

Objective: Coping with change: Teaching children to be resilient and empathetic.

Teacher Resource:

Forced Displacement:

https://civil-protection-humanitarian-aid.ec.europa.eu/what/humanitarian-aid/forced-displacement_en

Procedure:

In the classroom:

The Facilitator engages the children in a discussion on leaving ones' home.

Put forth a few questions:

1. Have you/a friend ever had to leave your/their home?
2. If yes, what did you/they feel when they had to?
3. If no, what would you feel if you had to?

Take each answer and engage the children in a discussion on how each one would cope with the situation. This discussion gives children a chance to share and know that they are not living in isolation.

Then extend the discussion further to include other living beings like animals. Help them understand that they too have homes and when we disturb their homes, we disturb ecosystems. How can we protect them?

Some suggestions:

- Avoid harmful chemicals
- Do not litter or pick up trash
- Create habitats -Make a butterfly garden-Install bird feeders
- Learn more about reptiles and insects and protect them

Once you get home:

Try and implement suggestions made and help others to cope with change.

Make a "DO NOT DISTURB" creative and innovator poster for any animal of your choice.

Hamam's World

One way of making children resilient is by talking to them about Change. Children need to understand that there are reasons why one has to face change and be given coping mechanisms to handle change.

They can be further made aware that change is constant and extends to all living beings.