

School of Emotions (Escola das Emoções)

Program Overview

Generated: 2024-12-01 10:46:16



Author of this description

Isabel Sofia Costa, Centro Social de Soutelo

Program name

School of Emotions (Escola das Emoções)

Country of Origin

Portugal

Implementation level of the program

Regional

Organization

Type of Program

Non-evidence-based intervention

Description

This program is under development, pending validation. It is based on an emotional education intervention model in the educational context.

The project proposes to teach that we are all “emotions”, in a playful, creative and fun way, in three different educational settings (public school, private school, social intervention project). It is assumed that this methodology works independently of the social context in which the child belongs. The ultimate goal is self-knowledge and self-regulation. The program lasts for 2 years.

Method:

The facilitator of emotional development streamlines the activities in the three educational settings, being closer to children and also teachers.

The initial and final assessment of emotional skills was made using validated scales for the Portuguese population.

Age Range

3-7 years

Age Range Information

3-12 years old

SEL Skills Targeted

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

Sequenced Activities

Skills targeted:

Adaptability

Self-regulation

Communication

Creative thinking

Resilience

Problem-solving

This program follows four steps:

to know the behavior, through the knowledge of our body and our physiological reactions, using neurophysiological techniques, of the knowledge and control of the body;

to know the emotions (fear, anger, sadness and joy) and the distinction between emotions and feelings;

understand when our body feels, acts or reacts to certain stimuli, seeking to clarify the reason for such events;

learn to manage emotions and perceive them to be adjusted to social situations.

Active Learning

This programme includes artistic expression activities, constructive feedback, individual positive reinforcement, and group discussion/reflection.

Quality / Effectiveness

The effectiveness of the intervention will be assessed using an experimental design, including control and experimental groups evaluated before and after the intervention.

Preliminary results (after one year of intervention):

greater communication between peers;

less aggression;

greater self-knowledge (identification and expression of emotions).

Additional Information

<https://www.escoladasemoco.es.pt/academias-gulbenkian-do-conhecimento.html>

<https://gulbenkian.pt/academias/projects/escola-das-emoco.es/>

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>)