

# Toolkit

PSS and SEL Distance  
Education Resources  
for Teachers

**Acknowledgements:**

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The Inter-agency Network for Education in Emergencies (INEE) is an open, global network of members working together in humanitarian and development contexts to ensure all persons the right to quality, safe, and relevant education. For more information and to join INEE, visit [inee.org](http://inee.org). Design was provided by 2D Studio Ltd.

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Any feedback or questions about this Toolkit can be directed to [pss-sel@inee.org](mailto:pss-sel@inee.org)

## WHY?

Psychosocial Support (PSS) and Social and Emotional Learning (SEL) are critical for children and young people's wellbeing and a prerequisite and catalyst for successful learning. PSS-SEL has been and continues to remain a priority in response to COVID-19 and related restrictions and other emergencies. This type of support can be delivered in various ways even and especially through quality distance education programs. Although there are many resources available, it can be challenging for teachers to find appropriate and practical resources to use, which is why we developed this toolkit.

## WHO?

The toolkit is designed for use by teachers and/or teacher trainers at different levels of education in humanitarian settings to promote wellbeing, teaching, and learning.

## WHAT?

This toolkit contains a range of resources to support the delivery of PSS-SEL through distance education modalities. We reviewed the resources and grouped them by type, as well as labeling them by language, modality, and age / stage:

Language: Arabic, English, French, Portuguese, Spanish, and others


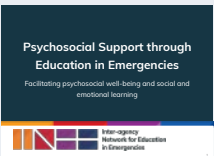
Modality:

- low/mid-tech (pdf download, video, radio)
- high tech (online)



Resource type

- Capacity building for teachers - online and downloadable training resources to build understanding and delivery of PSS and SEL.
- Guidance / toolkits - guidance documents on delivering PSS and SEL through distance education, and curated toolkits with further supportive resources for teachers.
- Lesson plans & activities - lesson plans and activity ideas to support PSS and SEL for a range of ages and stages.


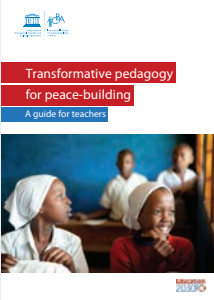
## Capacity building for teachers

	Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
	<p>Advocacy and Campaigning Course</p>	<p>This guide is developed to accompany reading the children's storybook "My Hero is You, How kids can fight COVID-19!". As they read the storybook, this guide directs adults about how to have heart-to-heart chats with children and educates them about coping with COVID-19 related stressors and changes. It explains how to create safe spaces for children to openly share their feelings, including their fears and worries, and it also directs on how to promote positive actions that children can take to protect themselves and others.</p>	<p>N/A</p>	<p><a href="#">Arabic</a>, <a href="#">English</a>, <a href="#">French</a>, <a href="#">Portuguese</a>, <a href="#">Spanish and others</a></p>	<p>PDF download</p>
	<p>PSS-SEL Training Module (INEE)</p>	<p>This module outlines 3 hours (180 minutes) of training activities and materials related to psychosocial support (PSS) and social and emotional learning (SEL) in emergency contexts. It includes supplementary activities to further understanding of PSS-SEL concepts, for an extended duration of 5 hours (270 minutes). The Facilitator Guide provides the materials, facilitator notes (including main ideas and activity instructions), and a suggested script for the accompanying presentation. Facilitators are encouraged to first review the Instructions prior to training, which provides guidance for contextualization of the training resources.</p>	<p>N/A</p>	<p><a href="#">Arabic</a>, <a href="#">English</a>, <a href="#">French</a>, <a href="#">Portuguese</a>, <a href="#">Spanish and others</a></p>	<p>PDF download</p>

