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# Basic Training Guideline

Manager, Program Organizer, Program Assistant and Para Counselor

BRAC Humanitarian Play Lab Model  
Center Based

3-5 years

play to learn ■

# Basic Training Guideline

## **Publication**

BRAC Institute of Educational Development (BRAC IED)  
House 113/A, Road 2, Block A, Niketon, Gulshan 1  
Dhaka 1212, Bangladesh  
Telephone : +880-2-8812791, +880-2-8828064  
Email : bu-bied@brac.net  
Web : www.biedbracu.ac.bd

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## **Planning & Development**

Wasima Parvin  
Fozilatun Nahar  
Sabina Yesmin  
Melissa Anannya Chumbugong  
Sajia Salam  
Nabila Islam  
Nishat Tasnim Promi  
Mashuda Nazia Lira  
Nazneen Imam

## **Editing**

.....

## **Consultant**

.....

## **Cover & Computer Graphics**

.....

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# Preface

Play-based activities for the holistic development of 3-5 year old children of Rohingya community, will be conducted from Rohingya community centers through the BRAC Humanitarian Play Lab. This unique play-based curriculum and training guideline have been to foster the early years' development of children who live in adverse environments and went through many upheavals for a significant period of time, nurturing their psychosocial, emotional, physical, cognitive and pre-learning development.

This basic training guideline is an important tool for the successful supervision and management of the BRAC Humanitarian Play Lab program for Rohingya children aged 3 to 5 years. The training guideline is divided into 5 days. To conduct different sessions of the training, necessary information, materials and methods have been described serially in the basic training guidelines.

Skilled Manager, Program Organizer, Program Assistant and Para Counselor are required to provide support in the administration and management of activities in the BRAC Humanitarian Play Labs for children aged 3-5 years. In this case, this basic training guideline will have an important contribution to developing and changing the knowledge, perspective, skills and attitudes of Manager, Program Organizer, Program Assistant and Para Counselor in charge of the BRAC Humanitarian Play Lab.

The training guideline will be revised and revisited, keeping in mind the wellbeing of children in emergency settings, the experiences of the Rohingya community, the immediate requirements of the people and assessment of the current situation. Everyone is requested to provide valuable feedback on the next version of the guideline.

# Content

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<b>Day</b>	<b>Session</b>	<b>Content</b>	<b>Page</b>
		Training Schedule	2
Day 1	Session 1	Introduction Session	7
	Session 2-5	Children's Psychosocial Development and Growth in a Humanitarian Crisis	11
Day 2	Session 1	Reflection of the Previous Day's Activities	33
	Session 2-5	Psycho-social support	34
	Session 6	Healing session	40
Day 3	Session 1	Reflection of the Previous Day's Activities	42
	Session 2	Psychosocial Development and Growth in Humanitarian Context	43
	Session 3-4	BRAC Humanitarian Play Lab Model	45
	Session 5	Curriculum of the Humanitarian Play Lab	51
	Session 6	Play Activities of Humanitarian Play Lab	52
Day 4	Session 1	Reflection of the Previous Day's Activities	61
	Session 2-4	Play Activities of Humanitarian Play Lab	62
	Session 5	Home Visit Session	69
	Session 6-7	Presentation of Model Play	72
Day 5	Session 1	Reflection of the Previous Day's Activities	80
	Session 2-4	Presentation of Model Play	81
	Session 5	Rohingya Community Involvement and Participation	86
	Session 6	Exchange of Feelings and Closing	87

# Basic Training Guideline

## BRAC Humanitarian Play Lab Model

(Children aged 3-5 years)

Participant: Manager, Program Organizer, Program Assistant and Para Counselor

Duration: 05 days

Day: 1				
Session	Content	Time	Method	Material
01	<b>Introduction</b> <ul style="list-style-type: none"> <li>- Welcome and Introduction Session</li> <li>- Overview of the Project (HPL Activities)</li> <li>- Training Expectation and Objectives</li> <li>- Training Principles and Curriculum Distribution</li> </ul>	09:00-10:15	Play activity, Discussion, Q&A and Brainstorming	Name Tag, Marker, Curriculum and Basic Training Guideline
02	<b>Children’s Psychosocial Development and Growth in a Humanitarian Crisis</b> <ul style="list-style-type: none"> <li>- Child and Children’s Rights</li> </ul>	10:15-11:00	Q&A, Discussion, and Group work	Curriculum and Basic Training Guideline
<b>Tea Break-15 minutes</b>				
03	<b>Children’s Psychosocial Development and Growth in a Humanitarian Crisis</b> <ul style="list-style-type: none"> <li>- Child Protection in an Emergency Context</li> <li>- Child Protection Policies and Strategies in emergency situation</li> <li>- Introduction of Child Security Policies and Recognition of Protection Policies</li> </ul>	11:15-01:00	Q&A, Discussion and Play Activity	Balloon and Basic Training Guideline
<b>Lunch Break (1 hour)</b>				
04	<b>Children’s Psychosocial Development and Growth in a Humanitarian Crisis</b> <ul style="list-style-type: none"> <li>- Child’s Personal care, Food and Nutrition</li> <li>- Early Childhood Development and Brain Development</li> <li>- Children with Special Needs or Children with Disabilities</li> <li>- Areas of Child Development.</li> </ul>	02:00-04:00	Brainstorming, Q&A, discussion, play activity, Group and Pair work	Curriculum, Basic training Guideline and Thread balls

<b>05</b>	<b>Children's Psychosocial Development and Growth in a Humanitarian Crisis</b> - Child's Social and Emotional Learning and Behavior	<b>04:00-05:00</b>	Brain storming, Q&A, Discussion and Play Activity	Curriculum and Basic Training Guideline
<b>End of the Session and Tea Break</b>				

Day: 2				
<b>Session</b>	<b>Content</b>	<b>Time</b>	<b>Method</b>	<b>Material</b>
<b>01</b>	<b>Reflection of the Previous Day's Activities</b>	<b>09:00-09:30</b>	Play Activity	Ball
<b>02</b>	<b>Psychosocial support</b> - Active Listening and Empathy	<b>09:30-11:00</b>	Sharing events, Group Discussion and Practice	Curriculum and Basic Training Guideline
<b>Tea Break (15 minutes)</b>				
<b>03</b>	<b>Psychosocial support</b> - Non-judgmental attitude	<b>11:15-12:15</b>	Q&A and Discussion	Curriculum and Basic Training Guideline
<b>04</b>	<b>Psychosocial Support</b> - Confidentiality	<b>12:15-01:00</b>	Q&A and Discussion	Curriculum and Basic Training Guideline
<b>Lunch Break (1 hour)</b>				
<b>05</b>	<b>Psychosocial Support</b> - Some Common Symptoms of Psychosocial Issues and Referral	<b>02:00-03:30</b>	Sharing events, Group Discussion, Practice	None
<b>06</b>	<b>Healing Session</b>	<b>03:30-05:00</b>	Discussion and Q&A	Supporting Information
<b>End of the Session and Tea Break</b>				

Day: 3				
Session	Content	Time	Method	Material
01	<b>Reflection of the Previous Day's Activities</b>	09:00-09:30	Play Activity	None
02	<b>Play and Psycho-social Development &amp; Growth of Children</b> - Play and Child's Social-emotional Development	09:30-11:00	Q&A and Discussion	Curriculum and Basic Training Guideline
<b>Tea Break (15 minutes)</b>				
03	<b>BRAC Humanitarian Play Lab (HPL) Model</b> - Humanitarian Play Lab Activities	11:15-12:00	Q&A and Discussion	Curriculum and Basic Training Guideline
04	<b>BRAC Humanitarian Play Lab (HPL) Model</b> - Roles and Responsibilities of Play Leader	12:00-01:00	Q&A and Discussion	Curriculum and Basic Training Guideline
<b>Lunch break (1 hour)</b>				
05	<b>Humanitarian Play lab curriculum</b> - Humanitarian Play Lab Curriculum and Framework - Introduction to the Daily Routine and Monthly Activities of Humanitarian Play Lab	02:00-03.30	Q&A, group work and Discussion	Curriculum and Basic Training Guideline
06	<b>Play Activities of Humanitarian Play Lab</b> - "Time to Say Hello" and "Kabbya & Kissa" - Practice, Presentation and Rules of Conducting "Kabbya & Kissa"	03.30-05.00	Q&A, group work and Discussion	Curriculum, Basic Training Guideline and Necessary Materials/Toys
<b>End of the Session and Tea Break</b>				

Day: 4				
Session	Content	Time	Method	Material
01	<b>Reflection of the Previous Day's Activities</b>	09:00-09:30	Play Activity	Ball and Rattle
02	<b>Play Activities of Humanitarian Play Lab</b> - "Moving & Doing" - Practice, Presentation and rules of Conducting "Moving and Doing"	09:30-10:30	Discussion, Q&A, Presentation	Curriculum, Basic Training Guideline and Necessary Materials/Toys
03	<b>Play activities of Humanitarian Play Lab</b> - "Drawing & Creating" - Practice, Presentation & Rules of Conducting "Drawing & Creating"	10:30-11:00	Discussion, Q&A, Presentation	Curriculum, Basic Training Guideline and Necessary Materials/Toys
<b>Tea Break (15 minutes)</b>				
	- Continue...	11:15-11:45	Discussion, Q&A, Presentation	Curriculum, Basic Training Guideline and Necessary Materials/Toys
04	<b>Play activities of Humanitarian Play Lab</b> - "Play as You Wish" - "Time to say Goodbye"	11:45-12:30	Discussion, Q&A, Presentation	Curriculum, Basic Training Guideline and Necessary Materials/Toys
05	<b>Home Visit Session</b> - Introduction to Home Visit Session - Practice, Presentation and Rules of Conducting Home Visit Session	12.30-1.00	Q&A and discussion	Home Visit Session
<b>Lunch break (1 hour)</b>				
	- Continue...	02:00-02:15	Discussion, Q & A	Handout
06	<b>Presentation of Model Play</b> - "Time to Say Hello" - "Kabbya & Kissa"	02:15-04:00	Discussion, Work in a Small group	Curriculum, Basic Training Guideline and Necessary Materials/Toys
07	<b>Presentation of Model Play</b> - "Moving and Doing"	04:00-05:00	Discussion, Work in a Small Group and Presentation	Curriculum, Basic Training Guideline, and Necessary materials/toys
<b>End of the Session and Tea Break</b>				



Day: 5				
Session	Content	Time	Method	Materials
01	<b>Reflection of the Previous Day's Activities</b>	<b>09:00-09:30</b>	Play Activity	None
02	<b>Presentation of Model Play</b> - "Drawing & Creating"	<b>09:30-10:30</b>	Work in a Small Group, Presentation, Discussion	Curriculum, Basic Training Guideline, and Necessary materials/ toys
03	<b>Presentation of Model Play</b> - "Play as You Wish" & "Time to Say Goodbye"	<b>10:30-11:00</b>	Work in a small group, Presentation, Discussion	Curriculum, Basic training Guideline, and necessary materials/ toys
<b>Tea-break (15 minutes)</b>				
04	<b>Presentation of Model Play</b> - Home Visit Session	<b>11:15-01:00</b>	Work in a Small Group, Presentation, Discussion	Home Visit Session
<b>Lunch break (1 hour)</b>				
05	<b>Involvement and Participation of the Rohingya Community</b> - Management committee and Parents' Meeting of Humanitarian Play Lab - Communication and Participation of Rohingya community and Parents - Material Development and workshop with the Participation of the Rohingya Community	<b>02:00-04:30</b>	Brainstorming, Experience Sharing, Discussion, Q&A and Presentation	Basic Training Guideline, Materials and Toys
06	<b>Exchange of Feelings and Closing</b>	<b>04:30-05:00</b>	Experience Sharing	None
<b>End of the Session and Tea Break</b>				

# Day 1

## Session 1



1 hour 15 minutes

### **Contents:** Introduction Session

- Welcome and Introduction session
- Overview of the Project (HPL)
- Training Expectation and Objectives
- Training principles, Curriculum Introduction and distribution of Training Principles and Curriculum and Distribution

### **Objectives:** After this session, the participants will be able to-

- Know each other
- Learn about project activities
- Explain training expectations and objectives
- Tell the principles of the training
- Get introduced to Curriculum and Basic training Guideline

## Task 1: Welcome and Introduction session

**Time: 25 minutes**

### **Method**



Play Activity

### **Materials**



Marker, Name Tag

### **Process**



- Start the session by welcoming the participants
- Stand in a circle with everyone, play the activity below and tell everyone to introduce themselves
- Ask the participants to tell their names one by one and ask him/her to do something he/she likes. For example: "My name is Rumana, I can sing."
- Then she will sing a few lines of the song and everyone will sing along with her
- Someone may say, "I can dance." He/she will move his/her body a little bit and others will dance with him/her too
- Thank everyone when they finish telling their names and ask them to write their names in their name tag

## Task 2: Overview of the Project (HPL)

Time: 20 minutes

### Method



Discussion

### Materials



Basic Training Guideline

### Process



- Ask the participants a few questions. For example: Do they know about the name of the project, the project's goals, objectives and who the project is for?
- Give participants some time to think about this. Listen to the participant's opinion and discuss about the project's aim, objective and the targeted beneficiaries.
- After the discussion, ask the participants if there is any problem to understand and finish the project introduction session.

## Supporting Information: Overview of the Project (HPL)

BRAC Humanitarian Play Lab under the 'Play to Learn' project is a Play-based model for children aged 0-5 years with the main objective of protecting Rohingya children through play, maintaining their own traditions and culture, child well-being, a psycho-social development. Accomplishment and overall development of child's early development strategies in negative situations. This program is mainly implemented by dividing children into two age-based levels, these levels are 0-3 years, 3-5 years. There are programs for children aged 0-3 years, 3-4 years (home-based), and center-based for children aged 3-5 years. Home-based program for 0-3 year old children is implemented for mother and child. Whereas the core program involves conducting one session a week in Rohingya community homes with 10-12 mothers and their children. The 3-4 year home-based program is conducted in Rohingya community homes with 10-15 children and the 3-5 year center-based program is conducted in a center with 35-40 children for one session five days a week for two hours.

In this home-based activities for 3-4 years old and center based activities for 3-5 years old, children come to the home & centers, in addition to that they get one Home visit session in one and a half month. The time for Home visit session is 30 minutes. In Home visit session, there are two parts-the first part is Psychosocial Support and the second part is Play Activity. Here fifteen minutes are for Psychosocial Support session and fifteen minutes for the the Play Activity.

The Play to Learn project encourages the involvement of mothers as well as fathers in child rearing. In line with that, a new initiative has been taken considering the mental well-being of fathers in Rohingya families, where fathers' well-being, positive relationships, and the participation of fathers in child development and upbringing are ensured.

## Task-3: Training Expectation and Objectives

Time: 10 minutes

### Method



Q&A and Discussion

### Materials



Basic Training Guideline

### Process



- Ask questions to the participants, what are the expectations and learning outcomes from this training. Give them some time to think.
- Ask everyone to share one of their expectations.
- Now discuss the training objectives with the participants in the light of supporting information.

## Supporting Information: Training Objectives

### Training Objectives:

- Know about Child and Children's rights
- Get introduced with child protection, different kind of children's risks, and their protection policies in any emergency situation
- Know about children's safety policies
- Know about child's health and personal care.
- Learn about early childhood development of the children, brain development, and different areas of the development
- Know about children with special needs or disabilities.
- Learn about social and emotional learning of the children and the strategies of emotional and behavioral management of the children
- Able to know about what is play? Can tell the importance of what is Play? The importance of play in the development of a child's psychosocial development & growth.
- Purpose, objective, and characteristic of Center-Based BRAC Humanitarian Play Lab
- Can explain the duties and responsibilities and basic qualifications of a Play Leader.
- Can describe the psychosocial skills of a Play Leader.
- Will know the symptoms of psychosocial problems and referral areas through psycho-social support.
- Know about the BRAC Humanitarian Play Lab curriculum.
- How to conduct different activities of from the Humanitarian play lab curriculum
- Know about the Home Visit Session
- Participation of the Rohingya community and ways to increase their engagement in the Center Based Humanitarian Play Lab and talk about it.

