

## Incredible Years



## Objectives

**Table 7:**  
**Content and Objectives of the Incredible Years Child Training Programs (a.k.a. Dina Dinosaur Social Skills and Problem-Solving Curriculum) (Ages 4-8)**

Content	Objectives	Content	Objectives
<b>Program One: Making Friends and Learning School Rules</b>		<b>Program Two: Understanding and Detecting Feelings</b>	
Introduction to Dinosaur School	<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>Program Three: Detective Wally Teaches Problem Solving Steps</b>			
Part 1: Identifying Problems and Solutions	<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> </ul>	<p><b>Part 4:</b>                      Detective Wally Teaches How to Control Anger</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> </ul>
<b>Part 2:</b> Finding More Solutions	<ul style="list-style-type: none"> <li>• Learning how to inhibit impulsive reactions.</li> <li>• Understanding what apology means.</li> </ul>	<p><b>Part 5:</b>                      Problem Solving Step 7 and Review</p>	<ul style="list-style-type: none"> <li>• Understanding when apologies are helpful.</li> <li>• Recognizing anger in themselves and others.</li> </ul>
Part 3: Thinking of Consequences	<ul style="list-style-type: none"> <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>		<ul style="list-style-type: none"> <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>

**Program Four: Molly Manners Teaches How to be Friendly****Program Five: Molly Explains How to Talk With Friends****Part 1:**  
Helping

- Learning what friendship means and how to friendly.

**Part 2:**  
Sharing

- Understanding ways to help others.
- Learning the concept of sharing and the relationship between sharing and helping.

**Part 3:**  
Teamwork at  
School

- Learning what teamwork means.
- Understanding the benefits of sharing, helping and teamwork.

**Part 4:**  
Teamwork at  
Home

- Practicing friendship skills.

- Learning how to ask questions and tell something to a friend.
- Learning how to listen carefully to what a friend is saying.
- Understanding why it is important to speak up about something that is bothering you.
- Understanding how and when to give an apology or compliment.
- Learning how to enter into a group of children who are already playing.
- Learning how to make a suggestion rather than give commands.
- Practicing friendship skills.

**Program Six: Dina Dinosaur Teaches How to Do Your Best in School****Part 1:**  
Listening, Waiting,  
Quiet Hands Up

- Learning how to listen, wait, avoid interruptions, and put up a quiet hand to ask questions in class.

**Part 2:**  
Concentrating,  
Checking, and  
Cooperating

- Learning how to handle other children who poke fun and interfere with the child's ability to work at school.
- Learning how to stop, think, and check work first.
- Learning the importance of cooperation with the teacher and other children.
- Practicing concentrating and good classroom skills.