



Executive function skills are the foundation for self-regulation and social-emotional competence. Brain Builder games taught throughout the program focus on developing these skills by teaching children to pay attention, use memory, and control behavior.

Skills Taught in Unit

Weekly Themes

UNIT 1
Skills for Learning

- Listening
- Focusing attention
- Using self-talk
- Being assertive

- Week 1: Welcoming
- Week 2: Listening
- Week 3: Focusing Attention
- Week 4: Self-Talk
- Week 5: Following Directions
- Week 6: Asking for What you Need or Want

UNIT 2
Empathy

- Identifying one’s own and others’ feelings
- Taking others’ perspectives
- Showing care and concern for others

- Week 7: Identifying Feelings (Happy, Sad)
- Week 8: More Feelings (Surprised, Scared)
- Week 9: Identifying Anger
- Week 10: Same or Different Feelings
- Week 11: Accidents
- Week 12: Caring and Helping

UNIT 3
Emotion Management

- Understanding strong feelings
- Identifying one’s own strong feelings
- Calming down strong feelings

- Week 13: We Feel Feelings in Our Bodies (Worried)
- Week 14: Strong Feelings (Frustrated)
- Week 15: Naming Feelings
- Week 16: Managing Disappointment
- Week 17: Managing Anger
- Week 18: Managing Waiting

UNIT 4
Friendship Skills and Problem Solving

- Making and keeping friends
- Calming down and using problem-solving steps

- Week 19: Fair Ways to Play
- Week 20: Having Fun with Friends
- Week 21: Inviting to Play
- Week 22: Joining In with Play
- Week 23: Saying the Problem
- Week 24: Thinking of Solutions
- Week 25: Speaking Assertively

UNIT 5
Transitioning to Kindergarten

- Reviewing program skills and concepts
- Thinking about how program skills will help in kindergarten

- Week 26: Learning in Kindergarten
- Week 27: Riding the Kindergarten Bus
- Week 28: Making New Friends in Kindergarten