asked to set up rituals such as „Lubo's problem solving circle“ and „Your personal weather“ report. Additionally, the parents receive monthly information letters with tips and suggestions.

## **Outcomes / Results**

The program was evaluated in an extensive study, in order to test the effects of the program a summative assessment was conducted with a group of 225 children and pre-, post- and follow-up measurements was collected for three groups: treatment with full implementation, treatment with partial implementation and control group. The results of this comparison between the control group and the experimental group with full treatment implementation showed mean effect sizes of  $d=0.53$  (post) and  $d=0.62$  (follow-up) (Hillenbrand, et al., 2008).

## **Additional Information**

<https://www.dieinitiative.de/steckbrief-schule/lubo-aus-dem-all/>

## **References**

Hillenbrand, C., Hennemann, T., & Heckler-Schell, A. (2008): Lubo aus dem All!: Programm zur Förderung sozial-emotionaler Kompetenzen im Vorschulalter. Reinhardt.

Junker, A. K., Chan, K. W., & Massing, B. G. (1989). Clinical and immune recovery from Omenn syndrome after bone marrow transplantation. *The Journal of Pediatrics*, 114(4), 596-600.  
[https://doi.org/10.1016/s0022-3476\(89\)80702-4](https://doi.org/10.1016/s0022-3476(89)80702-4).

## 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>)