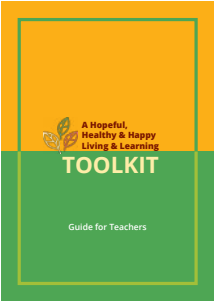
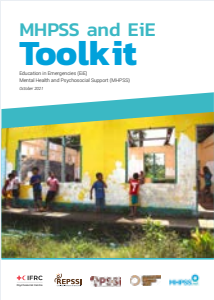
## Capacity building for teachers

Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
	<p>Coping with Changes: Social-Emotional Learning Through Play (LEGO Foundation)</p> <p>On this course, you'll explore the practical and emotional challenges facing children and discover learning through play and stress management strategies that can help. You'll also consider the potential long-term effects of crises on a child's social, emotional, and cognitive development.</p> <p>Topics to cover include: Foundations of Learning through Play; Importance of MHPSS / SEL in Crisis; Adult Wellbeing; Age sensitive SEL knowledge and activities and; Coping with Changes and Transitions.</p>	<p>ECE, Primary and Secondary</p>	<p><a href="#">Danish</a>, <a href="#">English</a>, <a href="#">Portuguese</a>, <a href="#">Spanish</a></p>	<p>Online</p>
	<p>SEL for Schools (UNESCO MGIEP)</p> <p>It is a two-part certified course for teachers that includes two courses- 'SEL for Teachers' to build teacher's own Social and Emotional Competencies and 'SEL for Classrooms' to provide teachers with a rich pool of hands-on learning activities to enhance students' social and emotional competencies and academic performance.</p>	<p>ECE, Primary and Secondary</p>	<p><a href="#">English</a></p>	<p>Online</p>

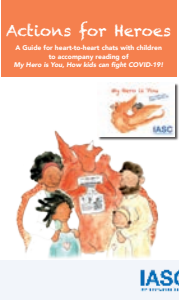

## Capacity building for teachers

	Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
	Social-Emotional Learning Facilitator Training Guide (IRC)	Upon completing the facilitator training, facilitators will be able to: 1) Understand the importance of SEL for children affected by crisis 2) Use the SEL tools effectively. 3) Design active and fun learning activities for students to build their social and emotional skills. 4) Develop social and emotional skills in children through active-learning strategies, modeling social and emotional skills, and responding to their students' needs, 5) Demonstrate effective use of the SEL weekly lesson plan format.	Not specified	<a href="#">English</a>	PDF download
	Transformative pedagogy for peace-building: A guide for teachers (UNESCO)	This guide is designed to build the capacity of teachers so that they are informed and empowered in why and how to educate for peace-building. It offers an analysis of conflict, examines the role of ethics, expands on the elements of transformative pedagogy and provides practical tools to assess learners' understanding of peacebuilding concepts and skills.	Not specified	<a href="#">English</a>	PDF download

## Guidance & Toolkits

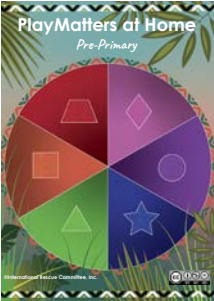

Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
	<p>A hopeful, healthy, and happy living and learning toolkit. Guide for teachers (REPSSI and IFRC)</p>	<p>This Guide has been designed for teachers supporting children in their return to school in the wake of the pandemic. It opens with a set of general group-building exercises, followed by themed activities focusing on 16 key life skills supporting the personal, cognitive and interpersonal development of children. The exercises are suitable for a wide range of different age groups. The exercises could also be combined with sports and leisure activities in clubs or community centers, and in safe spaces for children in humanitarian settings.</p>	<p>Early Childhood Education, Primary and Secondary</p> <p><a href="#">English</a></p>	<p>PDF download</p>
	<p>MHPSS &amp; EiE Toolkit (MHPSS.net)</p>	<p>The toolkit offers access to key documents and resources of relevance to those working in the fields of Education in Emergencies (EiE) and of Mental Health (MH) PSS. Among multiple areas, it is suggested for educators to check the 2 sub-themes: (1) “MHPSS through Education” for classroom use and teacher training and; (2) “Teacher Support” for teacher training and teacher wellbeing resources.</p>	<p>Not specified</p> <p><a href="#">English</a></p>	<p>PDF download</p>

