

Humanitarian Play Lab

(Home Based)

Under Child Protection

(For 3-4 Years Old Children & Mothers)

Refreshers Training Guideline

May 2023



Refreshers Training

Time: 01 Day	Participant: Serema (Play Leader)
Topic & Timing	Process
<p>Welcome & Introduction Session</p> <p>Time-15 Minutes</p>	<ul style="list-style-type: none"> • Start the session by welcoming the participants. Stand in a circle by asking their names and ask them to share an event that makes them feel good. After everyone introduces themselves, ask them to write their names on the name cards. This way, conclude the introduction session
<p>Healing Session</p> <p>Time: 1 hour</p>	<ul style="list-style-type: none"> • Sit with the participants in a circle and start the Healing session • Take assurance from everyone that they will keep each other's words confidential at all times. Make sure that everyone shows respect and sympathy towards each other, that means being mindful of the condition of others' minds while talking to them • According to the sessions, ask everyone cordially how they and their family members are doing at this moment and how their daily life is going. Listen to each of the participants attentively and talk neutrally by understanding their feelings so that they can open up and express their feelings with you without any hesitation. If someone is speaking, allow them time and space to express their words without interrupting. If you have anything to say, say it when they finish their words. Speak in such a way so that they feel lighter and peaceful by telling you what is on their mind • Ask questions during the session to find out what they usually do to keep themselves well. Discuss what else they can do to improve their current situation • Discuss how they and their families can be careful of their health (physical) and ensure safety • Help them to understand and discuss the importance of being sympathetic towards themselves and others in light of their personal life experiences • Conduct the relaxation mentioned in the session so that they get rid of

	<p>stress, worry, anxiety etc., and feel lighter and good for some time.</p> <p>Ask them to hold this good feeling in mind for a while</p> <ul style="list-style-type: none"> • Start the Refreshers' training with this good feeling <p>Instructions: During the conversation, if any of the participants seem to be going through any kind of distress, refer them to the nearest para-counselor after the training with their permission</p>
Tea Break (15 minutes)	
<p>Training Objectives</p> <p>Time: 15 minutes</p>	<ul style="list-style-type: none"> • Then simply explain the purpose of this Refresher training. For example- <ul style="list-style-type: none"> - Know how the program is going in the last one month <ul style="list-style-type: none"> - Can explain home based activities to 3-4 years old children - Can talk about home based curriculum for 3-4 years old children - Find out the topic of the next month and how we will be able to learn the topic of the next month and how we will conduct it.
<p>Important components of the COVID situation</p> <p>Time: 10 minutes</p>	<ul style="list-style-type: none"> • Now ask 2/3 participants what to do in the COVID situation • Discuss and explain the things to keep in mind during the COVID situation in the light of supporting information. Such as- <p style="text-align: center;">Important components of the COVID situation</p> <ul style="list-style-type: none"> - During the sessions at the center/group/ home visit everyone should wear masks throughout the whole time - Everyone should sit by maintaining social distance while conducting sessions in the center or in the mothers' group - During the center and home visit sessions, before entering the room both hands should be thoroughly disinfected - While sneezing or coughing, the nose, and mouth must be kept under the folded elbow - Avoid holding the child and touching the child's head and cheeks - If any mother/child suffers from fever, cold, or cough, suggest refraining from coming to the centers or mothers' groups and contacting the relevant authorities (health workers, managers) on

	<p>an urgent basis</p> <ul style="list-style-type: none"> - Exchanging greetings by holding hands should be avoided. - Encourage every child to wash their hands properly after getting back home from the centers/outside - In the mothers in groups, it should be ensured that children do not put toys in their mouths and those toys should be properly cleaned before being used by other children
<p>Things to know while conducting the 5-days session for 3-4 years old children at the home Time: 15 minutes</p>	<ul style="list-style-type: none"> • Now tell the participants, the things to know while conducting the 5-days-a week session for 3-4 years old children at the Rohingya community's home as follows: <ul style="list-style-type: none"> - In home based activities, 3-4 years old children will come to Rohingya community homes 5-days, and the session will be conducted for 2 hours - In these home based activities, there will be one play leader who will conduct one session at 2 homes - After completing conducting home, each play leader will conduct 2 (as per needed) home visit sessions - In every one and a half months, 30 minutes of home visit sessions will be conducted with the mothers and children - In each month's activities, which activities will go on what week will be planned according to the 4th-month routine for the 3-4 years old children
<p>Exchange of last month's experience in Humanitarian Play Lab and introduction to the next month's activities Time: 35 minutes</p>	<ul style="list-style-type: none"> • To know the participants' last month's experience of the Humanitarian Play Lab, ask them the following questions. Such as: <ul style="list-style-type: none"> - What were the positive sides of conducting last month's activities? - Did you face any challenges while conducting the activities? If so, what were those challenges? - Do you have any suggestions or feedback regarding these activities?

