**Introduction**

In 2005 - the United Nations year dedicated to Sport and Physical Education - *Terre des hommes* initiated a pilot project called «**Movement, Games and Sport for children’s psychosocial development.**» MGS was directly integrated into the already existing psychosocial projects in the field. Today, the MGS package described below (with ToT) can be adapted according to the objectives and the time available.

**What is it?**

«**Movement, Games and Sport**» tool is designed primarily to support psychosocial projects and help enhance the quality of intervention with children. It uses an INSTRUMENT - games and sport (another instrument could be for instance creative activities, theatre, video, etc.) with a specific METHODOLOGY of experiential learning and participation and a STRATEGY of transfer of competences through 3 stages: basic training – coaching – training of trainers (for multiplication purposes). Those 3 pillars used efficiently by competent trainers guarantee a qualitative transfer of competences to adults for an improved psychosocial support of children.

**Why would you use MGS tool?**

- The 1st hypothesis is that games and sport are accessible means for both children and adults: they engage people in a global way (mind, heart and body) and are universally appreciated. BUT, the way games and sport are facilitated is fundamental. If the animators' attitude and their methodology in activities with children are adequate (for instance focus on cooperation and less on competition, on integration rather than exclusion), then children will be able to develop their personal and social competences in a healthy environment. Their capacity of resilience will grow and their social integration will be more positive.

- The 2nd hypothesis is that despite the great motivation of adults involved with children, competences are often lacking in the psychosocial field, as well as in the organisation, implementation and follow-up of recreational activities, thus undermining their potential impact on the psychosocial well-being of the children. This is why MGS focuses mainly on transfer of competences, because adults in charge of children need support in order to be good guides for children. This support can be given through a quality training focusing on both personal and social competences (management of emotions, resiliency, communication / active listening, conflict solving, etc.) and methodological and technical competences (planning of activities, cooperation/competition, etc.) about how to manage games and sport activities with children.

**Who are the beneficiaries?**

**Beneficiaries of Movement, Games and Sport are:**

- Teachers, sport teachers, animators and social workers that are in daily interaction with children
- Secondary beneficiaries who benefit from the actions carried out in these programmes are the children’s families and their communities.
### The main objectives of MGS are:

- To use sport and games both as a support and as a psychosocial tool to ultimately develop the personal and social skills of vulnerable children, and therefore improve their capacity of resilience, thus their psychosocial wellbeing.

On an individual level, children reinforce their own **personal skills** (self-esteem, honesty, responsibility, discipline, creativity) and **social skills** (trust, tolerance, respect, communication, cooperation) through games and sport sessions; and on a global level, games and sport support children’s reintegration into their family, local community and/or school system.

- To enhance the quality of interventions with children by training groups of max 16 adults in charge of activities with children in order to develop their competencies in 4 fields*:  
  - **personal** (self-esteem, responsibility, authenticity, honesty, etc.)  
  - **social** (leadership, empathy, authority, motivation, conflict resolution, etc.)  
  - **methodological** (learning by doing, planning of activities, progression, participation, cooperation, etc.)  
  - **technical** (theoretical and practical knowledge of games for small children, teenagers, etc)

In the end, they have grown in their psychosocial attitudes and are able to plan and facilitate physical activities and games with a psychosocial aim for groups of children from 6 to 16 years old, in many different contexts.

An efficient intervention with children by trained adults with good competences in facilitating games and sport with a psychosocial aim, means better relationships with children and between children, thus more confidence and self-esteem, more integration and cooperation, and thus a better global wellbeing.

### What is the specific methodology?

What makes MGS efficient for both adults and children is the strategy and methodology used.

The **strategy** is based on sustainability thanks to an in-depth **Transfer of Competences** through **training**, **individual coaching** and **Training of Trainers**:

1. **First a 2-week training**: for small groups (max 16-18) given by 1 or 2 MGS experts using **participatory and experiential learning methodology**. The extensive use of feedbacks during and after each activity enables participants to grow and learn rapidly. The topics and exercises help explore personal motivations and behaviours, as well as attitudes and ways of relating to others in a group. **Teambuilding** and high motivation is one side effect of such training.

