

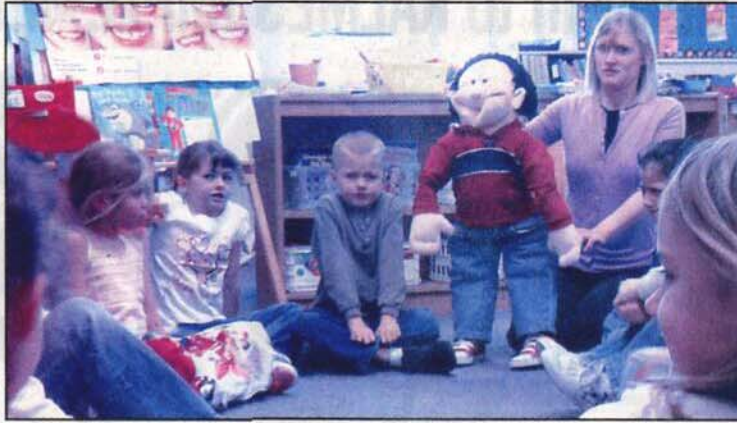
Wally from The Incredible Years Program visits with PEM first graders

By Kim Lock
Plainview News Editor

PEM first grade teachers are using The Incredible Years Program now in their classrooms. After completing the training sessions they are using puppets and materials to implement the validated curriculum.

Unique to this theme based program are the teaching puppets used to promote and provide an interactive learning environment. The children readily identify with the puppets and accept them as members of the class.

The teachers bring puppets like Wally into the classrooms about twice a week to teach 15 minute lessons. The goal is to promote children's use of self-control



In Mrs. Klavetter's class, Wally asks the kids how your body feels and looks when it's tense.

strategies such as effective problem solving steps.

On Thursday, February 12th in Mrs. Klavetter's and Mrs.

Hahler's classrooms the lesson Wally conveyed was dealing with bullying, decreasing children's negative cognition attributions and

conflict management approaches.

Wally spoke to the kids of a situation where kids were mean to him and his reaction was to tense up and be mad. Wally asked the kids to let out three deep breaths and let their body relax, feeling like a wet noodle. Wally then asked the kids to go to a happy place.

Wally shared his happy place with the class and told them to close their eyes relax and feel like you are laying on a floating cloud.

Wally had shared three secrets with the kids, when you feel angry; take three deep breaths, relax your body and mind, and go to a happy place.

Wally, continued on page 3

Wally, continued from page 1

After Wally was done with his lesson the kids returned to their seats to draw a picture in their journal of their own happy place.

The Incredible Years Program is

a research based comprehensive training program that focuses on building positive social skills, problem-solving, anger management, reading, writing, and communication skills in elementary students.



Mrs. Hahler's class pose with Wally after his lesson.

* PLAINVIEW NEWS - Thursday, February 19, 2009 *