

Training Plan: Children's Facilitators Development at Thapovanam

Overall Goal:

Equip children's facilitators with the knowledge, skills, and tools to promote psychosocial and physical well-being, resilience, and social-emotional learning in children, while fostering caregiver well-being and preparedness for psychological support.

Key Objectives:

1. Build capacity in child safeguarding and mental health to ensure safe and supportive environments for children.
 2. Develop facilitation skills for resilience-building through movement, play, and nature-based activities.
 3. Enhance understanding of social-emotional learning, nutrition, hygiene, and caregiving practices.
 4. Promote cultural sensitivity and adaptability when addressing children's needs.
 5. Equip caregivers with psychological first aid and self-care strategies.
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Day 1: Introduction and Child Safeguarding (5 Hours)

Learning Outcomes:

- Understand child safeguarding principles and practices.
 - Be able to identify and respond to child protection concerns.
 - Complete an online certification in child safeguarding.
 - **1 Hour: Welcome and Introduction**
 - Icebreakers, team-building activities, and agenda overview.
 - Expectations setting and ground rules.
 - **4 Hours: Child Safeguarding**
 - **Session 1 (2 Hours):** Introduction to Child Safeguarding
 - Definitions, principles, and importance of safeguarding.
 - Understanding child rights (UNCRC framework).
 - Identifying and responding to safeguarding concerns.
 - **Session 2 (2 Hours):** International Online Certification
 - Completion of certification modules and group discussion.
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Day 2: TeamUP Facilitator Training - Part 1 (6 Hours)

Learning Outcomes:

- Understand TeamUP methodology for psychosocial well-being and resilience.

- Learn to facilitate movement- and play-based activities for children.
 - **Session 1 (3 Hours): Introduction to TeamUP Methodology**
 - Overview of movement and play-based activities.
 - Facilitator skills for resilience and psychosocial well-being.
 - **Session 2 (3 Hours): Practical Activities**
 - Hands-on practice implementing TeamUP sessions.
 - Role-play and feedback from peers.
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Day 3: TeamUP Facilitator Training - Part 2 (6 Hours)

Learning Outcomes:

- Develop advanced facilitation skills to address group dynamics.
 - Adapt activities for diverse age groups and special needs.
 - **Session 1 (3 Hours): Advanced Facilitation Techniques**
 - Managing group dynamics effectively.
 - Adapting activities to suit diverse needs.
 - **Session 2 (3 Hours): Practice and Peer Review**
 - Mock sessions led by participants.
 - Feedback and refinement of techniques.
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Day 4: Understanding Psychosocial Well-being and Children's Mental Health (5 Hours)

Learning Outcomes:

- Understand mental health challenges specific to children in Tamil communities.
 - Understand Psychosocial needs of Children
 - Be equipped with strategies to support children's social and emotional learning.
 - **3 Hours: Children's Mental Health and their Psychosocial Wellbeing**
 - Insights from *Mental Health in Tamil Community*.
 - Addressing stigma and supporting mental health culturally.
 - Group discussion and role-play scenarios.
 - **1 Hour: Social and Emotional Learning (SEL)**
 - Activities to foster emotional regulation and empathy.
 - **1 Hour: Building Resilience**
 - Techniques to encourage problem-solving and coping skills.
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Day 5: Care for Caregivers and Basic Psychosocial Skills (5 Hours)

Learning Outcomes:

- Understand the importance of self-care and stress management for caregivers.
- Gain practical skills in psychological first aid to support others.

- **2 Hours: Care for Caregivers**
 - Self-care strategies for emotional resilience.
 - Reflective practices to manage caregiving stress.
 - Group discussions on real-life caregiving challenges.
 - **3 Hours: Basic Psychosocial Skills (Psychological First Aid)**
 - Understanding Psychological First Aid (PFA).
 - Applying PFA techniques in emergencies or crises.
 - Role-play scenarios to practice active listening and emotional support.
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Day 6: Physical Well-being: Nutrition and Hygiene (4 Hours)

Learning Outcomes:

- Understanding the Basic Needs of a child
 - Understand the basics of child nutrition and hygiene practices.
 - Integrate living values into daily interactions with children.
 - **2 Hours: Practice for Hygiene and Nutrition**
 - Basics of nutrition and hygienic practices.
 - Demonstrations and role-play activities.
 - **2 Hours: Living Values**
 - Exploring values like respect, kindness, and responsibility.
 - Embedding values into daily activities.
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Day 7: Nature-Based Activities and Skill Development (5 Hours)

Learning Outcomes:

- Use nature-based activities to promote mental and physical well-being.
 - Gain confidence in delivering psychosocial and physical well-being modules.
 - **2 Hours: Nature-Based Activities**
 - Mindfulness walks, tree planting, bird watching, and reflective exercises.
 - **3 Hours: Interactive Skill Development**
 - Practice delivering modules on psychosocial well-being and nutrition.
 - Group discussions and feedback.
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Day 8: Final Review, Certification, and Action Plan (4 Hours)

Learning Outcomes:

- Reflect on key learnings and create actionable goals.
- Receive a certificate of completion.
- **1 Hour: Review and Reflection**
 - Discuss insights and share individual experiences.

- **2 Hours: Facilitator Certification**
 - Certification of training completion.
 - **1 Hour: Developing Action Plans**
 - Planning for implementation and setting measurable goals.
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Key Features

1. **Enhanced Caregiver Support:** Separate module on *Care for Caregivers* with psychological first aid focus.
2. **Culturally Relevant Content:** Integrates strategies from the manual of *Mental Health in Tamil Community*.
3. **Holistic Approach:** Covers psychosocial, physical, and emotional well-being.
4. **Child Friendly Environment :** Facilitators understand the elements of child friendly environment and child participation.