

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

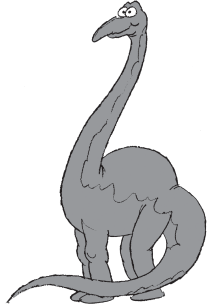
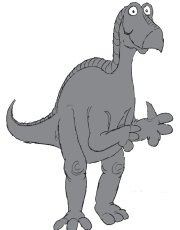




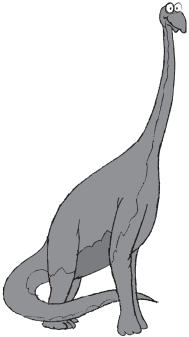
Content	Objectives	Content	Objectives
1. Apatasaurus Unit: Making Friends and Learning School Rules		2. Iguanodon Unit: Dina Teaches How to Do Your Best in School	
	<ul style="list-style-type: none"> • Understanding the importance of rules. • Participating in the process of rule making. • Understanding what will happen if rules are broken. • Learning how to earn rewards for good behaviors. • Learning to build friendships. 	<p>Part 1: Listening, Waiting, Quiet Hands Up Part 2: Concentrating, Checking, and Cooperating</p> 	<ul style="list-style-type: none"> • Learning how to listen, wait, avoid interruptions, and put up a quiet hand to ask questions in class. • 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.
3. Triceratops Unit: Understanding and Detecting Feelings		4. Stegosaurus Unit: Wally Teaches Problem Solving Steps	
<p>Part 1: Wally Teaches Clues to Detecting Feelings Part 2: Wally Teaches Clues to Understanding Feelings</p> 	<ul style="list-style-type: none"> • Learning words for different feelings. • Learning how to tell how someone is feeling from verbal and nonverbal expressions. • Increasing awareness of nonverbal facial communication used to portray feelings. • Learning different ways to relax. • Understanding why different feelings occur. • Understanding feelings from different perspectives. • Practicing talking about feelings. 	<p>Part 1: Identifying Problems and Solutions Part 2: Finding More Solutions Part 3: Thinking of Consequences</p> 	<ul style="list-style-type: none"> • Learning how to identify a problem. • Thinking of solutions to hypothetical problems. • Learning verbal assertive skills. • Learning how to inhibit impulsive reactions. • Understanding what apology means. • Thinking of alternative solutions to problem situations such as being teased and hit. • Learning to understand that solutions have different consequences. • Learning how to critically evaluate solutions – one’s own and others.



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5. Tyrannosaurus Rex Unit: Anger Management		6. Allosaurus Unit: Molly Manners Teaches How to be Friendly	
<p>Part 4: Detective Wally Teaches How to Control Anger Part 5: Problem Solving Step 7 and Review</p> 	<ul style="list-style-type: none"> Recognizing that anger can interfere with good problem solving. Understanding Tiny Turtle’s story about managing anger and getting help. Understanding when apologies are helpful. Recognizing anger in themselves and others. Understanding anger is okay to feel “inside” but not to act out by hitting or hurting someone else. Learning how to control anger reactions. Understanding that things that happen to them are not necessarily hostile or deliberate attempts to hurt them. Practicing alternative responses to being teased, bullied, or yelled at by an angry adult. Learning skills to cope with another person’s anger. 	<p>Part 1: Helping Part 2: Sharing Part 3: Teamwork and School Part 4: Teamwork at Home</p> 	<ul style="list-style-type: none"> Learning what friendship means and how to be friendly. Understanding ways to help others. Learning the concept of sharing and the relationship between sharing and helping. Learning what teamwork means. Understanding the benefits of sharing, helping and teamwork. Practicing friendship skills.
7. Brachiosaurus Unit: Molly Explains How to Talk With Friends			
	<ul style="list-style-type: none"> 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. 		

