

The Research Behind



Wunder

Products



To create the Q Wunder curriculum and program, we have taken over 40 years of widely-accepted research/methods for practicing social and emotional skills and distilled them down to make them simple, accessible and fun for parents and teachers. We are not making any claims or producing any new research. All of our work aligns with CASEL standards. (<https://casel.org/core-competencies/>)

We have several expert reviews and many awards, but based on existing research, read ahead for examples of the methods we practice with our products and content.

Q Wunder

by EQtainment



1. Practicing social and emotional skills by watching educational content

- A Journal of Children and Media study showed that preschoolers watched 10 episodes of either Daniel Tiger's Neighborhood or a nature show over a two-week period. Children who watched Daniel Tiger's Neighborhood exhibited higher levels of empathy, self-efficacy (basically, confidence in oneself in social situations), and the ability to recognize emotions than those who watched the nature show (Source).
- As his study indicates, parental participation is effective in the learning process, and we are complementing our programming with a parent portal as well as our board game, allowing parents to participate.



2. Learning concepts through movement:

- According to research out of Harvard (Source), children moving to specific rhythms and words contribute to inhibitory control and working memory. It is important that these songs and games become increasingly complex to interest and challenge children as they develop more self-regulation skills.
- As presented in our board game and on the show, physical challenges help kids focus attention, monitor and adjust their actions, and persist to achieve a goal.



3. Teaching through repetition and message saturation to build social and emotional skills:

- Marc Brackett, Ph.D., Director of the Yale Center for Emotional Intelligence, Senior Research Scientist in Psychology, and Faculty Fellow in the Edward Zigler Center in Child Development and Social Policy at Yale University found that message saturation helped the social and emotional principles taught in his RULER program stick with the kids. Dr. Brackett is an author on over 100 scholarly publications which focus on (1) the role of emotions in learning, decision making, relationship quality, and mental health, (2) the measurement of emotional intelligence, and (3) experiments to demonstrate how emotional intelligence training improves people's lives. Dr. Brackett is the developer of RULER—a CASEL SElect social and emotional learning program that has reached nearly 1 million students from kindergarten to high school as well as school leaders, teachers, staff, and families. RULER has been shown to boost academic performance, decrease school problems, enrich classroom climates, and enhance teacher instructional practices (Source).



4. Practicing empathy through facial expressions:

- Experiments show that simply “going through the motions” of making a facial expression can change our brain activity and make us experience the associated emotion (Jean Decety and Philip L. Jackson 2004 Jean Decety and Philip L. Jackson 2004, Source).



5. Practicing patience using the method of distraction:

- **Stanford Marshmallow experiment** showed that distraction was an effective technique for delaying gratification and exhibiting patience. We teach distraction when waiting with music and games (Source).



6. Practicing self control with games and exercises:

- Researchers measured the self-regulation skills of 65 preschool children, and then randomly assigned half of them to participate in a series of game sessions, such as "Red Light, Green Light" (Tominey and McClelland 2009 and Tominey & McClelland (2011) in Early Education and Development (Volume 22, Issue 3) Preschoolers who started with low self-regulation scores (below the 50th percentile) had gotten better after 8 weeks (Source).



7. Emotion coaching:

- Kids benefit when parents talk to them about their feelings, show empathy, and discuss constructive ways to cope.
- Researchers call this “emotion coaching,” and it’s associated with better child outcomes. For instance, in one recent study, adolescents who had been coached by their mothers showed a pattern of decreasing behavior problems over time (Shortt et al 2010, Source).



8. Encouraging kids to practice planning when a situation arises:

- Merely reminding people to plan ahead can improve their performance on certain puzzle-like tasks. In experiments on kids (Lidstone et al 2010, Source) and adults (Unterrainer et al 2006, Source), people didn't always plan ahead when they tackled a problem. But they changed their approach and often had more success after they were explicitly instructed to think before taking action.