2. **Then a coaching period** on their newly acquired knowledge in activities with children. The MGS expert pays min. 6 individual visits in the field over a period of app. 6 to 8 weeks. The feedback method focusing on self-evaluation and observers' (other participants) evaluation after each activity session enable everybody present to learn quickly and concretely.

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* All terms refer to a specific document
### What is the specific methodology?

3. Finally a **training of trainers (ToT)** (2-3 days) for participants willing to become MGS trainers in order to facilitate MGS 2x2days **replications** for their peers, as well as 2 coaching visits in the field. This in-depth process enable them to integrate the topics as well as MGS methodology, while they go on facilitating MGS activities with children.

The **methodology** of training adults and playing games with children is based on **Experiential Learning** and **Participatory Approach**

- 1<sup>st</sup> experiment a game
- 2<sup>nd</sup> stop the game and ask feedback on what went well, what was difficult and what is to improve
- 3<sup>rd</sup> re-experience the game. The 3<sup>rd</sup> step is where the learning takes place

The result of such a method is that children not only have fun playing (recreational level), but learn and improve skills such as communication, cooperation, self-esteem, etc. (psychosocial level).

### What are the requirements to implement it? (in terms of time, human resources and budget)

The requirements depend on the needs and timing of the project, you can choose to develop the full package or only a certain number of modules according to your objectives (train personal and social competencies or rather methodological and technical competencies, for instance).

- **Timing**: the whole process for the full package takes time: the longer the better, from 3 to 6 months with a regular technical support, as well as punctual refreshers, work with parents, etc. up to 12 months easily. According to the needs of the project an adapted version (for example without ToT) can be developed using the same methodology. To successfully transfer competencies requires time and human resources (visit animators regularly over time, once a year if possible evaluate and refresh practices.)
- **Human resources**: according to the objectives, a continuous **100% presence of an MGS trainer – coordinator** for the whole duration and ideally with on and off presence for follow-up and evaluation up to one year. Having 1 or 2 trained local persons to take over the follow-up is strongly recommended. A translator is needed as well.
- **Facilities**: because of the specificity of the tool, along with a normal training room (for theoretical parts), a bigger space (gym or open space) is needed for the games and sport sessions. We recommend to have at least the 1st week of training in residential, in order to support teambuilding.
- **Budget**: It should be shared with the ongoing Tdh project from the beginning and can be kept to a minimum; it should include the following:
  - MGS trainer-coordinator (salary, travels, lodging, communication (mobile), etc.)
  - Translation costs (translator’s salary during training + document, manual translation)
  - MGS assistant (selection of participants, logistics, material, etc.)
  - Training expenses (residential, training room, food, material for sport and games, etc.).
  - Coaching expenses (transportation)
  - Replications expenses (training place, transportation participants, material, food, etc.)
  - Administration / communication (photocopies, printing manuals etc.)
What are the monitoring / evaluation means?

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<tr>
<th>Questionnaires for animators and children exist, as well as individual interviews; but for the time being they require a specialist in order to analyse the results.</th>
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<tbody>
<tr>
<td>1. <strong>Children</strong>: a general questionnaire about subjective well-being, self-esteem, sociability, schooling and involvement in activities for all children + a «Stress and Difficulties Questionnaire» (SDQ) for children 11 to 16 yrs old.</td>
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<td>2. <strong>Animators: questionnaires</strong> measuring the changes in terms of personal, social, methodological and technical competences + <strong>individual interviews</strong> asking concrete day-to-day questions about management of activities with children can be applied to adults before the start of the project, after 3 months and at the end.</td>
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For more info

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<td>• Terre des hommes: «Training manual to develop psychosocial competencies», (to be released in 2011).</td>
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Link with other technical sheets

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<tr>
<th>• Suggestion box</th>
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<tr>
<td>• Compassionate communication or Non-violent communication (NVC)</td>
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<td>• Parents groups</td>
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* These monitoring tools are available upon request to Tdh Headquarter