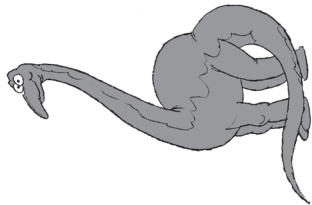



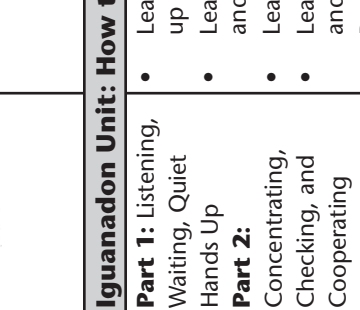


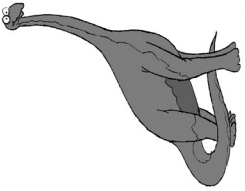


**Table 1: Content and Objectives of the Incredible Years Child Training Programs (aka Dina Dinosaur Social Emotional Skills and Problem-Solving Curriculum) for ages 4-8**

Content	Objectives	Content	Objectives
<b>Triceratops Unit: Understanding and Detecting Feelings</b>			
	<ul style="list-style-type: none"> <li>Understanding the importance of rules.</li> <li>Participating in the process of rule making.</li> <li>Understanding what will happen if rules are broken.</li> <li>Learning how to earn rewards for good behaviors.</li> <li>Learning to build friendships.</li> </ul>	<p><b>Part 1:</b> Wally Teaches Clues to Detecting Feelings</p> <p><b>Part 2:</b> Wally Teaches Clues to Understanding Feelings</p> 	<ul style="list-style-type: none"> <li>Learning words for different feelings.</li> <li>Learning how to tell how someone is feeling from verbal and nonverbal expressions.</li> <li>Increasing awareness of nonverbal facial communication used to portray feelings.</li> <li>Learning different ways to relax.</li> <li>Understanding why different feelings occur.</li> <li>Understanding feelings from different perspectives.</li> <li>Practicing talking about feelings.</li> </ul>
<b>Iguanodon Unit: How to be Successful in School</b>			
<p><b>Part 1:</b> Listening, Waiting, Quiet Hands Up</p> <p><b>Part 2:</b> Concentrating, Checking, and Cooperating</p> 	<ul style="list-style-type: none"> <li>Learning how to listen, wait, avoid interruptions, and put up a quiet hand to ask questions in class.</li> <li>Learning how to handle other children who poke fun and interfere with the child's ability to work at school.</li> <li>Learning how to stop, think, and check work first.</li> <li>Learning the importance of cooperation with the teacher and other children.</li> <li>Practicing concentrating and good classroom skills.</li> </ul>	<p><b>Part 1:</b> Identifying Problems and Solutions</p> <p><b>Part 2:</b> Finding More Solutions</p> <p><b>Part 3:</b> Thinking of Consequences</p> 	<ul style="list-style-type: none"> <li>Learning how to identify a problem.</li> <li>Thinking of solutions to hypothetical problems.</li> <li>Learning verbal assertive skills.</li> <li>Learning how to inhibit impulsive reactions.</li> <li>Understanding what apology means.</li> <li>Thinking of alternative solutions to problem situations such as being teased and hit.</li> <li>Learning to understand that solutions have different consequences.</li> <li>Learning how to critically evaluate solutions – one's own and others.</li> </ul>
			

**Table 1: Content and Objectives of the Incredible Years Child Training Programs (aka Dina Dinosaur Social Emotional Skills and Problem-Solving Curriculum) for ages 4-8**

Content	Objectives	Content	Objectives
<b>Allosaurus Unit: Molly Manners Teaches How to be Friendly</b>			
<p><b>Part 4:</b> Detective Wally Teaches How to Control Anger</p> <p><b>Part 5:</b> Problem Solving Step 7 and Review</p> 	<ul style="list-style-type: none"> <li>• Recognizing that anger can interfere with good problem solving.</li> <li>• Understanding Tiny Turtle’s story about managing anger and getting help.</li> <li>• Understanding when apologies are helpful.</li> <li>• Recognizing anger in themselves and others.</li> <li>• Understanding anger is okay to feel “inside” but not to act out by hitting or hurting someone else.</li> <li>• Learning how to control anger reactions.</li> <li>• Understanding that things that happen to them are not necessarily hostile or deliberate attempts to hurt them.</li> <li>• Practicing alternative responses to being teased, bullied, or yelled at by an angry adult.</li> <li>• Learning skills to cope with another person’s anger.</li> </ul>	<p><b>Part 1:</b> Helping</p> <p><b>Part 2:</b> Sharing</p> <p><b>Part 3:</b> Teamwork and School</p> <p><b>Part 4:</b> Teamwork at Home</p> 	<ul style="list-style-type: none"> <li>• Learning what friendship means and how to be friendly.</li> <li>• Understanding ways to help others.</li> <li>• Learning the concept of sharing and the relationship between sharing and helping.</li> <li>• Learning what teamwork means.</li> <li>• Understanding the benefits of sharing, helping and teamwork.</li> <li>• Practicing friendship skills.</li> </ul>
<b>Brachiosaurus Unit: Molly Explains How to Talk With Friends</b>			
<p><b>Part 1:</b> Tell, Listen, Ask</p> <p><b>Part 2:</b> Tell, Listen, Ask</p> 	<ul style="list-style-type: none"> <li>• Learning how to ask questions and tell something to a friend.</li> <li>• Learning how to listen carefully to what a friend is saying.</li> <li>• Understanding why it is important to speak up about something that is bothering you.</li> <li>• Understanding how and when to give an apology or compliment.</li> <li>• Learning how to enter into a group of children who are already playing.</li> <li>• Learning how to make a suggestion rather than give commands.</li> <li>• Practicing friendship skills.</li> </ul>		

