

Nino and Nina (Nino e Nina)

Program Overview

Generated: 2024-12-01 10:46:15



Author of this description

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Program name

Nino and Nina (Nino e Nina)

Country of Origin

Portugal

Other Countries

Spain

Implementation level of the program

Regional, Organization

Type of Program

Evidence-based intervention

Description

NINO E NINA is a 2-year Skills Program, which arises to respond to the difficulties expressed by Educators and Families, in dealing with the lack of discipline of children (a consequence of the lack of rules that many of them show), the little autonomy, characteristic of this age group, and in understanding and intervention in the face of the several problems (emotional and relational) that children demonstrate in their daily lives.

This program promotes the development of personal and social skills in children, aged 3-6, in line with what the investigation has been demonstrated, based on the principles of Prevention action proposed by the NIDA (National Institute of Drug Abuse) which advocates that “the Skills Promotion Programs are primordial for the healthy development of children and children”.

The program “NINO and NINA” includes in its objectives, the development of boys and girls in all their domains, through interaction with teachers and the offer of a set of activities and materials, adapted to their needs, interests, abilities and learning styles. The program aims to promote positive, safe and healthy behaviours in students so that they become autonomous people, capable of establishing good relationships.

Methods:

Initial teachers training;

delivery of material;

implementation of sessions in the classroom, by teachers;

follow-up and supervision;

continuous teacher training.

The teacher receives certified training sessions and is monitored monthly by the “Associação Prevenir” team to give them support and carry out program monitoring and evaluation.

Materials:

Guide for Educators "Pre: Skills GUIDE", divided into 4 modules: self-control, self-esteem, emotional intelligence and social skills;

Game "Nina and Nino: Deck of Feelings" (in the emotional intelligence module, there is a set of feelings cards, to work the basic emotions and the feeling of friendship);

Nino and Nina's cartoon videos with stories of the topics covered;

- "Nino and Nina: Skills Program" (workshops for Families that include a Practical Guide that complements the work done by educators).

Age Range

3-7 years

Age Range Information

- Children, aged 3-6;
- Teachers;
- Families.

SEL Skills Targeted

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

Sequenced Activities

The program includes 40 structured sessions in the form of stories, activities and games, with the support of 2D animation videos.

Active Learning

Children carry out group work on the various modules and reflect on them.

Outcomes / Results

Used the SROI methodology - social return on investment - to measure the social impact of projects and justify investments.

The effectiveness of the intervention was evaluated through a quasi-experimental design, including control and experimental groups assessed before and after the intervention. The results focus on two levels: teachers' perception and children's self-perception.

The feedback from teachers and children was very positive.

At the children's level, there was an improvement in emotional vocabulary and greater awareness of problems. The teachers mentioned that the children identified their differences and valued those of others, they can solve the problems to be talked about, with greater cohesion in the group (more empathetic, concerned and a spirit of mutual help).

There was also the participation of parents.

According to the children's perception, statistically significant differences were found, in terms of self-control, self-esteem and emotional intelligence, in relation to the control group. In terms of social skills, no statistically significant differences were found.

Strengths and Weaknesses

Strengths - Early prevention program, which intends to intervene before maladaptive and risky behaviour patterns are in place, as pre-school age is a privileged period to transmit knowledge, promote values and adaptive relationship models, which allow a solid and safe development of children's psychological adjustment.

Weaknesses - Some factors that may limit the execution of the program are related to the longitudinal character of the program (2 academic years) and some variations of the target group (children) and strategic group (educators). However, the training given to educators in the program and the possibility for educators to keep material from the program will allow mitigating these factors.

Additional Information

<https://prevenir.eu/wp-site/index.php/pt/pre/>

<https://ninoyninaonline.com/familia/>

<https://ninoyninaonline.com/nino-y-nina-programa-de-habilidades/>

<https://fb.watch/3YvHhOri1L/>

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>)