

Topper Training (Kanjertaining)

Program Overview

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Program name

Topper Training (Kanjertraining)

Country of Origin

Netherlands

Implementation level of the program

National

Type of Program

Non-evidence based

Description

T.I.G.E.R is a preventive intervention program implemented in primary and secondary schools to stimulate social interaction, well-being and a positive climate in the classroom

Age Range

3-7 years

Age Range Information

4 – 16 years

Group Size

Class groups

SEL Skills Targeted

Social awareness

Sequenced Activities

The program targets social awareness: to stimulate authentic and respectful social behavior and well-being.

In each age group, approximately 10 lessons of one and a half hours are given every other week.

A lesson always ends with a physical exercise to increase trust in the group. In each lesson, exercises of former lessons are repeated.

Themes of the lessons are, in order:

1. presenting oneself
2. giving compliments
3. feelings
4. conflict situations
5. showing interest
6. trust
7. critics
8. friendship
9. is it ok that you exist?
10. the diploma ceremony

The caps and the principles are easy to use in daily situations, so that generalization is straightforward.

Active Learning

Each lesson starts with the interactive reading of a story, followed by role plays (with four caps) and the practice of social skills. Thereafter, social dilemmas are discussed in a Socratic way.

Five principles hang in front of the classroom on a poster and are behavioral guidelines that are discussed each lesson.

Quality / Effectiveness

Four research studies have been conducted, three had a quasi-experimental design and one study followed a randomized control trial with a half year follow-up. Following these studies, the NYI gives the Toppertraining program the label "probable effective".

Additional Information

<https://kanjertraining.nl/>

<https://www.nji.nl/interventies/kanjertraining>

References

Vliek, L., & Orobio de Castro, B. (2010). Stimulating positive social interaction: What can we learn from TIGER (kanjertraining)? In B. Doll, W. Pfohl, & J.S. Yoon, (Eds.), Handbook of youth prevention science (pp. 288 – 308). Routledge, Taylor & Francis Group.

Vliek, L. (2015). Effects of Kanjertraining (Topper Training) on Emotional Problems, Behavioural Problems and Classroom Climate [Doctoral Dissertation, Utrecht University]. Digitale Klerken. https://www.kanjertraining.nl/wp-content/uploads/2015/08/effects_of_eanjertraining_dissertation-1.pdf

Citation

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