## Task-4 : Training Principles and Curriculum

Time: 20 minutes

### Method



Brain storming and Discussion

### Materials



Marker and Basic Training  
Guideline

### Process



- Ask the participants about training principles and give them 1-2 minutes to think
- Then hear from participants and get everyone's commitment to follow this policy. Few possible points are given in the supporting information sheet as samples.
- Then briefly introduce the BRAC Humanitarian Play Lab curriculum to the participants. Like- what is it? What aged children it is for? What's in it etc.
- Then distribute the basic training manual and curriculum to everyone. End the session by making sure everyone gets it.

## Supporting Information: Training Principles

- Being punctual in the training
- Active listening
- Actively participating in the activities
- Mobile should be switched off or in silent mode
- Giving others the chance to talk
- Being respectful towards each other
- Asking questions for clarification
- Raising hand to ask a question
- Speaking one at a time
- Keeping the training room clean
- Avoiding side talk
- Being happy and smiley
- Will wear masks if needed and maintain mutual distance

# Day 1

# Session 2



45 minutes

**Content:** Children’s Psychosocial Development and Growth in a Humanitarian Crisis

- Child and Children’s Rights

**Objectives:** After this session, the participants will be able to-

- Tell about the definition of child
- Learn about child rights and what rights Rohingya children can achieve with the support of the Play Leaders at Humanitarian Play Labs.

## Task: Child and Children’s Rights

**Time: 45 minutes**

### Method



Q&A, Group Work and Discussion

### Materials



Curriculum, and Basic Training Guideline

### Process



- Ask participants who are children or whom do we call a child? Listen to the opinion of few participants. Discuss in detail based on the information mentioned below. Explain if anyone has any question.
- Now ask the participants to discuss the characteristics of 3-5 years aged children. Such as, likes/dislikes, hobby, curiosity, behave with others, wishes, emotions etc. Which we usually see in this aged children.
- Give it some time. At the end of the allocated time, listen from some of the participants about characteristics of 3-5 year old children. If necessary make some additions in the light of the supporting information
- Now ask the participants, what kind of demands children may have towards us? Now listen from some of the participants and if needed, give some idea about children’s demands.
- Now inform the participants about the demands of the children that are known as child rights. Keeping these rights into mind, the “Child Rights Charter” has been established where 54 acts are included. Considering the implementation of Child Rights, the 54 acts are divided into 5 groups. Then help participants to describe what are in the 5 groups.
- Then inform the participants about what are included into these five groups and discuss with them.
- Now divide the participants into 5 groups.
- Then divide the five important subjects to five different groups (survival rights, protection rights, development rights, participation rights and right of assembly) and now discuss with the participants how the Play Leaders can help the children to get their rights by the Curriculum in the Humanitarian Play Lab.
- After the end of the allotted time, ask one person from each group to present the identified rights.
- Discuss the opinions that came out of the discussion and what may be the responsibilities of the Play Leader to ensure those rights for the children and finish the session.

## Supporting Information: Child and Children's Rights

Young children who have passed through any humanitarian crisis, violence or any adverse situation have a different psychological world than those children who have grown up in a normal environment. The way a child growing up in a natural and peaceful environment sees the environment around him/her, a child growing up in war, conflicts and conflict does not see the same scenarios in that way. In case of a child to adopt in the new situation and environment as a refugee after being deported from his/her own land and for the mental well-being of that child, psycho-social assistance is significantly needed as it plays a big role in a child's holistic growth and development.

**Child:** The UN's Convention of Rights of the Child (CRC) defines a 'child' as a person below the age of 18. Each child is different and an individual entity. It's not different for the children who grew up in a critical situation. If we want to truly understand them and keep them active, we need to understand them. Children want to get affection and love and be accepted by adults, children like to play and they like toys. A child loves to investigate and to express their own entity. They like to ask many questions and like to follow others.

**Children's Right:** A child has several needs. Like adults, children also have physical needs, the need for security and love, and the need for establishing relationships with others. However, some needs are extremely important to ensure a child's survival, their safety, and their ability to grow in a healthy and normal manner. It is imperative to fulfill these essential needs of a child. These essential needs are known as a child's rights. Keeping these needs in mind, the Child Rights Convention was adopted by the UN General Assembly in November 1989 and in September 1990; it was turned into a part of international law. The government alone does not have the responsibility to secure the rights of children; it's the responsibility of all those who are associated with children in one way or the other. Children's rights are specified in 54 sections in the convention, considering the implementation of child rights in all sections of the society. These sections are mainly divided into five parts: 1) Survival Right; 2) Protection Right; 3) Development Right; 4) Participation Right; 5) Assembly Right.

**Survival Right:** The basic needs that are necessary for the survival of the child are known as right to live. For example, the rights to satisfactory quality of life, safe shelter, food, nutrition, medical treatment, etc.

**Protection Right:** This refers to a child's right to get protection from all kinds of inequalities and shocking /terrible situations like murder, neglect and exploitation.

**Development Right:** This includes all the rights that help a child's holistic development. For example, PB 2 the right to education, sports, rest, thought, logic, information and knowledge, musical activities, and the right to freely practice their religion.

**Participation Right:** This is related to children's right to free speech, and their right to express their own experiences and opinions, their right to participate in peaceful assemblies, and their right to unionize.

**Assembly Right:** Every individual in society should take part to raise awareness and to ensure the rights of children. Thus, this relates to the consolidation of a child's identity alongside the implementation of the child rights convention, monitoring and observation, initiatives of non-governmental organizations along with government institutions, and fund collection to implement the convention

Day 1

Session 3



1 hour 45 minutes

**Content:** Children's Psychosocial Development and Growth in a Humanitarian Crisis

- Child Protection and Policies in emergency context
- Child Protection Policies and Strategies in Emergency Situation
- Introduction of Child security policies and recognition of Protection Policies

**Objectives:** After this session, the participants will be able to-

- Understand the meaning of child protection and what types of risks a child can have.
- Know how to protect a child in an emergency situation.
- Know Children's Security Policies
- Sign 'BRAC Safeguarding Acknowledgment'

## Task-1: Child Protection in an Emergency Context

Time: 15 minutes

### Method



Q&A and Discussion

### Materials



Basic Training Guideline

### Process



- Ask the participants what do they understand about the meaning of protection? Listen to their opinions and ask, what do they understand about child protection in an emergency situation?
- Now ask, what types of risks do the children live with? Listen to some opinions.
- Then use the supporting information to discuss about the risks children go through and how to protect them from these risks in an emergency situation.

## Supporting Information: Child Protection in Emergency Context and Different Child Risks

### Child Protection in an Emergency Context:

When a critical condition occurs due to any natural or man-made reasons, it is called an emergency situation. This is a situation where immediate solution is urgent. Emergency context is such a situation where the response has to be immediate and right at that moment. Meaning of an emergency situation for a child is to protect them from a neglected situation, misbehavior, absorption and violence. If they feel neglected give them the protection urgently. We have to keep in our mind, child protection does not mean only to ensure child's right, and rather it is sum of the activities which will protect the children. It is important to keep in our mind that the children are at most risk in an emergency situation. The risks are-

- Being separated from family
- Being oppressed



- Being harmed physically, mentally and sexually
- Being deprived financially
- Being deprived from health, housing and education system
- Uncertainty and security problems
- Act of violence increases in children's behavior.

**Task-2: Child Protection Policies and Strategies in Emergency Situation** **Time: 45 minutes**

**Method**



Q&A, Play Activities and Discussion.

**Materials**



Balloons and Basic Training Guideline

**Process**



- Ask the participants, how the children can be protected in any adverse situation. Listen to some opinions. Now tell the participants, "We play and through it we will try to understand how to protect a child in an emergency situation."
- According to the following rules, do the activity in two steps with the participants:

**Step-1**

- Make 2 groups with 3 participants in each. First group will be the children who are in an emergency situation and the second group will be the attackers.
- Tie up balloons on the legs of three participants from the first group. Ask them to put their legs up where the balloons are tied on.
- Ask the second group to come out and ask them to chase the first group to explode their balloons.
- Both the teams will chase each other by keeping their one leg high.
- At some point, second group will explode all the balloons tied on the legs of the participants of the first group.

**Step-2**

- In this activity, there will be 3 groups.
- Tie up three balloons on the legs of 3 participants from the first group. Ask them to keep their legs high.
- 3 participants from the second group will be the attackers but the second group will hide their identity.
- 6 participants from the third group will act to be staff from an agency.
- Explain separately to the first, second and third group that how they will do the activity. But the groups won't say to the other groups their content of activity.
- When they will start the activity, the attackers will attack and the first group will try to protect them. Then ask the third group to come forward to help them.
  - In this way, ask the attackers to go backwards and children from the first group will be protected in the emergency situations.
  - In this way, the activity will finish.

- Now ask the participants: What was the first event? What happened in the second event and how the children were saved?
- Now discuss by taking help from the supporting information to the participants about Child Protection Policy and if there are any questions from the participants explain them through discussing the topic.

### Supporting Information: Child Protection Policies in Emergency Situation

#### Child Protection Policies:

It is everyone’s moral duty and responsibility to protect a child. For doing that there is some policy and process. Such as-

- We won’t take any step which can be harmful while giving protection to a child.
- We have to work to ensure neutral people’s participation in humanitarian aid especially for those who are innocent and to ensure humanitarian assistance for victims who is politically vigilant.
- Protecting them from violence and abusive physical & psychosocial damage. But we have to keep it in our mind while taking the steps that these are not contrary to the wishes of the child and become the cause of them being afraid.
- While ensuring the child needs, we have to give priority to their opinions and make sure that children are not damaged physically, mentally and socially.
- It is difficult to ensure and describe child protection through the policy, law and other organizational methods. So, we have to take steps by using National Child Protection Policies to ensure the participation of local people.
- Taking steps for the humanitarian assistance to ensure safety as well as risking the environment in which the child resides (including child-friendly centres).

### Task-3: Introduction of Child Security Policies and Recognition of Protection Policies

Time: 45 minutes

#### Method



Q&A and Discussion.

#### Materials



Basic Training Guideline

#### Process



- Tell the participants that as we will work with the children, we need to know how we can ensure protection for the children. At the BRAC Humanitarian Play Lab, safety awareness can be informed through various play activities to ensure child safety. For example- No one should be touched with the hand and no one should be allowed to be touched while speaking. Must refrain from doing any act that causes emotional or physical harm to others, etc.

- Regarding the safety issues of children, BRAC has Child Protection policy that we have to know and follow.
- Now discuss with the participants about the BRAC safeguarding policies. If any participant has got any questions discuss it with them.
- Then show the BRAC safeguarding policy and tell them, as a BRAC employee we will follow the policies and obey the policies as well and we will sign the BRAC safeguarding policy form.
- After this, take their signature in the paper and keep them in the office. If anyone has any question, listen to that and announce the end of this session.

## Supporting Information: BRAC Child Protection Code of Conduct

**Definition of Child:** BRAC recognizes a person under the age of 18 years to be a Child. Generally, BRAC's Code of Conduct on Child Protection embodies our commitment to human development and dignity. The Code of Conduct strengthens the roots of our vision of "A world free from all forms of exploitation and discrimination where everyone has the opportunity to realize their Potential." This Code of Conduct outlines the standards of conduct that shall guide the actions of all BRAC staff. With respect to their engagement with children. Attention to the protection and wellbeing of children is essential to the fulfillment of BRAC's purpose. The immediate implementation of a Code of Conduct will serve to accelerate the realization of BRAC's vision.

### All BRAC employees pledge to abide by the following code of conduct

**Employees shall:** not speak or act disrespectfully toward a child or a child's family because of the child's socio-economic background, class, Gender, religion, ethnic or social origin. Property. Disability, political or other opinion, or other status.

**Employees shall:** encourage and respect children's voices and views and listen to children and always act in the best interest of children.

**Employees shall:** encourage children's personal, physical, social, emotional, moral and intellectual development and create an environment which enables such development. Children shall not be excluded on the basis of gender, disability, ethnicity, religion or any other criterion.

**Employees shall:** be aware of situations which may present risks to children and try to prevent and manage such situations by planning and organizing the work and the workplace, so as to minimize risk of violations of this code.

**Employees shall:** ensure that a culture of openness exists to enable issues or concerns to be raised and discussed by children or their families. Employees shall never scold or ridicule a child for raising any issue or concern. Employees shall make children feel confident and secure and safe in voicing their concerns, as well as take a clear stand when other adults physically or verbally abuse 3 children.

**Employees shall:** be aware of the potential for peer abuse (e.g., children bullying, discriminating against, victimizing or abusing other children) and of high risks. Peer situations (e.g., unsupervised mixing of older and younger children and possibilities of discrimination against minors).

**Employees shall:** be aware that adults are always responsible for their behavior regardless of the child's behavior. This awareness must extend to cases which require the employee to act on stories that children might talk about abuse they have suffered by other children or by other adults.

**Employees shall:** whenever possible, ensure that adults do not isolate themselves with one child and that another adult is present when working in the proximity of children.

**Employees shall:** remember that all staff members are accountable under this code, and that violation of this code shall result in appropriate and lawful measures taken by the organization and under the law of the land.

**Employees shall:** report violations so that poor practice or potentially abusive behavior does not go unchallenged

## Prohibited Conduct

**Employees shall not:** develop relationships with children which could in any way be deemed exploitative. Abusive or inappropriate. Employees shall not act in ways that may be abusive or may place a child at risk of abuse.

**Employees shall not:** develop or attempt to develop intimate physical or sexual relationships with children. Neither shall the employees encourage any child to develop romantic type of feelings for any one.

**Employees shall not:** take pictures. Videos or any other recording (audio, video, picture) of children without their permission, or their guardian's permission. Employees shall not use such material for commercial or none—commercial or personal use without their informed consent.

**Employees shall not:** use language or behavior towards children that is inappropriate, harassing, abusive, sexually provocative, demeaning or culturally inappropriate, and also shall not use any language that will mentally or emotionally abuse any child.

**Employees shall not:** invite unaccompanied children to their home or encourage meetings outside the program activity. Unless they are at immediate risk of injury or in physical danger.

**Employees shall not:** sleep close to unsupervised children unless the child is below 8 years of age or unable for physical or psychological reasons to sleep unsupervised and where the employee is female. When it is absolutely necessary for a male staff to sleep close to children, he must first make every possible attempt to find a female staff instead to accompany the children.

**Employees shall not:** encourage other staff to hold or care for the child when the child accompanies its parent on work related travel. This shall not apply to designated caregivers.

**Employees shall not:** be with a child alone in a closed room or a place where no one else can see the employee. If an employee is alone with a single child at any time that employee must ensure that another adult is present or at least close by.

**Employees must be:** visible in working with children. And should meet with child(ren) in a central, public location except for when the dignity or safety of the child needs to be protected with privacy.

**Employees shall not:** kiss, hug, fondle, rub or touch a child in an inappropriate way. The child must be able to withdraw from any physical contact whenever they want to.

**Employees shall not:** do things of a personal nature that a child could do for him/herself, including dressing, bathing, and grooming.

