

By your hand (Con la tua mano)

Program Overview

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Program name

By your hand (Con la tua mano)

Country of Origin

Italy

Implementation level of the program

Regional

Type of Program

Evidence based

Description

By Your Hand is a SEL program that aims to develop young children's social and emotional competence. The program has two versions developed for two age groups: Timmy's Trip Kindergarten Program for children aged 3 to 5 years and Matteo's Adventure School Program for children aged 6 to 10 years.

The program wants to support children in:

- 1) recognizing and managing emotions
- 2) developing communication and cooperation skills,
- 3) building and maintaining friendships,
- 4) caring for others.

(Cavioni & Zanetti, 2015)

Age Range

3-7 years

Age Range Information

3 – 5 years; 6 – 10 years

Group Size

unknown

SEL Skills Targeted

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

Sequenced Activities

Cavioni and Zanetti (2015) describe the set-up of the programme as follows:

The programme is organized as a 10-week programme. Every week one session of 1 hour is organized and is integrated in the school curriculum.

In the first stage the sessions focus on:

the recognition of emotional cues: facial expressions, posture, gestures, physiological arousal

the understanding of basic emotion: joy, sadness, fear and anger

the enrichment of emotional vocabulary through the use of handouts, illustration cards and handcraft activities.

The following sessions are meant to strengthen social skills and prosocial behaviour through the use of stories, puppets, and video clips.

In addition to the school activities, there is also “home-work” activities in order to give the opportunity to apply the social-emotional skills in various contexts.

Active Learning

The program includes interactive games and role-plays to develop new ways of emotional regulation and management of negative emotions.

Outcomes / Results

The programme was implemented in kindergarten and primary school in north Italy. Cavioni and Zanetti (2015) conducted a quasi-experimental study. The researchers concluded that the programme had a positive impact on the social and emotional competence of children over time. There were indications of enhanced emotional competence and reduced behaviour problems. (Cefai et al., 2018).

Strengths and Weaknesses

Not known

Additional Information

<https://apprendimentosocioemotivo.myblog.it/con-la-tua-mano/>

References

Cavioni, V., & Zanetti, M. A. (2015). Social-Emotional Learning and Students' Transition from Kindergarten to Primary School in Italy. In Askill-Williams, H. (Ed.), *Transforming the Future of Learning with Educational Research* (pp. 241-258). IGI Global.
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Cefai, C., Bartolo P. A., Cavioni. V., & Downes, P. (2018). *Strengthening Social and Emotional Education as a core curricular area across the EU: A review of the international evidence*. Publications Office of the European Union.
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Citation

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