



SELF KIT

Program Overview

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Program name

SELF KIT

Country of Origin

Romania

Implementation level of the program

National

Type of Program

Evidence-based intervention

Description

Designed by a team of cognitive- behavioral psychologists, pedagogues, and teachers with practical experience in school and kindergarten, the program takes into consideration the following outlines: "(1) respects the ontogenetic stages of development, (2) is based on the psychological development characteristics of children, (3) follows the structure of the Romanian educational curriculum, (4) reflects the specificity of Romanian culture" (Opre, 2011).

Age Range

3-7 years

Age Range Information

4-6

SEL Skills Targeted

Sequenced Activities

The debate of irrational beliefs of the character in the story is represented by therapeutic activity. The main goal is to replace children's "unhealthy thoughts" with good ones, by let the children re-live the negative experience and identify the link between cognition and emotion (the activities are: role-playing, specially designed games, conversation or debate).

Active Learning

The story can be considered as a therapy/counselling session, where the main character is correlated with a specific situation that causes the activation of her/his irrational beliefs. To describe the emotional and behavioural dysfunctional consequences they use words and story images as well, the latter is a crucial element in pre-school education. Then, the therapist/counsellor do the cognitive change – he explains to the child how to think rationally, which rational thoughts the child needs in order to change her/his way of behaving and feeling.

Outcomes / Results

The target of this program are children ages 4-6, and the main aim is to develop their socio-emotional skills. It resulted that “the group that worked with SELF Kit program and had a teacher with REE expertise proved to be more efficient in improving social, emotional ($F=4.16$, $p .05$) and behavioral skills of children ($F=5.14$, $p.05$), compare to all the other groups” (Opre et al., 2011).

Additional Information

<https://selfkit.ro/>

References

Opre, A., Buzgar, R., Ghimbulut, O., & Calbaza-Ormenisan, M. (2011). Self kit program: Strategies for Improving Children' Socio-Emotional Competencies. *Procedia – Social and Behavioral Sciences*, 29, 678-683. <https://doi.org/10.1016/j.sbspro.2011.11.292>

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