**Employees shall not:** initiate physical contact (e.g., holding hands) unless initiated by the child. The child must be able to initiate as well as terminate any physical contact, including holding hands, unless a dangerous situation exists and it is necessary for the safety of the child. Such as in traffic or crossing the road or similar situations.

**Employees shall not:** allow children to engage in sexually provocative games with each other, and shall not stand aside when inappropriate actions inflicted by children on other children or other adults occur even though it may be frequent and common

## Safeguarding Acknowledgment

As an employee of BRAC, I agree to abide by the following code of conducts:

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1. I shall not harm any child verbally, mentally or physically.
2. I will not act in any way that may be abusive or place children in any kind of abuse.
3. No families will be harmed due of the practices of our interventions.
4. I shall not place the child or their family in any situation that makes them vulnerable to abuse or misconduct.
5. I shall respect the religious and cultural believes and practices of the children and their families.
6. I will maintain strict confidentiality regarding the identity of all beneficiaries.

I acknowledge that I have been provided with and have reviewed BRAC's Policy on Child Protection Policy. I agree to comply with all the aspects of the Policy, and I understand that my ongoing obedience with the Policy is a condition which is required for my participation in any visits to BRAC's program areas or any other organizational related activities.

This Safeguarding Acknowledgment shall have effect for a period of one (1) year from the date on which it has been signed as indicated below.

Sign: -----

Name: -----

Date: -----

Day 1

Session 4



2 hours

**Contents:** Children's Psychosocial Development and Growth in a Humanitarian Crisis

- Child's Personal Care, Food and Nutrition
- Early Childhood Development and Brain Development
- Children with Special Needs or Children with Disabilities
- Areas of Child Development

**Objectives:** After this session, the participants will be able to-

- Learn about the child's Personal care, Food and Nutrition
- Describe about the Importance of Early Child Development and Brain development
- Know about children with Special Needs or Children with Disabilities
- Know the Areas of Development and Identify what they are

### Task-1: Child's Personal Care, Food and Nutrition

**Time: 15 minutes**

#### Method



Q&A, Group work and Discussion

#### Materials



Basic Training Guideline

#### Process



- First ask the participants about the child's personal health and what they understand about food and nutrition. Listen to their opinions.
- Discuss the child's personal care, food and nutrition with the help of supporting information through questions and answers.
- Then ask the participants about the child's actions to ensure personal care for children aged 3 to 5 years. Now ask the participants about balanced diet and nutrition of Rohingya children.
- Conclude by thanking the participants at the end of the discussion and highlighting other aspects of child-health.

## Supporting Information: Children's Personal Care, Diet and Nutrition

**Personal care of the child:** To ensure the personal care of the child we can observe the following points.

- Brushing teeth every morning and night after eating.
- Wake up in the morning and wash hands.
- Comb the hair properly.
- Bath properly and wear clean clothes every day.
- Use clean water and wash both hands thoroughly with soap after using the toilet.
- Fingernails and toenails should be cut short.
- Having the child use shoes or sandals, especially when going to the toilet.

**Food and nutrition of children:** To ensure balanced food and nutrition of children, we can give ideas on the following topics through various play activities of BRAC Humanitarian Play Lab.

**Food:** Food is what we get from the various plant and animal sources in the environment that provide nutrients to our body. For example, vegetables, fruits, cereals, pulses etc. are plant foods and fish, meat, eggs and dairy foods etc. are animal foods.

**Nutrients:** Nutrients are all elements necessary for the growth and survival of living organisms. We get nutrients and water from food. There are basically six types of nutrients in food. Such as sugar, meat, fat, vitamins, water and mineral salts. All types of animal and plant foods are mainly included in six food groups, such as-

- Cereals
- Vegetables
- Fruit
- Fish, meat, eggs, pulses
- Milk and milk products
- Oils and fats etc.

All types of nutrients are present in these six food groups.

Energetic foods are grain foods (e.g., rice, wheat, maize, jowar etc.), root foods (e.g. round potatoes, sweet potatoes, matte potatoes etc.), oil or fatty foods (e.g. all types of oil, ghee, meat fat etc).

Growth foods are fish, meat, eggs, milk, pulses, soybeans, curd, nuts, beans etc.

Anti-disease foods are colorful vegetables and fruits.

In addition to personal hygiene, food and nutrition, it is necessary to ensure that the child receives the necessary vaccinations and other health benefits. In addition, it is necessary to provide the necessary health care to the child in case of emergency. Besides, those who work with the child and look after the child should also be aware of their own cleanliness.



## Task-2: Early Childhood Development and Brain Development

Time: 30 minutes

### Method

Brainstorming, Play Activity and Group Discussion

### Materials

Thread Ball, Curriculum and Basic Training Guideline

### Process

- Tell the participants, we have learned about the children. Now, ask them, what do we understand about the Early Childhood Development? Let them think about it for a few minutes.
- Take opinions from the participants, then with the help of supporting information discuss the topic of Early Childhood Development through a question-answer session.
- Next, ask the participants what is brain? Listen to their answers and then discuss about Brain Development from the supporting information below.
- Then explain that each cell of the human brain is connected with another. If for any reason, these connections are harmed, the development of the child will get harmed too.
- Now tell the participants that different parts of the brain work through the connections among the cells. Let's know about how the brain works through a activity.
- Stand in a circle with all the participants. Then, wrap the thread around your finger and throw the thread ball towards one participant. Say one good thing you do with your child before you throw the ball. For example: I take my child in my lap and tell a story every day. Next, the person who will get the ball will wrap the open end of the thread around their finger and throw the ball to someone else. This way the play activities will continue till everyone gets the ball and build a connection among all the participants. This will create a nice network. Now, tell 1 or 2 participants to leave the thread. Tell everyone to notice that this has disrupted the network.
- Encourage the participants to engage themselves in the topic and ask questions. Then conclude the session with Thanks.

## Supporting Information: Early Childhood Development and Children's Brain Development

**Early Childhood Development:** The foundations of human development are built in early childhood.

During this time, most of the holistic development and wellbeing of a child take place through brain formation, brain development, and through cementing active connections among the brain cells. In the long term, it plays a pivotal role in child's development. Therefore, the early childhood development is crucial in setting the foundations of human life. In the context of humanitarian crisis, ensuring early childhood development is also critical for the holistic development of refugee children/child survivors. However, the age limit for early childhood is defined variedly around the world. It is sometimes recognized as the period of a child's life from contraception to age eight, or five, or sometimes up to age three. Every child goes through two stages of changes. The changes in a child's size and features refer to his/her growth.

Every child goes through two stages of changes. The changes in a child's size and features refer to his/her growth. This growth denotes the changes in their body and the increase in their size. Additionally, the change that occurs in child's skills and abilities are known as development. This development signifies a child's cognitive, language, social and emotional development. However, unlike the changes in size and features, these developments are not outwardly visible. They can only be identified by judging a child's skills and characteristics through observing his/her ability to do things. Development and growth both are important in a child's life

**Child's Brain Development:** By the age of 6, children's brain structure resembles that of adults, but it functions differently. During those early years, the brain's structure is "built up" that provides the foundation for children's holistic development. Generally, children's brain development begins at the prenatal period. Thus, mother's access to nutrition and her wellbeing are vital for the child's brain development, which is ideally looked after by the family members. On the other hand, nutrition, brain development activities, and various stimulation help connecting the brain cells after the child has born. The rate of brain development is the highest during the first five years. If there is any hindrance in the process of connecting brain cells, the development of the child will be hampered as well. When the child gets exposure to exploitation or fall victim of violence, it creates an adverse impact on his/her brain. Children who have experienced torture, violence and negligence, or have grown up in an environment full of fear can never completely develop different parts of their brain, which in return cripples their learning. Therefore, if children are provided with safe environment and stimulation, it will contribute to their holistic development.

### Task-3: Children with Special Needs or Children with Disabilities

Time: 30 minutes

#### Method



Brainstorming, Q&A and Discussion

#### Materials



Curriculum and Basic Training Guideline

#### Process



- Ask the participants what do they understand about a child with special needs or a child with a disability. Listen to the opinions from a few.
- Discuss the opinions of the participants with the help of supporting information below.
- Now ask the participants to read the section 'Children with Special Needs or Disabilities' from the 'Training Guideline Supporting Information'. Allow 10 minutes for reading.
- After the allotted time listen to one point from almost all the participants and explain it in the light of the following supporting information if clarification is needed.
- Then asks them, what should we do in the case of disabled children? Based on their feedbacks, tell that all children of all ages have the opportunity to participate in the world of play. However, in the case of children with mild disabilities, they can participate in the center's play activity and the facilitator will give them all the support they need.
- And children who have more severe disabilities will be referred to the Para Counselor.
- Finally close the session by giving thanks to everyone and starts the next session.

## Supporting Information: Children with Special Needs or Children with Disabilities

Not all children grow up as healthy and normal children in our society. There are some children who have some physical or mental disabilities, these disabilities disrupt the healthy and normal life of the child. According to the Bangladesh Disability Welfare Act, 2001, those persons who have one or more limbs are missing or amputated. Any sensory limitations i.e. hearing and visual impairments and cognitive developmental disabilities. These children have special needs or needs, which is why they are called children with disabilities or special needs. By meeting the special needs/needs of disabled children, they can be brought into a normal life like mainstream children.

There are different types of disabilities. Just as every child is different, children with similar disabilities have different characteristics. Some types of disability are discussed below-

**Cognitive Disability:** If the cognitive condition of a child lags behind his physical age which hinders his physical, social, linguistic, intellectual development then it is called intellectual disability. In fact, intellectual disability retards the child's development and disrupts the child's behavior, daily life and education. However, children with intellectual disabilities also have many latent talents. Therefore, the child's intellectual disability can be identified and brought back to normal by taking necessary measures. In the case of intellectual disability, there are some possible behaviors that can be seen in the child which can be seen to identify the child's intellectual disability. For example, the child may have speech delay, may have difficulty speaking, may be delayed in learning daily skills such as self-toileting, dressing, eating, etc. Again, there may be problems in problem solving, thinking skills, etc., or memory and information storage processes may be impaired. Several types of intellectually disabled children are seen in our society, such as Down's Syndrome, Autism, Cerebral Palsy, Learning Disabilities etc.

**Hearing Disability:** Hearing Impairment is a condition where the child does not look at the source of the sound or react when hearing a sound. In that case it should be understood that the child is suffering from hearing impairment which hinders the child's educational and daily life. In case of hearing impairment, the child is not able to receive linguistic information by listening and the child cannot participate in normal verbal conversation, i.e. the child lags behind in establishing mutual communication with others. There are also some possible signs of hearing impairment. For example, the child may have trouble following directions, language development may be delayed, language and word pronunciation problems may occur, and problems with speaking, reading, and writing skills may occur.

**Speech Impairment:** In the case of speech impairment, children who cannot speak or have slurred or slurred speech are identified as speech-impaired children. Many times, speech-impaired children stutter and speak through their nose while speaking.

**Visual Disability:** Visual Impairment is a condition in which the child has little or very little or no vision and due to which the child cannot participate in his daily activities normally thereby disrupting the educational life of the child. Visually impaired identification is particularly aided by certain external features that can easily identify a visually impaired child. For example, they may have limited mobility, they bring an object too close to their eyes to see, sometimes their necks are bent or their eyes are strained, as a result of which they cannot maintain good contact with the surrounding environment.

**Physical Disability:** Any defect in the physical structure of the child due to an accident, birth defect or loss of brain function etc. is considered as a physical disability of the child. It is possible to improve the overall condition of children with physical disabilities by identifying them in their early stages and taking necessary remedial measures.

**Autism:** Autism is a developmental disorder of the brain, collectively known as a developmental disorder. Children with this type of disability usually have no physical problems and may look like normal children but have behavioral problems due to mental development. Such children usually prefer to be quiet, or many are overly active; They keep doing the same thing over and over again, repeating the same words over and over again. These are children with autism. This disorder manifests itself between 18 months to 4 years after birth.

Different disabilities are mainly divided into four levels, namely mild level, moderate level, severe level and very severe level. Children between 3-5 years of age are eligible to participate in the center. However, children with disabilities who have very mild and moderate disabilities can participate in the BRAC Humanitarian Play Lab. Play Leaders will welcome such children wholeheartedly. Create an environment where all the children can play together and give full support to the children in participating in the play activities with the help of self and helper mothers keeping in mind their wishes and reluctance. Children with severe or very severe disabilities will be referred to the Para Counselor.

## Task-4: Children’s Areas of Development

**Time: 45 minutes**

### Method



Brainstorming, Play Activity and Group work

### Materials



Curriculum and Basic Training Guideline

### Process



- Tell the participants, we have learned about Early Childhood Development and children’s Brain Development. Now ask them- what do we understand about children’s areas of development? Listen to the answers from one or two persons.
- Now ask the participants to make a small group and participate in the activities.
- Explain the rules of the activities in the light of supporting information before starting each play activity. Play activities are:
  - Jib o Joro (Physical Activity)
  - Tai Nai Sagu Sai (Kabbya/Rhymes)
- Conduct the play activities in a group with few participants. Thank everyone after finishing each activity. Now ask them, how much they enjoyed the activities? Then ask them what types of skills children are going to achieve from these activities? Listen to their opinions.
- Now tell them, “We have divided these developmental areas into four groups, which are a child’s areas of development. These are: Physical Development, Socio-Emotional Development, Language and Communication Development and Cognitive Development.”

Physical development	Social and emotional development
Language and communication development	Cognitive development

- Tell the participants that through each play activity children develop new skills as well as they get to feel happy, they get the chance to play together, they learn to be sympathetic towards each other and be able to show compassion in misery. For this they will be able to keep themselves well in any kinds of problems. If anyone raises any question regarding the topic, discuss the topic again.

## Supporting Information: Process of Play Activity

**Play Activity:** Jib o Joro (physical activity)

**Process:**

- First stand in a U-shape and discuss with the participants about Jib (living things) and joro (non-living things). Tell them living things are alive and they can move. Non-living things don't have life and they cannot move.
- Now tell the participants that when you say the name of anything which is Joro (non-living) then nobody will move and when you say the name of anything which is Jib (living) then you will pretend to be that thing and move accordingly.
- Continue doing the activity few times. The participant who is unable to follow instruction will be out of the activity.
- In this way, continue the activity as long as the participants enjoy.

**Play Activity:** Kabbya

**Process:**

- Ask the participants to stand in a U shape and show them by body movement how they can present kabbya activity in a fun way. Ask the participants to listen carefully.
- Now ask the participants to present few times the Kabbya activity by body movements
- Do this Kabbya few times with them
- Then ask one of the participants to come forward to be the leader and ask everyone to follow him/her.

