

# Me, you, we (Я, ты, мы)

## Program Overview

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## Program name

Me, you, we (Я, ты, мы)

## Country of Origin

Russian Federation

## Implementation level of the program

National

## Type of Program

Evidence-based intervention

## Description

There is a program and a textbook included, consisting of three main sections: "Self-confidence", "Feelings, wishes, views", "Social skills". It can be used by teachers in preschool educational institutions, and by families.

The program is part of the educational and methodological set for social and emotional development of preschool children, which includes a textbook and 7 educational albums for independent activities of children:

1. "What are you?"- for 3-4 y.o. children;
2. "What do you like?"- for 4-5 y.o. children;
3. "Happy, sad ..." - for 4-5 y.o. children;
4. "Happy, sad ..." - for 5-6 y.o. children;
5. "We are all different"- for 5-6 y.o. children;
6. "How to behave"- for 4-5 and 5-6 y.o. children;
7. "Who are your friends?"- for 5- 6 y.o. children.

These materials are recommended by the Ministry of General and Vocational Education of the Russian Federation.

The program contains two sections, which includes methodological recommendations for organizing the pedagogical process in a preschool educational institution and for working with parents. The purposes of the program are determined by the new requirements that modern Russian society with its democratic tendencies of development presents for the education of the younger generation. The program helps preschool children to become free and responsible, to have a sense of self awareness, to be able to make choices.

The first section of the program "Self-confidence" includes solving the following tasks:

Helps the children to realize their characteristics and preferences

Helps the children to communicate with different people. Their capabilities are still limited, but they are improving and evolving. Therefore, the teacher must constantly support each child in different situations - both success and failure. In other words, in any case, adults need to help the child believe in himself.

The second section of the program "Feelings, wishes, views" is designed to teach children consciously accept their own emotions - feelings and experiences - and also understand other people's emotional states. The teacher introduces the children to the language of emotions, the means of expression which are poses, facial expressions, motions; teaches them how to explain of their own feelings and how important is to understand the emotional state of the others.

The third section "Social skills" includes teaching children's ethical norms of behavior in relations with other people (communication skills; how to avoid conflict situations, etc.) Teachers help children to understand the behavior norms and rules.

The "Me, you, we" program can be applied as an independent program, but it can also be a part of the main complex, which is implemented in the preschool educational institution.

Educational-methodical complex for 3-4 y.o.:

"Self-confidence"- includes 7 topics;

"Feelings, wishes, views"- includes 4 topics;

"Social skills"- includes 3 topics

Educational-methodical complex for 4-5 y.o.:

"Self-confidence"- includes 9 topics;

"Feelings, wishes, views"- includes 11 topics;

"Social skills"- includes 9 topics

Educational-methodical complex for 5-6 y.o.:

"Self-confidence"- includes 5 topics;

"Feelings, wishes, views"- includes 9 topics;

"Social skills"- includes 10 topics

## **Age Range**

3-7 years

## **Age Range Information**

3-6 years old

## **Group Size**

No information

## **SEL Skills Targeted**

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

## **Sequenced Activities**

The implementation of the program in each preschool institution can be performed in different ways.

## Active Learning

The Educational-methodical complex is developed on the basis of the Program for social and emotional development of children in the conditions of preschool education institutions. The program includes seven albums with developmental tasks, intended for children's activities.

## Quality / Effectiveness

Currently, the only evidence of effectiveness is the reports of teachers who work with children in kindergartens.

## References

Князева, О.Л., Р.Б. Стеркина, Я, Ты, Мы, Учебно-методическое пособие по социально-эмоциональному развитию детей дошкольного возраста.—М.: Дрофа, Дик, 1999.—128 с. —(Маленький человек и большой мир).

## Citation

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