- Tell the participants that after this Refreshers training, if they have any new suggestions then inform the authorized personnel (relevant manager/P. O) before the next Refreshers training
- Listen to the participants' opinions and in light of that, briefly discuss the topics
- Now tell the participants that now we will discuss the topics of next month. In these activities, 3-4 years old children will come to the Humanitarian Play Lab 5-days-a week. Also, each mother and child will receive one home visit in every one and a half months. Here the activities for 3-4 years old children will be conducted for two hours as per the specific 4th-month routine of the curriculum. Where there will be Time to Say Hello, Kabbya/Kissa, Moving & Doing, Drawing & Creating, Play as You Wish, and Time to Say Goodbye sessions. The routine from the curriculum is given below:

BRAC Humanitarian Play Lab Model Daily Routine						
Time	Time to Say Hello	Kabbya & Kissa	Moving & Doing	Drawing & Creating	Play as You Wish	Time to Say Goodbye
2 hours	10 mins	25 mins	25 mins	25 mins	25 mins	10 mins

And in the home visit sessions, there will be 2 parts same as before: one is Psychosocial Support (PSS) and another is an activity. In the Psychosocial Support (PSS) part there is a session '**Conversation with the mother**'. There is also a '**Let's Play**' session consisting of "Moving & Doing" activities. A discussion about the social and moral values and "Moving & Doing" activities will be there. Along with that drawing activities will be encouraged

- If the participants have any queries, listen and answer accordingly.

Introduction and Presentation of the Sessions on Psychosocial Support

- The facilitator will read the next month's "Time to Say Hello", "Kabbya & Kissa", "Moving & Doing", "Drawing & Creating" and "Time to Say Goodbye" parts specified for the 3-4 years old children's 4th month routine of Home based Humanitarian Play Lab Curriculum and explain it to the participants

(PSS) and Play Activities at Humanitarian Play Lab's Home Visit

Time: 3 hours

- Now the facilitator will serially present the "Time to Say Hello", "Kabbya & Kissa", "Moving & Doing" and "Drawing & Creating" parts acting as a Serema according to the 4th month's routine specified for the children from the Home based Curriculum
- If the participants have any queries, listen and answer accordingly
- Now the facilitator will read the specific topics from the Psychosocial Support part of the next month's home visit session and explain it to the participants, if the participants have any queries, listen and answer accordingly
- Explain to the participants how the psychosocial support (PSS) part should be discussed with the mothers. In this case, the facilitator will ask the participants to keep the following points in mind while conducting the session. Such as: listening to the mothers attentively and saying words such as, "hmm, yes, I can understand" etc
 - Refrain from saying words like, the mother is doing or saying something right/wrong or why she did/did not do the thing
 - When the mother will share her feelings with you, put yourself in her place and try to feel her. At the same time while answering, do not say all the words mentioned in the session instructions at a time, understand her condition of mind, and say one or two words

Instructions: When the mother will share the words of her mind, Serema should put herself in the mother's place, feel her feelings, and understand the condition of her mind with sympathy. Explain this point with importance and examples

- The facilitator will read the next month's session on play activities of Home Visit specified for the 3-4 years old children and explain it to the participants
- After that, according to the Psychosocial session, present the specified session by playing the role of Serema. Ask one of the participants to play the role of a mother
- The facilitator should introduce the session by playing the role of Serema according to the activity part of the home visit session for 3-4 years old children. Ask one of the participants to play the role of a mother, and another to play the role of a child when presenting the activity
- Now divide the participants into 5 groups. Ask each team to take

	<p>preparation to present the specified activities from the 4th month- “Time to Say Hello”, “Kabbya & Kissa”, “Moving & Doing”, “Drawing & Creating” and Home Visit sessions. Provide 10 minutes to take preparation</p> <p>Team-1: “Time to Say Hello” and “Kabbya & Kissa”</p> <p>Team-2: “Moving & Doing”</p> <p>Team-3: “Drawing & Creating”</p> <p>Team-4: “Play as You Wish” and “Time to Say Goodbye”</p> <p>Team-5: Home Visit Session</p> <ul style="list-style-type: none"> • Now in order to present the children’s play activities, explain to them that from each team one participant will play the role of Serema and some will play the role of children • Now the facilitator should go to each team and explain well how to present the specific topic
<p>Lunch (1 hour)</p>	
	<ul style="list-style-type: none"> • Continue..... • The facilitator should ask each team to present their respective activities. Ask the rest of the groups to identify strengths and areas for improvement during the presentation and share their feedback at the end of the presentation. Give your own feedback after the participants finish providing their feedback • Now conclude this discussion within the allotted time by listening and answering if there are any questions about the play activities of curriculum for 3-4 years old children and Psychosocial Support (PSS) in the Home Visit Session
<p>Safeguarding Policy and Closing</p> <p>Time: 15 minutes</p>	<ul style="list-style-type: none"> • Read the safeguarding policy to the participants. Suggest that they comply with this agreement to the policy and the commitment they need to follow it. Remind if needed • Then give the participants an opportunity to ask any queries or opinions they may have about the Refreshers training • Finally, conclude the training by thanking the participants for their active and spontaneous participation in the Refreshers training