**Tai Nai Sagu Sai**

**Theme:** Numbers learning activity 1-10.

Tai Nai Sagu Sai  
Tom le Motti Dame  
Na Cro Nassi Pong  
Kunnai Siai Tabbe Sa  
Kutasse syai Tabbe Sa  
Kutasse Krojame

## Supporting Information: Areas of Child Development

**Children's Areas of Development:** Children's skills are developed based on their age. Apart from their age of maturity, the changes in the skills and capabilities of a child depend on their surroundings, family, financial and social status, their care and security, and the interactions of adults with the children. In fact, the development of skills does not come from any specific area; rather it is obtained from different levels of development in different ways. Skills that can be generally expected from 3-5 years old children are given below:

### Different areas of Development

Areas of Development	Skills
<b>1. Physical Development</b>	<ul style="list-style-type: none"> <li>- Increase size of the body</li> <li>- Increase body strength</li> <li>- Be able to jump using both legs</li> <li>- Be able to regulate big and small muscles</li> <li>- Develop skills to coordinate eyes and hands</li> <li>- Throw and pick object at/from specific places</li> <li>- Be able to aim and throw ball with control</li> <li>- Be able to draw and paint with crayon, brush, and pencil</li> <li>- Be able to draw different sizes and shapes</li> <li>- Be able to make different sizes and shapes with blocks, beads, and small stones</li> <li>- Be able to jump using one leg</li> <li>- Be able to walk forward-backward, right-left, and irregular paths</li> <li>- Be able to jump over the rope</li> <li>- Be able to cut papers with scissors</li> <li>- Be able to control movement by using sensory organs (e.g., eyes, ears, nose, tongue, and skin)</li> <li>- Be able to tell the usefulness and health hazards of a specific food item</li> <li>- Be able to imitate any kind of gestures or body language</li> <li>- Be able to dress, undress, and comb hair without assistance</li> </ul>

<p><b>2. Social and Emotional Development</b></p>	<ul style="list-style-type: none"> <li>- Respond to smiles and conversations</li> <li>- Identify family members</li> <li>- Be able to live in a harmony with others around</li> <li>- Be able to abide by the social norms (e.g. to greet elders with salaam, say goodbye, etc.)</li> <li>- Express appropriate emotions to others' grievances or joy</li> <li>- Follow the rules</li> <li>- Be able to participate in team work</li> <li>- Be able to receive help from others and reciprocate the same in times of need</li> <li>- Be able to express himself/herself to friends and other children</li> <li>- Play in turns and develop patience</li> <li>- Be able to follow instructions and complete simple tasks</li> <li>- Become self-conscious and develop self-control</li> <li>- Be able to express his/her likings and disliking's</li> <li>- Be able to understand others' emotions by observing their gestures or body language</li> <li>- Be able to make concessions during small conflicts with friends and complete the task</li> <li>- Become empathetic to others</li> <li>- Be able to value other children's needs and desires</li> <li>- Become skillful at controlling aggressiveness</li> <li>- Take pride in own tradition and culture</li> <li>- Become skillful at controlling aggressiveness</li> <li>- Take pride in own tradition and culture</li> </ul>
<p><b>3. Language and Communication Development</b></p>	<ul style="list-style-type: none"> <li>- Be able to say own name and speak about family members</li> <li>- Be able to talk about familiar objects or pictures</li> <li>- Communicate with others through small sentences</li> <li>- Follow verbal instructions (e.g. order, request, advise)</li> <li>- Understand easy description and simple discussion</li> <li>- Listen to and enjoy short and simple Rhymes, Stories/rhymes, songs and stories</li> <li>- Be able to ask or answer short questions</li> <li>- Be able to talk without hesitation and understand others</li> <li>- Hear, learn and use new words</li> <li>- Express short and simple Rhymes, Stories/rhymes, songs and short stories in own language</li> <li>- Describe pictures in a simple manner</li> <li>- Read letters and easy words</li> <li>- Understand the signals and directions of uncomplicated and familiar environment</li> <li>- Understand group discussions and respond appropriately</li> <li>- Be able to follow level-one instructions in a second language</li> </ul>

**4. Cognitive Development**

- Be able to identify mainstream objects and pictures
- Be able to figure out things
- Draw and paint as per wish
- Identify and name the primary colors
- Solve problems of small-scale
- Develop the horizon of imagination and be able to exhibit it through play
- Create new things
- Solve easy puzzles
- Identify different objects and understand their use
- Count 1-20 both in Burmese and English
- Be able to describe human beings, plants, and animals
- Recognize and draw fundamental geometric shapes and sizes
- Understand concepts such as big-small, near-far, more-less, high-low, light heavy, rough-smooth, tall-short, thick-thin, etc. and be able to compare things using these concepts
- Develop common knowledge (e.g. leaves of trees move when a wind blow, water creates waves, etc.)
- Make plans to create things with objects easily available in the surrounding
- Be able to compare, combine, classify, and differentiate by observing objects and pictures
- Develop understanding on progression/continuity
- Be able to name different body parts and tell their functions
- Be able to analyze information through observation, investigation, and discussion
- Demonstrate knowledge on the changes of seasons, draw, and write about it
- Be able to learn and talk about the importance of water and air in human life and how to prevent polluting these
- Be able to explain new situations or problems in the light of past experience and knowledge



Day 1

Session 5



1 hour

**Content:** Children Psychosocial Development and Growth in a Humanitarian Crisis

- Child's Social-emotional Learning and Behavior

**Objectives:** After this session, the participants will be able to-

- Tell how children will develop their socio-emotional skills
- Tell the right and effective ways of managing children's behavior and emotion

**Task: Child's Social-emotional Learning and Behavior**

**Time: 1 hour**

**Method**



Brainstorming, Q&A, Discussion and play Activity

**Materials**



Curriculum and Basic Training Guideline

**Process**



- Tell the participants that we have already learned about social and emotional development of the children. Now ask participants, "What do we understand by social emotional learning of children?"
- Listen to few participants and add to the participants answers if important points are missing based on the supporting information below. And also discuss on self-regulation skills and its importance.
- Now ask participants, "Are all the children same? Do they all behave in a same way?" Listen to few participants.
- Addressing everyone say, that "We all expect that the children should always behave positively. But for many reasons inconsistency can be seen in child's behavior. Children do not behave as expected/positively in all environments. As a Play Leader we have to know that why children behave negatively?"
- Now talk about the strategies that a Play Leader could follow to manage children's emotion & behavior with the help of the following supporting information.
- Now discuss with the participants when they will do the activities described in the training guideline and how they will do these.

## Supporting Information: Child's Socio-emotional Learning & Child's Behavior Management

**1. Child's Social & Emotional Learning:** In any humanitarian environment, social and emotional learning is very important for a child's psychosocial and early childhood development. In the context of humanitarian crisis and for the Rohingya children taking shelter in the refugee camps, social-emotional learning helps these children develop the skills of building resilience and self-regulation in them. Social emotional learning is a process through which children learn to understand others' and her/his own emotions and feelings, get along with people, build friendship, show sympathy towards others, be able to cope with different challenges and situation and moreover, children learn to adopt well with her/his surroundings. In fact, it is a lifelong learning process that helps the holistic development of a child.

**2. Child's Behavior:** Everything a child does is her/his behavior. A child's movement, work, play, interaction, thinking, getting along with people all shape her/his behavior. Children usually behave differently in different situations. Sometimes children behave well which are considered as positive behaviors, again sometime they behave unwell/improperly which are considered as negative behaviors. There are few reasons for their negative behaviors, for example – family separation, anxiety, depression and psychological trauma etc. Again, if children grow up in such environment that is vulnerable to disputes, conflicts, hatreds and, get exposed to social and family negligence and discrimination, they tend to exhibit troublesome behaviors.

**3. Social-emotional learning and self-regulation skills:** Teach the children to control their own behaviors as well as help them express their emotions, feelings and positive thinking. One significant way for the children of age group 3-5 to control their emotions and thoughts is through their cooperative and constructive participation in any teamwork, and it is easily possible for them to achieve through play. By actively participating in the activities the children of this age group get the chance of channeling their emotions, behaviors and their thoughts. Play Leaders will follow the below techniques to help the children control and manage their emotions and behaviors–

**Play Activity 1:** Tell the children, when I will say 'Chanaboot' (Black Chickpea) slowly, you will start jumping slowly and acting like you are eating Chanaboot (Black Chickpea). Again, when I say 'Chanaboot' loudly, you will start jumping really fast while acting like you are eating Chanaboot (Chickpea). Play this game with the children for 2-3 minutes.

**Play Activity 2:** First, stand with the children in a circle. Now say, when I say 'Start' you will start walking in the play center as you wish to. Similarly, when I say 'Stop' you will stop right where you are. Then, ask them to say 'Hello' in different postures to the child next to them. For example: waving hand, holding hand etc. Like this, conduct this activity with every child for 2-3 times.

**Play Activity 3:** Explain this to the children that when they hear the word 'Freeze', instantly they have to stand up from wherever they are, stop moving, talking, and start staring at you. Like this, conduct the play activities at different times if needed. For example – Say the children, "Jump on one leg, jump, jump, and jump, and now Freeze!" When the children will get familiar with the particular word 'Freeze', this play activities will help the children in controlling their emotions and feelings as well as to be thoughtful and attentive

**Play Activity 4:** Tell the children, I will say a number and you all will say the next number. For example – When I say 'Tai' (1 in Burmese), you all will say together 'Nai' (2 in Burmese), when I say 'Tum' (3 in Burmese) you all will say 'Le' (4 in Burmese) together. Like this, play the game till 'Tasse' (10 in Burmese).

**Play Activity 5:** Tell the children, you will act what I say. For example – When I tell you to brush your teeth, you all will act as if you are brushing your teeth, if I tell you to take a bath you will act as if you are taking bath and if I tell you to wash your hand you will act as if you are washing your hand. This way, conduct the play activities for 2-3 minutes.

**Play Activity 6:** Ask everyone to stand in a line and close their eyes. Now, ask everyone to inhale through their nose and exhale through their mouth slowly. Like this, end this activity after doing this for 2-3 times. Children may get themselves into any sort of disputes or conflicts anytime. Especially, during any sort of changes, while playing in a small group or dispute may arise among them because of the toys they play with. In such situation Play Leaders will do the following work –

- Before resolving the dispute, ask the children what do they think can be done to resolve it. Do not give any direct solution to them. If needed, discuss different ways of solving the dispute with the children and resolve it on the basis of their opinion.
- Another purpose of letting the children resolve their own disputes is to increase their self-confidence. In this case, talk to the children, be sympathetic to them and help them express their emotions and feelings. Help the children to identify their good behaviors and talk about themselves so that they feel comfortable

# Day 2

## Session 1



30 minutes

**Content:** Reflection of the Previous Day's Activities

**Objectives:** After this session, the participants will be able to-

- Discuss the topics they have learnt in the previous session

### Task: Reflection of the Previous Day's Activities

**Time: 30 minutes**

#### Method



Play Activity

#### Materials



Ball

#### Process



- Exchange warm greetings with all the participants. Tell everyone to stand in a circle with you.
- Then say, "Now we will be discussing the topics covered in yesterday". The discussion will be conducted according to the following instructions: First, I will throw a ball to someone and the person who receives the ball has to share the lessons he/she has learnt from yesterday's session. After she/he has finished the task, she/he has to throw the ball to someone else. Similarly, that person will also share the lessons she/he has learnt from yesterday's session. Like this, all the participants will share the lessons they have learnt from yesterday's session.
- After everyone is finished talking, now the instructor will ask whether any topic has been skipped during the discussion or any topic is still unclear to anyone. If there is any such topic, discuss it again.
- Then, thank everyone and start the next session of the day

# Day 2

# Session 2



1 hour 30 minutes

**Content:** Psycho-social support for the Play Leader

- Active Listening and Empathy

**Objectives:** After this session, the participants will be able to-

- Learn about listening strategies & how to be a good listener and its importance
- Know about empathy

## Task: Active Listening and Empathy

1 hour 30 minutes

### Method



Sharing events, Group Discussion and Practice

### Materials



Curriculum and Basic Training Guideline

### Process



- Start the session with breathing exercise
- At first, tell the participants to share about themselves. For example: favorite flower, things that feel good to do, a good side of them and the feelings to work here. Now, ask them how they would feel when they share with others.
- Then, explain 'Psychosocial support' with the participants by supporting information.
- Now, ask the participants to recall a happy moment of their life and request, 2-3 participants to share that moment from their free-will.
- After that, ask the small group how they felt while everybody was listening to them. Listen to few answers. Again, ask the small group how they felt while everybody was not listening to them. Listen to few answers.
- Then, ask the participants whether they have understood the events or not and ask few ones how they felt while sharing their events.
- Next, tell them that we have practiced listening so long.
- Now, discuss listening in the light of supporting information.
- Again, tell them that we have learnt how to listen and now, we will know how to response while listening to anyone.
- Then, discuss empathy with question-answer session with the help of supporting information
- Finally, end the session by thanking all the participants

## Supporting Information: Active Listening and Empathy

**Psychosocial support:** Psychosocial supporter helps a service-seeker to get him/her back in the normal condition from the mental hazard resulting from humanitarian crisis, sudden disaster and oppression. Psycho-social supporters help the service-seekers by actively listening to their problems empathetically so that psycho-social service-seekers feel good by sharing their sorrows and grievance. Play Leaders have to emphasize on some special issues for the psychosocial support of the children in the Humanitarian Play Lab (HPL). For example, children want to see the expression of love towards them so children have to be loved. Children learn through play and observation so they have to be assisted to be self-reliant and self-confident through play. Besides, children have to be assisted so that they would be able to control emotions, accommodate with and assist others

**Psychosocial skills of a Play Leader:** Every child is different so there are a variety of their psychosocial needs. Play Leaders need some skills to provide psychosocial support to the children. The skills that the Play Leaders should possess are given in the following.

### **Psycho-social Support:**

psychosocial support is the service where psychosocial supporters help the service seekers by listening their problems empathetically so that psychosocial service-seekers feel good by sharing their sorrows and grievance.

### **Active Listening and Empathy:**

**Active Listening:** Listening means taking a vigorous, human interest in what is being told to us. Through listening, our concentration is fully set to others and we can understand one's problems and matters

**Strategies to be Active Listener:** How we can be a good listener is given in the following;

- Pose small questions in the midst of talking
- Eye contact in the midst of talking
- Say, "I am with you" or "I can realize your circumstances" etc.
- Abstain from negative facial expression and gesture that indicate negligence to others

### **Importance of being Active Listener**

- Service-giver will realize the different issues of service-seeker.
- Service-seeker will be able to share their issues with patience.

**Empathy:**

It the ability to understand and share the feelings of another.

- Talk with empathy
- Notice how the person is talking
- Notice in which words he/she is emphasizing
- Notice how he/she is expressing his emotions
- Notice his/her sitting style
- Notice his/her facial expression

**Results of Empathy**

- We will be able to realize the feelings of people from their position
- Person will be encouraged to say his/her incidents in details
- Person will realize that we are listening him/her
- It will be easy for us to continue our discussion
- It will help us build a good relation with the person

# Day 2

# Session 3



1 hour

**Content:** Psychosocial support

- Non-judgmental Attitudes

**Objectives:** After this session, the participants will be able to-

- Learn about non-judgment

## Task: Non-judgment

Time: 1 hour

### Method



Q&A and Discussion

### Materials



Curriculum and Basic Training Guideline

### Process



- Ask the participants what they understand about non-judgment
- Then, discuss non-judgmental attitudes with the help of supporting information.
- After that, discuss the importance of being non-judgmental and way to be non-judgmental with examples.
- After the discussion, ask the participants if they have any questions about the non-judgmental attitudes
- Finally, end the session by thanking all.

## Supporting Information: Non-judgment

**Neutrality:** Not to impose own thoughts, own beliefs, own values and own judgment on others. Not to explain other events like oneself.

### Means to be neutral-

- To treat everyone equally and not to show partiality with anybody
- Not to explain others' matters from own perspective
- Not to impose own thoughts on others
- Respect the opinions of all
- Provide equal opportunity for all to talk



# Day 2

# Session 4



45 minutes

**Content:** Psychosocial support

- Confidentiality

**Objectives:** After this session, the participants will be able to-

- Learn about the importance of confidentiality

## Task: Confidentiality

Time: 45 minutes

### Method



Q&A and Discussion

### Materials



Curriculum and Basic Training Guideline

### Process



- Ask the participants to recall a confidential event that they do not want to share with anyone.
- Now say, "If the event is exposed to everybody how would you feel"? Listen to the answers of some participants.
- Then, discuss about confidentiality and its importance to all.
- After completing the discussion, end the session by Thanking all.

