

Me and Others (“Я и другие”) Program Overview

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Program name

Me and Others (“Я и другие”)

Country of Origin

Russian Federation

Implementation level of the program

Organization

Type of Program

Non-evidence-based intervention

Description

The aim of the program "Me and others" is development of social and personal competence, to encourage the desire to take into account and respect the interests of others, the ability to cooperate and find common solutions in conflict situations, to help the child “know” the language of "emotions" as a way to express their own emotional state, to form the ability for emotional self-regulation.

Frequency: once a week

Duration: 20 – 30 minutes

Age Range

3-7 years

Age Range Information

4-6 years old

Group Size

No information

SEL Skills Targeted

Relationship skills, Self-awareness, Self-management

Sequenced Activities

The program offers various materials and active forms. The program provides implementation in three directions:

First direction (teacher - psychologist - parents);

Second direction (teacher - psychologist - teachers)

Third direction (teacher - psychologist - children)

Active Learning

Roleplay games; Art therapy; Didactic games; Practical classes; Psycho-gymnastics; Group discussions; Practical tasks

References

Конончук О.Ю. (2012) Индивидуальное психолого-педагогическое сопровождение ребенка в его социально-личностном развитии//Сборник материалов Всероссийского психологического форума «Обучение. Воспитание. Развитие – 2012». - 2012. с. 44-47

Конончук, О.Ю., (2012) Авторская программа "Я и другие". <https://urok.1sept.ru/articles/613601>

Citation

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