

ART in kindergarten - Larvik

- Use ART to prevent problem behaviour.
- 27 kindergartens
- 32 groups – completed ART program
- About 100 ART trainers in kindergartens
- H. Kyrrestad and T. Sæstad did a Masterthesis in Psychology spring 2007. Seven kindergartens participated in the evaluation and the results indicated that the use of ART in kindergartens has intended positive effect.

”Spreadingeffect”

- ART in the whole kindergarten
 - Rolemodells
 - Reinforcement
 - ART- environment
 - Social skills and some moral reasoning with all the children in the kindergarten
 - Focusing positiv behaviour.

ART influences the personnel

- **Humour**
- **Positiv feedback**
- **More compliments**
- **Positive focus**
- **Change of attitude**
- **”Angermanagement”**

Parents statements:

- We use "kjærlighetsrunden" ("circle of love") everyday at dinner 😊
- Why can't my child participate in ART?
- When are you going to start ART for the parents?
- The parents experienced ART as a useful method at home.
- ART- a good method to guide and cooperate with parents.

Childrens statements:

- **”Mum, do we have rules at home as well?”**
- **”You dont accept no as an answer !”**
- **”I feel secure in the ART group because the rules tells me how to behave.”**

ART- trainers statements:

- "I have got more self-confidence
- Personal development.
- I use ART in my everyday life.
- Its fun! – We have got a structured and concrete method to use in the kindergarten.
- I have been influenced by ART, and are braver in different situations!"