## Supporting Information: Confidentiality

**Confidentiality:** Psychosocial supporter will never disclose the privacy of the service-seeker provided in the session without his/her permission with anyone in any circumstances. It is necessary to maintain confidentiality to achieve reliance and establish good relation with the service-seeker. It is only possible to ensure security and freedom for the service-seeker by maintaining confidentiality. Alongside these, some following issues should be emphasized. For example-

- Provide equal dignity to all
- Be trustworthy
- Acknowledge individuality
- Be ethical
- Maintain reliance and sincerity
- Behave with empathy

# Day 2

# Session 5



1 hour 30 minutes

**Content:** Psychosocial support

- Some common symptoms of psychosocial issues and referral

**Objectives:** After this session, the participants will be able to-

- Identify about the symptom of various psychological issues
- Tell the areas of referral service.

## Task: Symptoms of Various Psychological Issues and referral

1 hour 30 minutes

### Method



Q&A and Discussion

### Materials



None

### Process



- Ask the participants what they understand about psychological problem. Listen to the opinions of some participants.
- Then, discuss various symptoms of psychological problems with the help of supporting information.
- After that, provide information about the Para counselors. For example, address and mobile number etc.
- Then, discuss all of the contents of the sessions in brief. If needed, discuss with examples.
- Finally, end the session by Thanking all.

## Supporting Information: Various Symptoms of Psychological Problem

Various symptoms of psychological problem: If the following symptoms are noticed to any of the participants, he/she has to be referred to the para counselor. For example-

- If the person abstains himself from everything, does not mixed with others and does not respond
- If the person screams, abuses, throws or breaks anything or hits others
- If the person stops regular meal
- If the person does not sleep
- If the person fails to do daily activities
- If the person repeatedly thinks and dreams of the traumatic events
- If the person feels like harming himself/herself or committing suicide

# Day 2

# Session 6



1 hour 30 mins

**Content:** Healing Session

**Objectives:** After this session, the participants will be able to-

- Talk about Healing Session
- Learn the importance of Healing Session

## Task: Symptoms of Various Psychological Issues

1 hour 30 mins

### Method



Discussion and Q&A

### Materials



Supporting information

### Process



- Discuss with the participants about Healing session
- Tell what topics are covered in the Healing session. For example:
  - Inquiring about the well-being of those for whom the healing session is conducted and their families.
  - Talking about their health awareness
  - Discussing the easy ways to feel better
  - Recalling childhood's liked and disliked memories
  - By recalling childhood memories and comparing them with their current work, since they work with children, this work will help them understand the state of mind of children.
  - Creating awareness of 'empathy' among the participants along with the healing sessions
  - Relaxation at the end of the session
- Explain the importance of the healing session to the participants
- Conclude the session by thanking everyone for their participation and cooperation in the session.

## Supporting information: Healing Session

Play leaders, including mother volunteers who work with children and their families, conduct a variety of sessions to hear from children, their mothers, and other family members about their life experiences. They listen to their various emotions, feelings, and events with attention, empathy, non-judgemental attitudes, and maintain confidentiality. They talk with them, play with them and conduct the assigned tasks according to their needs. While working with children, their mothers, and other family members, sometimes they hear their happiness, and sometimes they also have to hear many kinds of sorrows in their life. Sometimes in emergency situations such as when there is a fire, someone's family is damaged, there is a flood somewhere, someone's vehicle and goods are damaged due to landslides, someone is lost, drowned in water, or dies due to any other reason. They hear the words, an impression is left in their minds. Along with the mind, the body is also imprinted with feelings of suffering. Therefore, monthly 'Healing sessions' are conducted with Play Leaders, Mother Volunteers who work with children and their families to listen to their own thoughts and help them feel better. To keep their mind sound, to talk with empathy towards children and their family members, and to conduct tasks in such a way that they understand how they feel about themselves in any given situation so that while providing service to others, s/he can be understood from the place of service recipient and service can be provided as needed.

### **Importance of Healing session-**

- Who work with children and families including Play leaders and mother volunteers will understand how they and their family members are doing.
- They can think about what they can do to feel better about themselves and know what else they can do to feel better in certain situations.
- Know various helpful information or ways to stay well
- Will learn how they can be health conscious and ensure protection for themselves and their family members
- Will understand the importance of being empathetic towards themselves and others in the light of their own life experiences.
- By practicing relaxation at the end of the session, they get rid of stress, worry, anxiety et,c. and feel light and feel good for a while.

Day 3

Session 1



30 minutes

**Content:** Reflection of the Previous Day's Activities

**Objectives:** After this session, the participants will be able to-

- Say what they have learned from the previous day's session.

**Task: Reflection of the Previous Day's Activities**

**Time: 30 minutes**

**Method**



Brainstorming, Discussion and Q&A

**Materials**



No need

**Process**



- Exchange greetings with the participants. Stand in a circle with the participants and you too stand with them.
- The facilitator first calls a participant by name and asks them to tell what they learned or liked from the previous day's session.
- When he/she has finished speaking, ask him/her to name another person, to point out what he learned or something he liked. Review the previous day like this.
- When everyone has finished speaking, ask everyone if there is anything left out or if there is something unclear? If so, discuss the matter again.
- Then start today's next session by thanking everyone.

# Day 3

## Session 2



1 hour 30 minutes

**Content:** Children's Psychosocial Development and Growth in a Humanitarian Crisis

- Play and Child's psychosocial development and growth

**Objectives:** After this session, the participants will be able to-

- Tell about play and children's psychosocial development & growth

### Work: Play and Children's Psychosocial Development and Growth

1 hour 30 minutes

#### Method



Q&A, Discussion

#### Materials



Curriculum, Basic Training Guideline

#### Process



- Ask the participants what they understand by "Play". Listen to some of their opinions.
- Then discuss the importance of play in children's psychosocial development and growth.
- Why has play been adopted for the children of Humanitarian Play Lab? Listen to some of their opinions. Now you add to their answers and say- there are two reasons for adopting play for the children of Humanitarian Play Lab:
  - Play to Heal
  - Play to Learn
- Then provide information on how the children will get relief and learn important lessons in the Play Lab.
- Finally end the session by thanking them.

## Supporting Information: Play and Child's Psychosocial Development and Growth

**Play:** For all the children 'play' is an eternal subject matter. Regardless of race, religion or caste, all children are involved in play/sports more or less. It is no exception to the children living in adverse environment and situation or in shelters. Play is a collection of activities performed by the children where they willingly participate with much joy and interest. By born, Children are interested in playing. Children's liveliness/energy is released through play. Through play, children get to know themselves as well as the people around her/him and about the world.

**Importance of Play in Child's Psycho-Social Development:** Play is an important part of childhood, with which the mental development and overall holistic development of a child are very much involved. In a humanitarian crisis, play works as a healing or comforting method for the children to keep themselves happy and cheerful by helping them forget about their sadness, pain, grief and uncertainty. The importance of play in a child's early development is immense.

According to the specialists, in any adverse environment or in emergency humanitarian crisis play works as a therapy. Play is used as a primary medication which helps controlling negative behavior, managing emotion, dealing with sadness and mental anxiety. Simultaneously, child's cognitive, physical, linguistic, social and emotional development and early learning are ensured through play. The significance of play in the socio-social development and early development of children is highlighted below-Helps resolve mental conflicts and bring innovation to problem solving

- Helps to resolve mental conflict and brings new ideas in problem solving
- Teaches to be respectful and sympathetic towards his/her own and other's feelings
- Through proper expression of own emotions and feelings, it helps develop the skills of self-regulation
- Helps to gain experience and express feelings in a positive way
- Helps to achieve social skills and learn adaptive behaviors in different situations
- Considered as a successful way of managing own behaviors
- Develops the ability to know oneself which helps building self-confident about own capability
- Helps making interpersonal communication with others and reliving unusual thought from mind
- Helps developing the fine and gross motor skills
- Develops imagination and creative skills
- Helps in attaining mental peace.

Day 3

Session 3



45 minutes

**Content:** BRAC Humanitarian Play Lab (HPL)

- Humanitarian Play Lab Program

**Objectives:** After this session, the participants will be able to-

- Understand what Humanitarian Play Lab means and its aims & objectives
- Identify the attributes of Humanitarian Play Lab

**Task: Humanitarian Play Lab Program**

**Time: 45 minutes**

**Method**



Q&A, Discussion

**Materials**



Curriculum, Basic Training Guideline

**Process**



- Ask the participants, what is Humanitarian Play Lab? Take answers from few and again, ask them, why are Humanitarian Play Labs being made? What are its aims and objectives? Take some answers from them and let others share their opinions.
- Now with the help of the supporting information, discuss the part aims & objectives of Humanitarian Play Lab program through a question-answer session.

**Supporting information: BRAC Humanitarian Play Lab program**

**BRAC Humanitarian Play Lab Model (3-5 Years):** The BRAC Humanitarian Play Lab (HPL) model program is providing essential psychosocial stimulation, support and protection to Rohingya children aged 3-5 years in humanitarian crisis as well as supporting their early development in emergencies. This Humanitarian Play Lab model of activities focuses on play to make the early years of a child's life healthy, beautiful and joyful. The Play Lab is an environment where children can develop their mental health and early development and pre-learning through play. In addition, children will gain an understanding of the basics of pre-learning such as language, mathematics and acquiring life skills. Children are able to express imagination and creative thinking through play. In fact, the Humanitarian Play Lab is a new world for children affected by humanitarian crises, frightened, oppressed and separated from their families, where they get a chance to experience childhood anew.



**The Aims of BRAC Humanitarian Play Lab Model (3-5 years):** To promote holistic child development by promoting mental health and early development of children aged 3-5 years through play, providing psychosocial support in a safe, joyful and child-friendly environment.

**Objectives of Humanitarian Play Lab Model 3-5 Years:** The objectives of Center Based and Home Based BRAC Humanitarian Play Lab activities are:

**Objectives of the 3-5 year old program:**

- Enhancing the resilience of Rohingya children living in refugee camps to promote healthy psychosocial conditions and early development.
- Helping the child develop a positive mindset, understand their own feelings and be empathetic towards others
- To prepare the child to adapt to the environment by increasing self-regulation skills.
- To maintain children's spontaneity and develop their creativity through play-based learning
- Children are exposed to pre-learning skills such as linguistic skills, mathematical skills and life skills through various play activities which will play a role in the future development of the child.
- Conducting Play Lab activities tailored to the Rohingya community and emphasizing their traditions and culture
- To help foster a culture of unity in the minds of people in humanitarian distress by creating a supportive environment for the child.

**The Characteristics of Center Based Humanitarian Play Lab(3-5 years):**

For the children of 3-5, the Humanitarian Play Labs promote a healthy environment where they can keep themselves well through play and ensures that each child gets the opportunity to actively participate in the play activities. The attributes of the Center Based Humanitarian Play Lab are given below –

- All children aged 2 to 5 years at designated centers will have the opportunity to participate in the Humanitarian Play Lab program
- 2 Play Leaders will be assigned to run the activities of each Humanitarian Play Lab
- Play lab activities will continue for 2 hours every day
- The number of children aged 3-5 years in each humanitarian play lab will be 30/35
- Each Humanitarian Play Lab will have children aged 3-5 come to the center five days a week and each children and their mother will receive one home visit session one and a half months in addition to coming to the centre.
- There will be various types of and age-appropriate play materials in every Humanitarian Play Labs
- Each Humanitarian Play Lab will have a management committee consisting of the Guardian and Rohingya community, and this committee will always help managing the Play Labs properly
- Parents and guardians will assist in overall development of the Humanitarian Play Lab.

# Day 3

# Session 4



1 hour

**Content:** BRAC Humanitarian Play Lab (HPL)

- Roles and Responsibilities of Play Leader

**Objectives:** After this session, the participants will be able to-

- Talk about the roles and responsibilities of Play Leader

## Task: Roles and Responsibilities of Play Leader

Time: 1 hour

### Method



Q&A, Discussion

### Materials



Curriculum, Basic Training Guideline

### Process



- Tell the participants, 'we already know about the aims, objectives and characteristics of humanitarian Play Lab now'. Considering that, ask few of the participants to talk about what should be the roles and responsibilities of a Play Leader in managing a play lab.
- Now, with the help of supporting information, discuss the roles and responsibilities of the Play Leader with the participants. Announce the end of the session after discussing any questions they have.

## Supporting Information: The Roles and Responsibilities of Play Leader

Play Leader's knowledge, skills, perspective and responsible role are essential to the successful implementation of the BRAC Humanitarian Play Lab. The Play Leader is supported in various ways to play an effective role in carrying out her duties. One of the responsibilities of the Play Leader is to ensure their proper development through various play activities. BRAC Humanitarian Play Lab jobs can generally be divided into a few categories based on the type of work. For example-

- BRAC Humanitarian Play Lab Management
- Play activity management and support
- Communication and relationship building
- Collection, storage and care of materials

**BRAC Humanitarian Play Lab Management:** For the overall management of BRAC Humanitarian play lab, the play leader needs to do the following things:

**BRAC Humanitarian Play Lab Beautifully Decorated (According to Rohingya Children's Own Traditions and Culture):** A well-decorated center is crucial for children's development. Organized and stimulating materials hold children's attention and encourage them to save. There are several steps that can be taken to organize a BRAC Humanitarian Play Lab. For example-

- Decorate the center with the help of children's mothers or other members of the community by making samiana with different colored cloths
- Painting and drawing the outer walls of BRAC Humanitarian Play Lab with the help of children to make the center look bright and beautiful.
- Decorated with different colored poster-paper, colored-paper or other materials (according to Rohingya children's own tradition and culture). Hanging charts or interesting and colorful hanging-toys for children to learn. But they should be drawn in such a way that children can easily see them. That is, children should be drawn at or near eye level.
- Hanging daily routine, management committee names and work lists on colored poster-paper or eight-sheet.
- Decorate the play world with children's drawings, their handprints and various handiwork made by them and change it after a few days without hanging the same picture for a long time.
- Keep toys or materials neatly within reach of children.
- Gardening with small flowers and trees outside the BRAC Humanitarian Play Lab if there is space and decorating with various play materials (e.g., swings, see-saws, swing rings, tires, tree trunks etc.) with the help of the community.
- Ensuring child attendance one of the main tasks of the Play Leader is to ensure regular and timely attendance of all children at BRAC Humanitarian Play Lab.
- Recording the child's name in the attendance book according to age and ensuring the child's attendance by contacting the parent if any child is absent from the center apart from calling the child's attendance daily and keeping his record in the attendance book. He/she should be present at the center at least 15 minutes before the start of the center every day and leave the center at the scheduled time.

**Placement of children in certain rules:** According to the rules of conducting the thematic games in the center, children should be placed sometimes in a large row, sometimes in a small row, and sometimes in a rounded 'U' shape. Children should be spaced out at the time of placement, so that the Play Leader can easily approach each group. During storytelling, the Play Leader will sit on a small stool and bring the children close to the story session.

**Cleanliness inside and outside the BRAC Humanitarian Play Lab:** One of the daily responsibilities of the Play Leader is to keep the center clean inside and outside. For this, the tasks to be done are - regular brushing, regular cleaning of hangings, wiping the materials and taking care that the light and air can travel in the room. In addition, if there are designated toilets for the center, keeping them clean and ensuring water supply is part of the Play Leader's regular work.

**Helping and facilitating play:** One of the responsibilities of a Play Leader is to conduct daily curriculum sessions for children aged 3-5 years and to assist the children in playing. Preparing the previous day for conducting the next day's play activities and conducting all the play activities as per the game schedule and participating in the play activities with the children themselves. In addition, he will work with the children on what, how to do it, make a routine of what materials will be needed, according to the instructions received from the training and the written instructions of the curriculum. However, sometimes take flexible measures in managing the game on the basis of children's will-reluctance or environmental conditions.