## Guidance & Toolkits

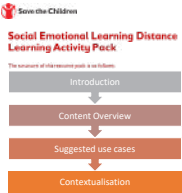
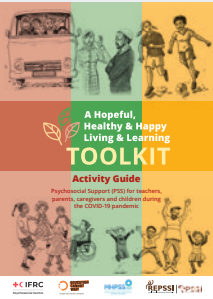
	Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
 <p>The image shows the cover of a guide titled 'Actions for Heroes'. It features a colorful illustration of a family (a man, a woman, and two children) standing together. Above them is a large red heart shape. The text on the cover includes 'Actions for Heroes', 'A Guide for heart-to-heart chats with children to accompany reading of My Hero is You, How Kids can Fight COVID-19!', and the IASC logo at the bottom.</p>	<p>Action for Heroes (IASC MHPSS RG)</p>	<p>This guide is developed to accompany reading the children's storybook "My Hero is You, How kids can fight COVID-19!". As they read the storybook, this guide directs adults about how to have heart-to-heart chats with children and educates them about coping with COVID-19 related stressors and changes. It explains how to create safe spaces for children to openly share their feelings, including their fears and worries, and it also directs on how to promote positive actions that children can take to protect themselves and others.</p>	<p>Not specified</p>	<p><a href="#">Arabic</a>, <a href="#">English</a>, <a href="#">French</a>, <a href="#">Portuguese</a>, <a href="#">Spanish and others</a></p>	<p>PDF download</p>
 <p>The image shows the cover of a guide titled '20 Weeks of Parent Tips to Support Distance Learning'. It features a photograph of a parent and a child sitting on a red carpeted floor, looking at a book together. The text on the cover includes 'CREATIVE', '20 Weeks of Parent Tips to Support Distance Learning', and 'A guide for teachers to use during times of school closures to support parents in guiding their children's learning and wellbeing'. The IASC logo is also present.</p>	<p>20 Weeks of Parent Tips to Support Distance Learning (CREATIVE)</p>	<p>A guide for teachers to use during times of school closures to support parents in guiding their children's learning and wellbeing. It includes 20 weeks of tips for home learning and SEL.</p>	<p>6-11</p>	<p><a href="#">English</a>, <a href="#">Dari</a> and <a href="#">Pashto</a></p>	<p>PDF download</p>



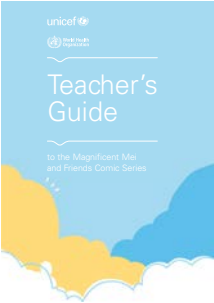

## Lesson Plans & Activities

Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
 <p>PlayMatters at Home Educator Packet (IRC et al.)</p>	<p>This provides tips for educators to check in on families' wellbeing and use of the packets and suggestions for educators themselves to support their wellbeing. Check out the whole PlayMatters Play Library for even more resources.</p>	<p>Early Childhood Education and Primary</p>	<p><a href="#">English</a></p>	<p>PDF download</p>
 <p>Play Opportunities for Wellness and Education Resource (Right to Play)</p>	<p>This is a collection of 100 gender-responsive play-based learning activities to promote children's learning and development. The activities are available as animated videos and short PDF manuals. They support girls and boys to develop holistic life skills like communication, empathy, creativity and confidence; promote psychosocial well-being; teach children how to process difficult emotions; and show them how to be inclusive of peers of all backgrounds, genders, and abilities.</p>	<p>From the age of 1</p>	<p><a href="#">Arabic</a>, <a href="#">English</a>, <a href="#">French</a></p>	<p>PDF download Video</p>



