

***Incredible Years® Small Group Dina Tele-Session Training
Pre-Training Self-Study***

Participants must have Child Small Group leader manual, DVDs or USB and *Incredible Teachers* book to participate.

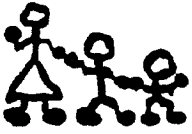


To Read:

- Read chapters 2 & 3 in book *Incredible Teachers: Nurturing Children's Social, Emotional, and Academic Competence*, by Carolyn Webster-Stratton, Ph.D.
- Read Webster-Stratton, C., & Bywater, T. (2019). *The Incredible Years® series: An internationally evidenced multi-modal approach to enhancing child outcomes*. In B. Fiese, M. Whisman, M. Celano, K. Deater-Deckard, and E. Jouriles (Eds.), *APA Handbook of Contemporary Family Psychology*.
<http://www.incredibleyears.com/wp-content/uploads/IY-Series-Internationally-Evidenced.pdf>

To Study:

- **Website Pre-Workshop Self Study Page:** please go to this page and access the following materials.
<http://www.incredibleyears.com/workshop-info/pre-training-self-study/>
 1. Watch child program preview video (look in program preview tab)
 2. Child Powerpoint (Incredible Years® presentations tab)
 3. Explore other material on this page (logic models, sample videos, fact sheets)



***Incredible Years® Small Group Dina Tele-Session Training
Session One Assignment***



To Read:

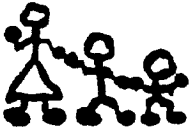
- Read chapters 4, 5 & 6 (Coaching, Praise, and Incentives) in book *Incredible Teachers: Nurturing Children's Social, Emotional, and Academic Competence*, by Carolyn Webster-Stratton, Ph.D.

To Practice:

- Practice using your puppet (with a child, family member, pet, or in a mirror). Find a voice, be silly, have fun. Think of your puppet's family story and have the puppet share details about likes/dislikes, favorite activities, things that are hard or easy for puppet to do.

To Study:

- Read/Review Part 2: Some Practical Matters in your Leader's Manual
- Review Session One: New Friends and School Rules in your Leader's Manual and watch some vignettes
- Review Sessions Two and Three: How to Be Successful In School in your Leader's Manual and watch some vignettes



***Incredible Years® Small Group Dina Tele-Session Training
Session Two Assignment***



To Read:

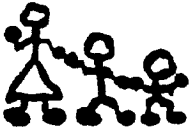
- Read chapters 10 & 11 (Behavior Planning and Emotions) in book *Incredible Teachers: Nurturing Children's Social, Emotional, and Academic Competence*, by Carolyn Webster-Stratton, Ph.D.

To Practice:

- Practice leading a circle time from the Doing Your Best In School Unit (Sessions 2 or 3). Use a puppet to introduce a concept from the unit (raising quiet hand, listening, concentrating). Find and use the corresponding cue card. Show 2-3 vignettes that illustrate the concept. Practice setting up role plays so that children can practice concepts. If possible, practice with children. Otherwise use other family members, pets, or a mirror!

To Study:

- Review Sessions Two and Three: Feelings in your Leader's Manual and watch some vignettes



Incredible Years® Small Group Dina Tele-Session Training
Session Three Assignment



To Read:

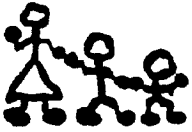
- Read chapters 7 & 12 (Ignoring and Problem Solving) in book *Incredible Teachers: Nurturing Children's Social, Emotional, and Academic Competence*, by Carolyn Webster-Stratton, Ph.D.

To Practice:

- Practice leading a circle time from the Understanding Feelings Unit (Sessions 4 or 5). Use a puppet to introduce the tense/relax concepts or teach about Happy Thoughts). Find and use the corresponding cue cards. Show 2-3 feelings vignettes. If possible, practice with children. Otherwise use other family members, pets, or a mirror!

To Study:

- Review Sessions Six - Eight: Problem Solving in your Leader's Manual and watch some vignettes



***Incredible Years® Small Group Dina Tele-Session Training
Session Four Assignment***



To Read:

- Read chapters 8, 9, & 13 (Consequences, Time Out and Friendship Skills) in book *Incredible Teachers: Nurturing Children's Social, Emotional, and Academic Competence*, by Carolyn Webster-Stratton, Ph.D.

To Practice:

- Practice leading a circle time from the Problem Solving Unit. (Sessions 6-8). Use a puppet to introduce a problem, discuss a solution, using cue cards, and setup a role play practice. If possible, practice with children. Otherwise use other family members, pets, or a mirror!

To Study:

- Review Sessions Nine - Eleven: Anger Management in your Leader's Manual