**Communication and Relationship Building:** Regular participation of children in BRAC Humanitarian Play Lab and maintaining communication at various levels is necessary for smooth running of all activities. The Play Leader should maintain necessary communication with children, parents, local residents, management committee and related offices. Parents and community members should be encouraged to get involved with the BRAC Humanitarian Play Lab. Social awareness is crucial to the successful execution of the work of the BRAC Humanitarian Play Lab. If the parents, residents and members of the management committee know about the work of BRAC Humanitarian Play Lab, understand its rationale, then cooperation will always be available from them.

Play leaders can take the following steps to build rapport and social awareness:

- Conduct monthly meetings with parents, residents and management committee members. Inform them about the work of the sports world in the meeting. Discussing various topics of child development and informing them about the tasks to be done.
- Regular home visits to discuss the good and bad of the children with the parents and build a friendly relationship with them.
- Taking the initiative in various social and religious events to exchange skills with the guardians, talk and seek information in case of danger.
- Involving parents in creating materials or decorating play labs

**Collection materials, Caring and storage:** Materials can be collected in several ways in the game world. For example, materials collected from the office, materials collected locally and materials developed through materials development workshops.

Materials collected from the office are usually selected according to children's age, development, culture, and education. For example, balls, dolls, rattles, paints, wooden blocks, number cards, color cards, pencils, story books, etc. Besides, the Play Leader should play a major role in collecting materials locally. He talks to the parents and committee members and collects materials that can be used for children's play - plastic bottles, coconut garlands, dry branches of trees, different types of bags (market or shop shopping bags), soil, water, sand, sticks, stones, etc.

**Play Materials Development Workshop:** A major aspect of community and parent involvement is the equipment development workshop. Two materials development workshops are held each year in the BRAC Humanitarian Play Lab year. The workshop lasts for two to two and a half hours with the participation of parents of children, community and management committee members. In a festive atmosphere everyone makes toys for children and various materials to decorate each BRAC Humanitarian Play Lab. Most of the toys and decorations are made from recycled (reused) and readily available materials like plastic bottles, charts, old clothes, paper boxes, calendars, newspapers, etc. and these materials are collected from the community.

The following points must be kept in mind while collecting materials. For example-

- The materials should be according to the Rohingya children's own traditions and culture
- Children must be developmentally appropriate
- Must be safe for children
- Materials should be attractive
- Must be sustainable
- Must be free or low cost and
- Must be easy to use

Care and preservation of materials is an important factor in keeping materials attractive and durable for a long time. Without proper care of all materials including toys, they will spoil very quickly and children will lose interest in the world of play. In the play world, there must be toys for children to play with and toys must be cleaned and put away at the end of play. Play Leaders should keep the following points in mind while using the materials:

- Broken toys must be removed.
- Keep clean food water in the center and ensure that the water container is clean.
- Care should be taken that the edges of the book are not sharp.
- It should be noted that all other things including the toys used for playing should be kept clean.
- In addition, the main responsibility of a Play Leader is to ensure the safety of the child in every aspect. For example: taking care of the child from coming to the center and returning home from the center. Take care when playing with children and using toys, so that children do not get hurt in any way.

A Play Leader should always be cheerful with the children and patiently listen to them and play with them. In addition, with the help of the supervisor, the BRAC Humanitarian will be able to record his positive/negative experiences, successes and failures in conducting the play lab in a diary, photograph or draw a picture. At the same time the attendance of the children and the main speech of the parent meeting will be saved in written form.

# Day 3

# Session 5



1 hour 30 mins

**Contents:** Curriculum of the Humanitarian Play Lab (HPL)

- Curriculum and Curriculum Framework of the Humanitarian Play Lab
- Introduction to the Daily Routine and Monthly Activities of Humanitarian Play Lab

**Objectives:** After this session, the participants will be able to-

- Tell about the curriculum and principles of the Humanitarian Play Lab (HPL)
- Know about the curriculum framework of the Humanitarian Play Lab (HPL)
- Tell about the Daily Routine and Monthly Activity of Humanitarian Play Lab
- Get introduced with the Play Activities of Humanitarian Play Lab

## Task-1: Curriculum and Framework of the Humanitarian Play Lab

**Time: 1 hour**

### Method



Q&A, Group work and Discussion

### Materials



Curriculum and Basic Training Guideline

### Process



- Tell the participants that we have already known about the BRAC Humanitarian Play Lab. Then tell what else is needed for conducting Play Lab. Listen to the opinions of some participants. Now, ask them who are familiar with the word 'Curriculum' and what they mean by curriculum. Listen to the opinions of some participants and add information if needed.
- Then, tell the participants that some principles have been followed to develop Humanitarian Play Lab curriculum and discuss the principles in the light of the supporting information.
- After that, tell the participants that center-based HPL curriculum framework has been prepared on the basis of 'Child Wellbeing' and 'Child Development and Learning'. Then, easily discuss the framework in the light of the supporting information.
- Now, ask the participants whether they have any questions about this or not. If so, discuss the unclear content. Finally, start the next session by thanking all

## Supporting Information: Humanitarian Play Lab Curriculum and Framework

**BRAC Humanitarian Play Lab Curriculum:** Every activity of the Center-based BRAC Humanitarian Play Lab is play-based so it is essential to have an effective curriculum for conducting and implementing play activities that reflect the age, readiness and culture of the children. The main purpose of Humanitarian Play Lab (HPL) model is to build resilience among the children through play, help to ensure essential development in early childhood and to learn as well that will ensure positive impact in respect of all-round development of the children in humanitarian crisis. The play activities have been ordered in the curriculum in such a way that balances among the psychosocial condition, age and areas of development, maintains the standard from easy to hard and assures the spontaneous participation of the children

### **To implement BRAC Humanitarian Play Lab curriculum the core principles which have been followed:**

- Comprehensive Play-based Curriculum include sequenced age appropriate and guided Play-based activities to promote creativity, learning and healing.
- Understand and focus on healing, safety, and security as children and families adjust and adapt to new host country environment. Identifies, builds on and respects culture through all activities, learning materials, space and approaches to learning.
- Child-focus design and structure to create a safe, responsive, secure environment. Use of indoor and outdoor space to support active learning lab through both small group and large group activities.
- Participatory Methods to promote caregiver, child and community engagement.
- Promotes child protection, health, and nutrition and hygiene messages and provides Linkages to services as needed.
- Facilitator training incorporates principles of respect, empathetic listening, and an Understanding trauma informed care.

**Humanitarian Play Lab Curriculum Framework:** Developed in the context of a humanitarian crisis, the Humanitarian Play Lab Curriculum Framework is based on Child's Emotional Well-Being (Child Wellbeing) and Child Development and Learning (Child Development & Learning). A child's mental welfare or psychosocial development mainly focuses on two things: Healing and Resilience. Healing involves listening to distressed and oppressed children with compassion, showing respect for children and preserving their language, culture and traditions, healing the emotional wounds of children and bringing them back to normal. And the ability to adapt to various adverse conditions of life is called tolerance. Resilience skills help the child to deal with various problems easily during any conflict or crisis. Moreover, the development of tolerance helps to keep the child well and relieve depression. and helps to adapt to the ongoing environment. Early childhood is very important in a child's life. During this time, the foundation stone of physical, intellectual, linguistic, social and emotional development is laid. Which plays an important role in the early development and pre-learning of the child and helps in the overall development of the child.

The Humanitarian Play Lab curriculum is designed with children in distress and crisis in mind, with a primary focus on healing and resilience.

In a humanitarian crisis situation, for the holistic development of a child, any skill or qualification of the child does not come from any specifics. In fact, healing, resilience and development & learning, these three subjects are interconnected. These skills learned through different stages help a child to stay well in any conflicting situation. This helps a child to adapt with the new changes in their life. As well as, enables them to get along with everyone through appropriate social behavior. On the basis of these skills the center-based Humanitarian Play Lab curriculum has been developed. The skills the children will be learning through play are listed below.

# Curriculum Framework

## Overall Theme: **Building Resilience**

<b>Sub Themes</b>	<b>Skills</b>
<b>Playfulness</b>	<ul style="list-style-type: none"><li>• Enthusiasm/ motivation</li><li>• Experience fun/ enjoyment</li><li>• Active engagement</li><li>• Initiative</li><li>• Innovation/ Creativity,</li><li>• Flexibility in outcome,</li><li>• Involves all senses, whole body</li><li>• Negotiation with others,</li><li>• Spontaneity</li></ul>
<b>Communications</b>	<ul style="list-style-type: none"><li>• Patience, listening, waiting for your turn</li><li>• Understandable and clarity about what you want to say</li><li>• Well suited to the situation</li><li>• Learning and using emotion words</li><li>• Articulation</li><li>• Polite forms for request/behaviour/respectful use of sentences</li><li>• Learning social cues and body language and facial expression</li><li>• Adapt voice tone/intonation into context</li></ul>
<b>Problem Solving</b>	<ul style="list-style-type: none"><li>• Negotiation with others</li><li>• Flexibility in approach</li><li>• Identify the first step</li><li>• Identifying the goal/ goal oriented</li><li>• Goal in mind</li><li>• Managing your frustration</li></ul>
<b>Conflict resolutions</b>	<ul style="list-style-type: none"><li>• Taking turn and sharing</li><li>• Express appreciation to peers for kindness</li><li>• Calm down from stress and anxiety</li><li>• Divert/distract the mind/attention</li><li>• Compromising and collaborating</li><li>• Being sensitive to other's feeling/ promote empathy</li><li>• Develop motivation to be kind</li></ul>



<p><b>Self-Regulations</b></p>	<ul style="list-style-type: none"> <li>• Assertiveness/taking initiative</li> <li>• Aware of your own emotion</li> <li>• Reading others emotions</li> <li>• Express emotion in a non-harmful way</li> <li>• Calming strategies</li> <li>• Adaptability with situation</li> <li>• Cooperation</li> <li>• Able to control behaviour according to group norm</li> <li>• Impulse control</li> </ul>
<p><b>Social Competence</b></p>	<ul style="list-style-type: none"> <li>• Be likable and Friendly towards other children</li> <li>• Cooperate and be adaptable</li> <li>• Following social norms and values</li> <li>• Taking initiative</li> <li>• Able to compromise</li> <li>• Express thanks</li> <li>• Listening to others</li> <li>• Reading other's emotion</li> <li>• Active engagement in group or peer</li> </ul>
<p><b>Building Confidence</b></p>	<ul style="list-style-type: none"> <li>• Be fearless</li> <li>• Stand for myself</li> <li>• Self Esteem</li> <li>• Affirm myself</li> <li>• Self confidence</li> <li>• Care for yourself</li> <li>• Self monitor</li> </ul>

# Overall Curriculum: **Learning framework**

Domain	Sub domain	Specific aspects	Goals
<b>Language &amp; Communication</b>	<b>Language</b>	Ability to listen, understands, speak and communicate.	<ul style="list-style-type: none"> <li>The child should be able to listen &amp; understand the spoken languages (Listening)</li> <li>The child understands, follows and uses appropriate social and conversational rules. (Speaking)</li> </ul>
	<b>Literacy</b>	Ability to read and write.	<ul style="list-style-type: none"> <li>The child should be able to recognize written symbols, letters and text with understanding (phonological awareness, Print &amp; Alphabet knowledge)</li> <li>The child should be able to express their idea through producing picture, symbol and text.</li> </ul>
	<b>Multilingualism</b>	Knowledge of more than one language (English song, rhyme)	<ul style="list-style-type: none"> <li>The child should be able to demonstrate competency in another language along with mother tongue</li> </ul>
<b>Cognitive Development</b>	<b>Mathmetics Developments</b>	Math & Numarecy	<ul style="list-style-type: none"> <li>The child should be able to understand and demonstrate knowledge, skills with counting numbers, operations, measurement, geometry and spatial senses.</li> </ul>
	<b>Enviroment and Scientific Enquiry.</b>	Science and Enviroment.	<ul style="list-style-type: none"> <li>The child should be able to collect and describe information through exploring and observing of objects, living things, Weather and Seasons.</li> </ul>
	<b>Logic and reasoning</b>	Logical thinking and problem solving	<ul style="list-style-type: none"> <li>Child should be able to demonstrate awareness of cause and effect and find multiple answers to questions, tasks and problems.</li> </ul>
<b>Physical and Motor Development</b>	<b>Physical Development</b>	Physical Fitness	<ul style="list-style-type: none"> <li>The child should have adequate strength, stamina and energy to participate in a variety of physical activities</li> </ul>

	<b>Motor Development</b>	<b>Gross Motor, Fine motor and Sensory Motor Skills</b>	<ul style="list-style-type: none"> <li>The child should be able to use and coordinate large muscles for body movement, small muscles for hands &amp; fingers and senses to guide motion.</li> <li>The child should be able to use her/his senses to guide motion.</li> </ul>
	<b>Safe Practice, Personal Care &amp; Hygiene</b>	<b>Safe practice and Hygiene</b>	<ul style="list-style-type: none"> <li>The child should be able to demonstrate awareness and understanding of safety rules and simple instructions.</li> <li>The child should be able to demonstrate ability to avoid harmful objects and situations.</li> <li>The child should be able to demonstrate personal care, hygiene skills and variety of balanced nutritious food.</li> </ul>
<b>Social and Emotional Development</b>	<b>Social Development</b>	<b>Pro-Social Behaviour</b>	<ul style="list-style-type: none"> <li>The child should be able to interact positively with adults and peers.</li> <li>The child should be engages in prosocial and cooperative behavior with adults / The child should be able to demonstrate pro-social behavior to cooperate and show empathy with others, to negotiate &amp; participate in decision making and cope with diverse settings.</li> </ul>
	<b>Emotional Development</b>	<b>Emotional Expression</b>	<ul style="list-style-type: none"> <li>Child should be able to recognize and express appropriate range of emotion.</li> <li>Specific aspects: Self Control.</li> <li>Child should be able to regulate their feelings and impulses and have the understanding to follow the rules.</li> </ul>
	<b>Values &amp; Ethics</b>	<b>Self Respect, honesty and responsibility. Culture and Heritage</b>	<ul style="list-style-type: none"> <li>Child should be able to demonstrate honesty, respect for self &amp; others, take responsibilities and is able to accomplish tasks.</li> <li>Child should be able to show respect and be proud of Rohingya culture and heritage.</li> </ul>
<b>Creative Development</b>	<b>Creativity</b>	<b>Artistic Creativity</b>	<ul style="list-style-type: none"> <li>Child should be able to communicate through artistic expressions and think and use things in new ways.</li> </ul>

## Task-2: Introduction to the Daily Routine and Monthly Activities Plan of the Humanitarian Play Lab (HPL)

**Time: 30 minutes**

### Method

Discussion, Q&A, Group work

### Materials

Curriculum and Basic Training Guideline

### Process

- Tell the participants that the activities have been included in the center based Humanitarian Play Lab curriculum.
- Ask the participants to see the HPL center-based curriculum's daily routine and how long each activity will run.
- Divide the participants in 4 groups. Divide these activities among the 4 groups. Such as-
  - Team 1- "Time to Say Hello" & "Kabbya & Kissa"
  - Team 2- "Moving & Doing"
  - Team 3- "Drawing & Creating"
  - Team 4- "Play as You Wish" & "Time to Say Goodbye"
- Besides, discuss about the "Monthly Activity Plan" and "Symbol Introduction".
- Ask them to discuss by seeing the pictures on how many activities are there in the specific portion, how the activities will be performed and what type of materials are needed. Give them 10 minutes for this. Help them if needed.
- Listen from each of the participant
- After completing the discussion listen from each team.