# Lesson Plans & Activities

Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
 <p><b>Social Emotional Learning Distance Learning Activity Pack</b> The essence of the resources in a nutshell</p> <ul style="list-style-type: none"> <li>Introduction</li> <li>Content Overview</li> <li>Suggested use cases</li> <li>Contextualisation</li> </ul>	<p>Social Emotional Learning Distance Learning Activity Pack (Save the Children)</p> <p>This pack is intended to support distance learning opportunities for children who are currently out of school and have no, or limited, access to quality education. These materials can also be used as a complement to formal or non-formal education where SEL is not adequately covered by the curriculum. The materials aim to ensure their suitability for distance learning modalities such as radio, and audio broadcasts – i.e. scripting for distance learning – rather than technical content.</p>	<p>Early Childhood Education, Primary and Secondary</p>	<p><a href="#">English</a>, <a href="#">Spanish</a></p>	<p>PDF download Radio</p>
 <p><b>A Hopeful, Healthy &amp; Happy Living &amp; Learning TOOLKIT</b> Activity Guide</p> <p>Psychosocial Support (PSS) for teachers, parents, caregivers and children during the COVID-19 pandemic</p> <p>Logos: IFRC, UNICEF, REPSSI</p>	<p>A hopeful, healthy, and happy living and learning toolkit. (REPSSI and IFRC)</p> <p>This toolkit features fun activities for children at home, in school or for remote use. Each activity is flagged as best done with a group or whether it may be adapted for use with a single child. The activities have been carefully designed to engage with children in relation to SEL around self-awareness, self-management, social awareness, relationship skills and decision-making.</p>	<p>4-18</p>	<p><a href="#">English</a></p>	<p>PDF download</p>

## Lesson Plans & Activities

	Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
	<p>Teacher's Guide to the Magnificent Mei and Friends Comic Series (UNICEF and WHO)</p>	<p>By promoting SEL and skills practice, the Comic Book and Teacher's Guide aim to help promote psychosocial well-being, prevent mental health conditions, and reduce risky behaviors in adolescents aged 10-14 years. The Guide can be used for planning and facilitation of classroom activities focused on SEL.</p>	<p>Adolescents (10-14)</p>	<p><a href="#">English</a></p>	<p>PDF download</p>
	<p>Step by Step - Toolkit Promoting Social and Emotional Learning (SEL) in Children and Teens (World Bank)</p>	<p>Step by Step offers a series of practical lessons and support materials designed to be implemented in the classroom by the teacher to fit the characteristics and needs of each age group or grade, from ages 6 through 17. The lessons are organized into three modules, six general skills and 18 specific skills. Step by Step focuses on six core life skills: self-awareness, self-regulation, social awareness, positive communication, determination, and responsible decision-making.</p>	<p>6-17</p>	<p><a href="#">English</a> <a href="#">Spanish</a></p>	<p>PDF download</p>

## Lesson Plans & Activities

	Title (Developer)	Summary	Age / Stage	Language(s) with Link(s)	Modality
	<p>Colors of Kindness resources (Amal Alliance)</p>	<p>Colors of Kindness helps to develop essential skills to cope with new and difficult emotions that accompany emergency situations and trauma. It enhances the well-being of both facilitators and children, encourages social inclusion, and supports equitable access to holistic education for children. Through SEL materials delivered via a podcast within a digital workbook, the program addresses the disruption of education to bridge learning losses.</p>	<p>6-12</p>	<p><a href="#">Bangla.</a> <a href="#">English.</a> <a href="#">Rohingya</a></p>	<p>Online</p>
	<p>My hero is you (IASC MHPSS RG)</p>	<p>This is a storybook about COVID-19, developed for and by children around the world. The book has been shared through storytelling with children in several countries affected by COVID-19 and can be a tool for introducing PSS-SEL (for its guidance on use of the story in the classroom, please see the resource #6)</p>	<p>N/A</p>	<p><a href="#">Arabic.</a> <a href="#">English.</a> <a href="#">French.</a> <a href="#">Portuguese.</a> <a href="#">Spanish and many more</a></p>	<p>PDF download</p>



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