



# The **S**ocial-emotional **S**kills for **T**hriving and **R**elating at **S**chool Program

## What is the SSTRS Program?

The SSTRS Program is a school-readiness intervention developed at the Oregon Social Learning Center. The program is based on the curricula from the evidence-based Kids In Transition to School (KITS) Program. SSTRS is designed to strengthen children's social-emotional skills at the beginning of kindergarten via a two-generational program.

### For Students

Once school begins, the curriculum is delivered by the kindergarten teachers during their regular school day.

- ★ 40 lessons
- ★ 25 minutes each
- ★ 5 days a week for 8 weeks

The SSTRS curriculum uses direct instruction, role plays, and practice to teach social-emotional skills such as:

- ★ Self-regulation (e.g., sitting still during instruction and raising hands)
- ★ Social skills (e.g., sharing, making friends, joining a game and being a good sport, cooperation, and problem solving)
- ★ Emotion knowledge (e.g., recognizing feelings, handling big feelings in helpful ways)

### For Parents

Workshops for parents and caregivers.

- ★ 8 sessions
- ★ 90 minutes each
- ★ Virtually or in-person options

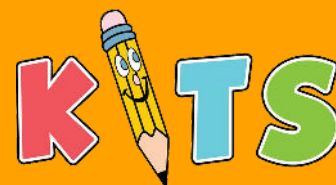
The SSTRS Parent Group Manual covers topics such as:

- ★ Ways to increase children's learning at home
- ★ Preparing children for the transition to school by establishing routines
- ★ How to initiate home/school communication and school involvement for caregivers
- ★ Strategies to encourage children's positive behaviors at home and school

#### For more info, contact:

**Dr. Katherine Pears**  
Program Director  
(katherinep@oslc.org)  
541-485-2711

**Deena Scheidt**  
Program Coordinator  
(deenas@oslc.org)  
541-485-2711



[KidsInTransitiontoSchool.org](https://www.KidsInTransitiontoSchool.org)