### BRAC Humanitarian Play Lab Model Daily schedule

Time	Time to Say Hello	Kabbya & kissa	Moving & doing	Drawing & creating	Play as You Wish	Time to Say Goodbye
2 hours	10 minutes	25 minutes	25 minutes	25 minutes	25 minutes	10 minutes

In this center based activities, children get one home visit session in each one and a half month along with coming to the centers. There will be 30 minutes for Home visit session, 15 minutes for Psychosocial Session (PSS) session and 15 minutes for Play Activity session

Day 3

Session 6



1 hour 30 mins

**Content:** Play Activities of Humanitarian Play Lab (HPL)

- “Time to Say Hello” and “Kabbya & Kissa”
- Practice, Presentation & Rules of Conducting “Kabbya & Kissa” Session

**Objectives:** After this session, the participants will be able to-

- Tell about how to conduct “Time to say hello” session in Humanitarian play lab
- Explain the importance of “Kabbya & Kissa” in child development.
- Tell the method of conducting “Kabbya & Kissa” for the first two months from the curriculum children aged 3-5 years.
- Present the specified “Kabbya & Kissa”.

### Task-1: “Time to say Hello” & “Kabbya and Kissa”

Time: 30 minutes

#### Method



Q&A, Group work, Discussion

#### Materials



Curriculum and Basic Training Guideline

#### Process



- At first, discuss with the participants on how to conduct the session on ‘Time to Say Hello’ in the light of the supporting information.
- In the ‘Time to say Hello’ session, tell the participants how to help the children recall some sayings, safety and hygiene message with fun, by clapping or through play. Show it to them by doing yourself.
- Then, ask questions to the participants what the importance and purpose of doing ‘Kabbya & Kissa’ with the children. Give few minutes to the participants to think about this. Listen 1 or 2 points from them.
- Now, discuss the importance and purpose of Kabbya & Kissa

## Supporting Information: The Purpose and Importance of “Time to Say Hello” and “Kabbya & Kissa”

**Purpose and Importance of “Time to Say Hello”:** Basic Skills Children Need to Be Social and Humanitarian in Humanitarian Play Lab The ‘Welcome’ session is very important as an area to teach and practice things like getting along with others, getting to know each other, introducing yourself, playing the national anthem, maintaining harmony etc. Through the ‘Time to Say Hello’ sessions, children learn the skills they need for everyday living. Here the child can develop language and communication skills as well as nutritious food, cleanliness, safety and security skills for healthy living. Practicing Myanmar National Anthem develops patriotism and socio-emotional attitude in children. Also, child-led, based on their interests and preferences, the play leader can conduct ‘the time to say hello’ session through any interested child.

**Purpose and Importance of “Kabbya & Kissa”:** Kabbya and Kissa collected from the Rohingya community have been included in the curriculum for the purpose of psycho-social development and linguistic development of children. The Kabbya’s rhythm and melody of Kabbya creates a pleasant feeling in the mind of children which helps them to get rid of stress and restlessness. Children love to listen and tell stories. Listening and telling funny stories plays an important role in a child’s linguistic and intellectual development. Children can hear and speak new words through poems and stories. Poems and anecdotes can answer various questions and children can tell their own anecdotes which help develop their imagination. Through this practice, the child’s presentation skills and organizational skills to express thoughts in words increase. So, it is necessary to present Kabbya and kissa to children in a pleasant way. The Play Leader will assist the children with special care while conducting Kabbya and kissa work. At this time, it is very important to talk clearly with children, give children time to talk, listen carefully to them and create opportunities for children to ask and ask questions.

### Task-2: Practice, Presentation & Rules of Conducting “Kabbya & Kissa” Session

**Time: 1 hour**

#### Method

Discussion and Presentation

#### Materials

Curriculum, Training Guideline and other materials (as per requirement)

#### Process

- From the curriculum, discuss the process of conducting “Kabbya & Kissa” specified for the first two months for the children aging 3-5 years through question-answer session with the participants and conduct the specified “Kabbya & Kissa” with them.
- Now, ask the participants to sit like children and present the specified ‘Kabbya & Kissa’ acting as a facilitator.
- Then, ask some of the participants and let them present the specified ‘Kabbya & Kissa’ with necessary materials acting as Play Leader.

# Day 4

## Session 1



30 minutes

**Content:** Reflection of the Previous Day's Activities

**Objectives:** After this session, the participants will be able to-

- Say what they learned from the previous day's session.

### Task: Reflection of the Previous Day's Activities

**Time: 30 minutes**

#### Method



Brainstorming , Q & A ,  
Discussion & Play activity

#### Materials



Ball and Rattle

#### Process



- Exchange greetings with the participants.
- Now ask everyone to stand in a circle and give one person a ball.
- Tell the participants that the ball will roll in each person's hand when you ring the rattle. When the jingling stops, the person with the ball will say something they liked from the previous day's session and why.
- In this way, give everyone an opportunity to review the topics of the previous session by passing the ball around.
- Then start today's next session by thanking everyone.

# Day 4

## Session 2



1 hour

**Contents:** Play Activities of Humanitarian Play Lab (HPL)

- “Moving and Doing”
- Practice, Presentation & Rules of Conducting “Moving and Doing”

**Objectives:** After this session, the participants will be able to-

- Explain the purpose of physical play in child development.
- Explain the purpose of social-emotional play in child development.
- Explain the rules of “Moving & Doing” activities for children aged 3-5 according to the curriculum.
- Present the “Moving & Doing” play activities.

### Task-1: “Moving & Doing”

**Time: 10 minutes**

#### Method



Q&A and Discussion

#### Materials



Curriculum and Basic Training Guideline

#### Process



- Ask the participants what is “Moving and Doing” play activities and what is the purpose of this? Listen to a few opinions.
- Now explain the following supporting information to highlight the importance of the “Moving and Doing”.

### Supporting Information: “Moving & Doing”

Physical plays are very favorite for Rohingya children. Which is given in this Humanitarian Play Lab curriculum titled “Moving & Doing”. In addition to physical play, various types of social and emotional play are included. Through which children can play together, learn to wait their turn, learn to be respectful and empathetic to others, be patient in critical situations and empathize with others’ suffering. When children engage in free and spontaneous play, they are free from fatigue and boredom and keep their minds cheerful. Positive interactions with friends can foster creative thinking and innovative attitudes and performance that help them acquire the skills they need to survive.



At the same time children's pre-learning work is also done. For example, how many places are playing, which places are safe, which places are not safe, inside-outside, near-far, up-down etc. Moreover, through self-control, one can express oneself correctly, think about problems, express thoughts in words and solve small problems.

Similarly, through turn-based play, children can understand and demonstrate knowledge and skills related to pre-mathematical concepts such as counting numbers, mathematical processes, patterns, measurement, geometry and space. As a result, children will acquire the ability to solve various mathematical problems. Children's ability to observe and investigate will increase. Children will learn to understand and categorize relationships between one or more objects. Children can also prepare for basic education by practicing writing numbers. In addition to increasing language and communication skills, children can learn various daily life skills, such as how to share toys with friends, how to wait patiently while playing.

The skills acquired through these play activities along with that flashcard can play a supportive role. Using flashcards will increase children's participation in play activities, support their learning and make the presentations more fun and enjoyable.

## Task-2: Practice, Presentation & Rules of Conducting "Moving and Doing"

**Time: 50 minutes**

### Method



Q&A, Discussion and Presentation

### Materials



Curriculum, Basic Training Guideline and Necessary Materials

### Process



- Collect the necessary materials in advance.
- Discuss in detail the method of conducting "Moving and Doing" play activity through question and answer by showing the participants pictures of the activities scheduled for the first two months of the curriculum for children aged 3-5 years.
- Then ask the participants to sit as children and present the specified "Moving and Doing" activities acting as a Play Leader.
- Now call on some of the participants in turn, give them the necessary materials and ask them to take turns presenting the Play and help them if necessary.
- If anything needs to be added or subtracted to the presentation, complete it and end the session.

# Day 4

# Session 3



1 hour

**Contents:** Play Activities of Humanitarian Play Lab (HPL)

- "Drawing & Creating"
- Practice, Presentation & Rules of Conducting "Drawing and Creating"

**Objectives:** After this session, the participants will be able to-

- Explain the purpose of the "Drawing & Creating" in child development.
- Explain the rules of "Drawing & Creating" activities for children aged 3-5 according to the curriculum.
- Present the "Drawing & Creating" play activity.

## Task-1: "Drawing & Creating"

**Time: 10 minutes**

### Method



Q&A and Discussion

### Materials



Curriculum and Basic Training Guideline

### Process



- First ask the participants, what is it mean by "Drawing & Creating" activities and what is the purpose of this activities? Listen to some of the opinions.
- Now explain the purpose and importance of the "Drawing and Creating" activities in the light of supporting information.

## Supporting Information: "Drawing & Creating"

Drawing is one of the child's non-verbal means of communication. Although children cannot express their feelings through language, children can express their feelings through drawing. Sometimes the meaning of their drawings is understood and sometimes not. But children have meaningful interpretations of his drawings, many of their thoughts, pains, likes, dislikes and many unspoken things are hidden in them. So, center based BRAC Humanitarian Play Lab educational program has kept arts and crafts play for children. Children can express their range of knowledge and emotions and feelings sometimes by drawing pictures, sometimes by making things with different colors. Children love to play and draw with colored paper, cotton, paint. In fact, children can express their imagination and creativity by drawing and creating new things. Similarly, children can acquire pre-writing skills through playing arts and crafts. Children also get the concept of different mathematical numbers, different colors and shapes and the concept of the alphabet through playing "Drawing & Creating play". Which is very helpful for their intellectual development.

## Task-2: Practice, Presentation & Rules of Conducting “Drawing and Creating”

Time: 50 minutes

### Method



Q&A, Discussion and Presentation

### Materials



Curriculum, Basic Training Guideline

### Process



- Collect the necessary materials in advance.
- Discuss in detail the method of conducting “Drawing and Creating” activity through question and answer by showing the participants pictures of the activities scheduled for the first two months of the curriculum for children aged 3-5 years.
- Then ask the participants to sit as children and introduce some of the “Drawing & Creating” activities, playing the role of the Play Leader.
- Now call some of the participants in turn, give them the necessary materials and ask them to present the “Drawing & Creating” activity. Help them if needed.
- If anything needs to be added or subtracted to the presentation, complete it and end the session.

# Day 4

# Session 4



45 minutes

**Contents:** Play activities of Humanitarian Play Lab (HPL)

- "Play as You Wish"
- Practice, Presentation & Rules of Conducting "Play As You Wish"
- "Time to Say Goodbye"

**Objectives:** After this session, the participants will be able to-

- Explain the purpose and importance of "Play as You Wish" in child development.
- Introduce "Play as You Wish" for children aged 3-5 according to curriculum.
- Tell how to say goodbye to the children at the end of the day's activities according to the play lab routine.

## Task-1: "Play as You Wish"

**Time: 15 minutes**

### Method



Q&A, Discussion and Presentation

### Materials



Curriculum, Basic Training guideline

### Process



- First ask the participants, what do they understand by "Play as you wish" activities and what is the purpose of this activity? Hear their opinions from a few.
- Now explain the purpose and importance of "Play as you wish" for Rohingya children in the light of the following supporting information.

## Supporting Information: “Play as You Wish”

**Play as You Wish:** “Play as you wish” is a type of play activity where children are free to play as they wish. Children can move toys from one area of the Play Lab to another as they like and play with whatever friends they want. As a result, children develop a creative mind and mindset through joy and can take care of themselves. Children also develop a range of skills that support their physical, intellectual, language-communicative and social-emotional development. Play leaders should encourage children to independently identify friends, materials, and places during play. During “Play as you wish” time, the play leader will not interfere with the children’s choice and independence, but will support them by speaking indirectly if necessary. But in many cases children need to be helped with proper guidance. The Play Leader will play with the children themselves and encourage them to actively participate in the play. Moreover, bringing innovation to the play and work, making the play difficult and keeping everyone engaged in the game is a special strategy to play at will.

### Task-2: Practice, Presentation & Rules of Conducting “Play as You Wish” Session

Time: 15 minutes

#### Method



Q&A and Presentation

#### Materials



Curriculum, Basic Training manual, Various Play Lab Materials

#### Process



- Arrange the materials for “Play as You Wish” session in designated areas of the play lab with the help of the participants.
- Call some of the participants to the front, make them sit like children, and introduce some activities from “Play as You Wish”, playing the role of Play Leader.
- Now call one of the participants to act as the Play Leader, and ask to present how to conduct the activities with children aged 3-5 years with the materials arranged.
- Discuss the points that Play Leaders should keep in mind while conducting the “Play as You Wish” session, in the light of the following supporting information.
- Conclude the session by discussing any questions or comments the participants may have on the presentation.

## Task-3: “Time to Say Goodbye”

Time: 15 minutes

### Method



Discussion and Presentation

### Materials



Curriculum and Basic Training Guideline

### Process



- Ask the participants, will the children go back home after finishing playing all the activities in the humanitarian play lab? Listen to some opinions.
- Then discuss how to say goodbye to the children at the end of the day's session at the Humanitarian Play Lab in the light of the supporting information.
- Now explain how the Play Leaders will do the four activities of “Time to Say Goodbye” session by showing pictures of the activities and discuss them in detail through question and answer.
- Now ask the participants to sit as the children and you as the Play Leader present to the participants how to go home from the Humanitarian Play Lab through any of the following play activities
- If any addition or subtraction is required in the presentation, complete the session and end the session.
- Then divide the participants into 5 groups and explain the task according to the groups. (1st Team: “Time to Say Hello” and “Kabbya & Kissa” Team, 2nd Team: “Moving and Doing” and “Drawing and Creating” Team, 3rd Team: Play at will 4th Team: Video and 5th: Farewell Team)
- Now ask each group to make the necessary preparations today and tomorrow they have to present the selected activities of the first two months of children aged 3-5 years of their respective subjects. Now explain well that each team member has to present the activities as a Play Leader.

## Supporting Information: “Time to say Goodbye”

**Time to say Goodbye:** Children at the Humanitarian Play Lab will play with a variety of toys from start to finish. At the end of the session, the Play Leader will stand in a U shape with everyone. Then simply tell the children how the day went and hear from a few interested children. But make sure that every child gets a chance to speak periodically. Then the children will leave the play lab, sometimes playing breathing exercises or relaxing games, or sometimes becoming cars or birds, etc., saying goodbye to everyone (using various farewell greetings, such as see you again, be well, etc.).

# Day 4

# Session 5



45 minutes

**Content:** Home Visit Session

- Introduction to Home Visit session
- Practice, presentation and Rules of Conducting Home Visit Session

**Objectives:** After this session, the participants will be able to-

- Explain the objective of Home visit session
- Tell the rules to conduct Home visit session
- Present the Home visit session

## Task 1: Introduction to Home Visit session

**Time: 15 minutes**

### Method



Q&A, Discussion

### Process



- Ask the participants what do we understand by Home visit session and what is the objective of it? Hear the answer from few of them.
- Discuss the importance of Home visit session in light of supporting Guideline

### Materials



Home Visit Session

## Supporting Information: Introduction to Home visit session

The Play to Learn project will conduct home visit sessions once a month for each child in addition to the children's center activities. Play Leader will follow up with the project child, mother, and her family through home visits, counsel mothers on how to stay mentally well, and conduct sessions with children through "Moving & Doing" activities. The subject of this session will consist of two parts, one is Psychosocial Support (PSS) and the other is play activity. The psychosocial support section is titled 'Talking with Mother' and the play section is titled 'Talking with Mother and Child'. The beneficiary population of the project is Rohingya camp children aged 3-5 years and their mothers. Duration of each session is 30 minutes. And in this home visit session, the psychosocial support part is called "Putuke Hadiya Dii, Nizheo Khushi Thaki" and the play part is called "Chalo Kheli". Here the social and moral values are discussed in the play section, along with explaining the rules of conduct of the activity and giving praise for participation in the activity. The session was then concluded by encouraging them to draw pictures.

