



Zippy's Friends

Program Overview

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Author of this description

Amila Mujezinovic, University of Tuzla

Alma Dizdarevic, University of Tuzla

Program name

Zippy's Friends

Country of Origin

United Kingdom

Implementation level of the program

Regional

Type of Program

Evidence-based intervention

Description

Zippy's Friends is a skills promotion program that uses free-standing lessons to promote social and emotional learning for students in kindergarten through second

grade. The program includes 24 lessons in total and is designed to be implemented for 45-60 minutes weekly or broken up into two shorter sessions.

Six modules of the program include:

Feelings

Communication

Friendship

Conflict

Change and Loss

Moving forward

These modules and activities are most related to self management,, self-awareness and relationship skills.

Age Range

0-3 years, 3-7 years

Age Range Information

kindergarten children till second grade

SEL Skills Targeted

Relationship skills, Self-awareness, Self-management

Sequenced Activities

No information

Active Learning

No information

Outcomes / Results

The intended long-term outcomes are improved mental health and social and emotional resilience.

Holen et al. (2012) results supported the effectiveness of Zippy's Friends for elementary school students. This evaluation included 1,271 Norwegian students in 35 schools who were in 2nd grade. This evaluation found that students who participated in the program demonstrated reduced oppositional coping strategies (student self-reported), higher active coping strategies (parent rated), and a reduced impact of mental health difficulties (teacher rated) compared to students in the control group (outcomes reported approximately 24 weeks after pretest), while controlling for baseline differences.

Sloan et al. (2018) study involved random assignment of schools to an Intervention group (Zippy's Friends) and a control group (treatment as usual). Results present a significant positive impact on a child's outcome.

Additional Information

<https://www.partnershipforchildren.org.uk/>

<https://guidebook.eif.org.uk/programme/zippys-friends>

<https://educationendowmentfoundation.org.uk/projectsandevaluation/projects/zippys-friends/>

References

Holen, S., Waaktaar, T., Lervag, A., & Ystgaard, M. (2012). The Effectiveness of a Universal School-Based Programme on Coping and Mental Health: A Randomised, Controlled Study of Zippy' Friends. *Educational Psychology*, 32(5), 657–677.

Sloan, S., Gildea, A., Miller, S., & Thurston, A. (2018). Zippy's Friends Evaluation report and executive summary.

Citation

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