## Task-2: Practice, Presentation & Rules of Conducting Home Visit session

Time: 30 minutes

### Method



Q&A, Discussion

### Materials



Home Visit Session

### Process



- Tell the participants, this time we will continue to discuss the topics serially of the home visit session.
- Now explain the topics of the home visit session to the participants one by one through question and answer and discussion.
- Then the trainer will present and discuss the home visit session for children aged 3-5 years.
- Now call some of the participants in turn, give them the necessary materials and ask them to present the home visit session to children aged 3-5 years. Assist as needed.
- Now divide the participants in 5 groups and explain their activities according to the group. (1st team: "Time to Say Hello" & "Kabbya & Kissa", 2nd Team: "Moving & Doing", 3rd team: "Drawing & Creating", and 4th team: Home Visit Session)
- Now ask each group to take necessary preparation for today and tomorrow to present their respective activities of 3-5 years old children which are scheduled for the first two months of first year. Now introduce the activities to each team member as a Myanmar language facilitator explain what needs to be done.
- End the session by completing any additions or subtractions needed in presentation.



# Day 4

# Session 6



1 hour 45 mins

**Contents:** Presentation of Model Play

- “Time to Say Hello” and “Kabbya and Kissa”

**Objective:** After this session, the participants will be able to-

- Know how to conduct “Time to Say Hello” session to start the day’s activities of the Humanitarian Play Lab
- Achieve the skill of presenting “Kabbya and Kissa” for 3-5 years old children.

## Task: Presentation of “Time to Say Hello” and “Kabbya and Kissa” Session

1 hour 45 mins

### Method



Small Group work, Presentation and Discussion

### Materials



Curriculum, Basic Training Guideline and Other Necessary Materials

### Process



- From previously shared teams, call the “Time to say Hello” and “Kabbya and Kissa” team. Invite all participants in the group to take turns playing the role play as a Myanmar language facilitators and children.
- Then tell them to do the “Time to say Hello” and the “Kabbya & Kissa” team to present the “Kabbya & Kissa” session from the previous session following the proper method and materials for conducting the Kabbya and Kissa for the first two months of children aged 3-5 years.
- During presentation time, ask the rest of the group to identify strengths and areas of improvement in the presentation and give their feedback at the end of the presentation.
- At the end of the session, share your opinions and close the session.

Day 4

Session 7



1 hour

**Contents:** Presentation of Model Play

- "Moving and Doing"

**Objective:** After this session, the participants will be able

to-

- Achieve the skills of presenting "Moving and Doing" activities for 3-5 years old children

**Task: Presentation of "Moving and Doing"**

**Time: 1 hour**

**Method**



Small Group work, Presentation and Discussion

**Materials**



Curriculum, Basic Training Guideline and Other Necessary Materials

**Process**



- Welcome from the previously shared team and call "Moving & Doing" team. Invite all participants in the group to take turns playing the role play as Play Leader and children.
- Then ask the "Moving & Doing" team to present the "Moving & Doing" activities practiced in the previous session following the proper method and materials for conducting the "Moving and Doing" activities prescribed for the first two months of children aged 3-5 years.
- During the presentation, ask the rest of the group to identify strengths and areas of improvement in the presentation and give their feedback at the end of the presentation.
- At the end, give your opinions and finish the session.

Day 5

Session 1

30 minutes

**Content:** Reflection of the previous day's activities

**Objective:** After this session, the participants will be able to-

- Say what they learned from the previous day's session.

**Task: Reflection of the Previous Day**

**Time: 30 minutes**

**Method**



Play Activity

**Materials**



None

**Process**



- Greet the participants and ask everyone to face each other in two groups and stand in two rows.
- Then ask one of the first group to ask any one of the other group a question from yesterday's discussion. Second team will get 1 point if the answer is correct. If not, the questioning team will state the answer and get the point. In this way, review the topics discussed in the previous day's session through question and answer.
- When finished speaking, ask the participants if there is something left out or unclear about something? If so, discuss the matter again.
- Then start today's next session by thanking everyone.

Day 5

Session 2



1 hour

**Contents:** Presentation of Model Play

- "Drawing and Creating"

**Objective:** After this session, the participants will be able

to-

- Achieve the skills of presenting "Drawing and Creating" activities for 3-5 years old children

**Task: Presentation of "Drawing and Creating" Activities**

**Time: 1 hour**

**Method**



Small Group work, Presentation and Discussion

**Materials**



Curriculum, Basic Training Guideline and Other Necessary Materials

**Process**



- Then ask the "Drawing and Creating" team to present the "Drawing and Creating" activities practiced in the previous session following the proper method and materials for conducting the "Moving and Doing" activities prescribed for the first two months of children aged 3-5 years.
- Now ask the "Drawing & Creating" team to present the practiced "Drawing & Creating" activities in the last session specified for the first two months for 3-5 years old by using the right method and materials.
- During the presentation, ask the rest of the group to identify strengths and areas of improvement in the presentation and give their feedback at the end of the presentation.
- At the end, give your opinions and finish the session.

# Day 5

## Session 3



1 hour 15 minutes

**Contents:** Presentation of Model Play

- "Play as You Wish" and "Time to Say Goodbye"

**Objective:** After this session, the participants will be able to-

- Achieve the skills of presenting "Play as You Wish" and "Time to Say Goodbye" for 3-5 years old children

**Task: Model presentation of "Play as You Wish" and "Time to say Goodbye"**

**1 hour 15 minutes**

### Method



Small Group work, Presentation and Discussion

### Materials



Curriculum, Basic Training Guideline and Other Necessary Materials

### Process



- Invite the previously shared team to present the "Play as You Wish" & "Time to Say Goodbye" session.
- Ask two participants from the team "Play as you wish" to present the "Play as You Wish" and "Time to Say Goodbye" activities. Ask other team members to play the role as children.
- During the presentation, ask the rest of the group to identify strengths and areas of improvement in the presentation and give their feedback at the end of the presentation.
- At the end, give your opinions and finish the session

Day 5

Session 4



1 hour

**Contents:** Presentation of Model Play

- Home-visit session

**Objective:** After this session, the participants will be able to-

- Develop skills to present the Home-visit session

## Task: Model Presentation of Home Visit Session

Time: 1 hour

### Method



Presentation and Discussion

### Materials



Curriculum, Basic Training Guideline and Other Necessary materials

### Process



- Invite the previously shared group to present Home Visit session
- Ask two participants from the team to present the “Home Visit” session. Ask other team members to play the role as mother and children.
- During the presentation, ask the rest of the group to identify strengths and areas of improvement in the presentation and give their feedback at the end of the presentation.
- At the end, give your opinions and finish the session

# Day 5

## Session 5



2 hours 30 minutes

**Content:** Rohingya Community Involvement and Participation

- Management committee and Parents meeting of Humanitarian Play Lab
- Communication and participation with Rohingya community and parents.
- Material Development Workshop with the Participation of Rohingya Community

**Objectives:** After this session, the participants will be able to-

- Talk about the nature of composition of management committee of the Play Lab and its responsibilities and duties.
- Explain what parent meeting is, its necessity and how to conduct monthly parent meeting.
- Communicate with parents and Rohingya community and tell about the involvement in any work
- Talk about what materials development workshop is, how to conduct it and make different materials including toys for children.
- Talk about distribution of materials and making of toys.

### Task-1: Humanitarian Play Lab Management Committee and Parents Meeting

**Time: 45 minutes**

#### Method



Q&A, Presentation and Discussion

#### Materials



Basic Training Guideline

#### Process



- Ask the participants what they understand by the BRAC Humanitarian Play Lab Management Committee. Hear opinions from a few.
- After that, discuss the nature of its structure, the number of members of the management committee, who will be there, etc. through question and answer. Then show the composition of management committee through discussion. All seven members of this committee will be selected based on the opinions of the Rohingya community and parents. The seven members will consist of a President, a Member Secretary (Play Leader) and five ordinary members.
- Now ask the facilitator participants about what might be the responsibilities and duties of the management committee in the play lab. Listen to the opinions of some, discuss the responsibilities and duties of the management committee.

	<ul style="list-style-type: none"> <li>• Then tell all the participants, how do we conduct parent meetings? Ask some of the participants.</li> <li>• Then discuss with the participants the points a facilitator should keep in mind when conducting a parent-teacher conference through a question and answer session.</li> <li>• Now call a few participants or act out as the Play Leader to present how to conduct a parent meeting.</li> <li>• Listen to the participants for any questions or comments after the performance.</li> </ul>
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### Supporting Information: Things to keep in mind while conducting sessions

**The Management Committee of BRAC Humanitarian Play Lab:** To run all the programs and activities of center-based humanitarian Play Lab efficiently, a seven-member committee will be formed. All the members of this committee will be elected based on the judgments of the Rohingya community and parents. Out of these seven members, there will be one president/chairman, one member secretary (Play Leader), and rest five is general members. Five mothers will be deployed as general mothers.

**The Duties and Responsibilities of the Management Committee of Humanitarian Play Lab:** The major duties and responsibilities of the management committee are-

- Take steps for parents' participation in regular monthly meetings and material development workshops
- Supervise the programs/activities of humanitarian Play Lab as required
- Keep the Play Leaders' regular and on-time presence under careful observation and assist him/her if necessary
- Encourage the children and the affiliated mothers of humanitarian pay lab for their regular and on time presence
- Take steps to collect and preserve various materials from the locals for humanitarian Play Lab
- Take measures to solve any problem that arises
- Offer a helping hand to any kind of unexpected incident taken place at humanitarian Play Lab
- Above all, run programs of humanitarian Play Lab properly and dedicatedly work for the betterment of it

**Things to Keep in Mind While Conducting Parents Session:** The following things have to keep in mind while conducting the parent sessions-

- The time and date of the sessions have to be fixed after it had discussed with the parents
- The parents have to be informed about the time and date of the sessions beforehand and the venue
- of the session has to be prepared before the sessions take place
- The discussion topics have to be prepared and the materials have to be ready for the sessions
- The instructor will sit in a place that is visible to all the participants
- The session should be conducted using an easy and lucid language
- Seek appointments from the parents before the session takes place
- The session has to be participatory as much as possible, which means everybody will have equal opportunity to talk



## Task-2: Communication and Participation with Rohingya Community and Parents

Time: 45 minutes

### Method



Brainstorming, experience sharing and Discussion

### Materials



Basic Training Guideline & Play Materials

### Process



- First ask everyone what they understand by the participation or involvement/ of Rohingya community. Give 2-3 minutes for thinking and then listen to their opinions on this. Later, the facilitator will explain what it means by participation and involvement of the Rohingya community and parents.
- Listen to the experiences of some of the participants about the assistance and cooperation they have received while establishing humanitarian Play Lab and running its programs.
- Ask this question to all the participants, “What are the works through which the participation of the Rohingya community and parents can be increased?”
- Tell everyone to think about it. Then hear out everyone’s thoughts.
- If the participants want to add anything to it or if they have any comments on this issue, ask them. If not, end the session by sharing your opinions about it.

## Task-3: The Participation of Rohingya Community at Material Development Workshop

Time: 1 hour

### Method



Discussion, demonstration of small group work and materials

### Materials



Curriculum, Basic Training Guideline

### Process



- Ask the participants how to collect materials and various toys for the Humanitarian Play Labs, which is appropriate for the Rohingya community and revolved around their culture and tradition. Now say, one of the most effective ways to locally collect or make the materials is the Rohingya community’s participation at material development workshops.
- Now share your experience of previously held material development workshop at Humanitarian Play Lab. For example: when and where was the workshop conducted, who were the participants, and what materials were made at the workshop, etc.
- Now the instructor will discuss how to recycle used materials or thrown away trashes (for example: pieces of bamboo, plastic bottles, tin boxes, husks of coconut, soil, hay, pieces of old clothes, discarded/abandoned big or small boxes, cotton, etc.) into various toys and decorative pieces (for example: samiyana, small pillows, decorative hanging flowers, clay toys, bamboo blocks, dolls made up of clothes, paper flowers, cloth or jute bags, cars made out of plastic bottles, etc.) and display some samples of materials and toys.
- Then divide the participants into small groups and give each group some materials (plastic bottles, tin cans, pieces of cloth, discarded small boxes, cotton, paper, scissors, etc.) and ask each group to make at least one material or toy. Allow 20 minutes for the task.

- At the end of the group work, ask the group to present the materials or toys they have made and discuss how they can be stored.
- Now ask the participants what they know about distributing materials and making toys. Listen to some opinions.
- Then discuss the distribution of materials in the light of supporting information
- Inform the participants about distribution of materials and making toys in children's rooms in light of helpful information and end the session by thanking everyone.

## Supporting Information: Materials Development Workshop

### Objectives of Materials Development Workshop

- Developing toys for children aged 3-5 years BRAC Humanitarian Play Lab according to own culture age
- Creating materials to customize BRAC Humanitarian Play Lab (3-5 years) according to own culture
- Developing relationships among parents of the community (exchange of ideas among themselves in a festive environment)

### Preliminary discussions on materials development

- The facilitator of the materials development workshop will not discuss any type of toy sample but rather the participants will use raw materials to make the type of toys they would have made at home or in Myanmar.
- To provide some equipment needed for the development of the materials by the office
- Participants will also bring recycling materials collected from their homes such as: small buckets, plastic bottles, packets of chips, foam, paper or cloth bags etc. to make toys.

### Instructions for materials development workshop

- Exchange of greetings (sitting with everyone and exchanging greetings with them).
- Pre-divide the materials required for making the materials into 2-4 parts according to the number of participants.
- Divide them into 2 to 4 groups according to the number of participants (5/6 groups if more participants and 4 groups if less).
- Now take care with the materials divided in each group that there is needle, thread, scissors, glue. Also pick and paint the group that will have bamboo materials.
- Visiting each group during the materials development workshop, sometimes sitting in the group and talking to the participants with a smile.
- Asking each group to present their materials in front of everyone.
- Concluding the materials development workshop by thanking everyone.
- If a participant cannot finish making a toy within the specified time, request him to make it from home.
- Storing the toys/equipment in the center after manufacture.
- Making a list of toys or decorations made after completion of materials development workshop and keeping it for his/her center.

### Distribution of materials and making toys at children's homes

Also, when the normal activities of the center are closed, mothers make various toys with the children in their homes as part of the materials development workshop. Play Leaders deliver various toy-making materials to the homes of HPL-affiliated children. Using different materials and recycling materials, the mothers, children and other family members make different toys together so that later the children can play with their own toys and decorate them at home.

Day 5

Session 6



30 minutes

**Contents:** Exchange of Feelings and Closing

**Objective:** After this session, the participants will be able to-

- Express how the Basic training was for them

**Task: Exchange of Feelings and Closing**

**Time: 30 minutes**

**Method**



Experience Sharing

**Materials**



None

**Process**



- Stand in a circle with all the participants. Tell them that our training session will come to an end very soon.
- But before that, each of us will be sharing our feelings and thoughts on how we found the training, how much would it benefit us etc.
- Then listen to the participants' feelings and experience about the training
- At last, end the session by thanking everyone and invite them all for tea.

