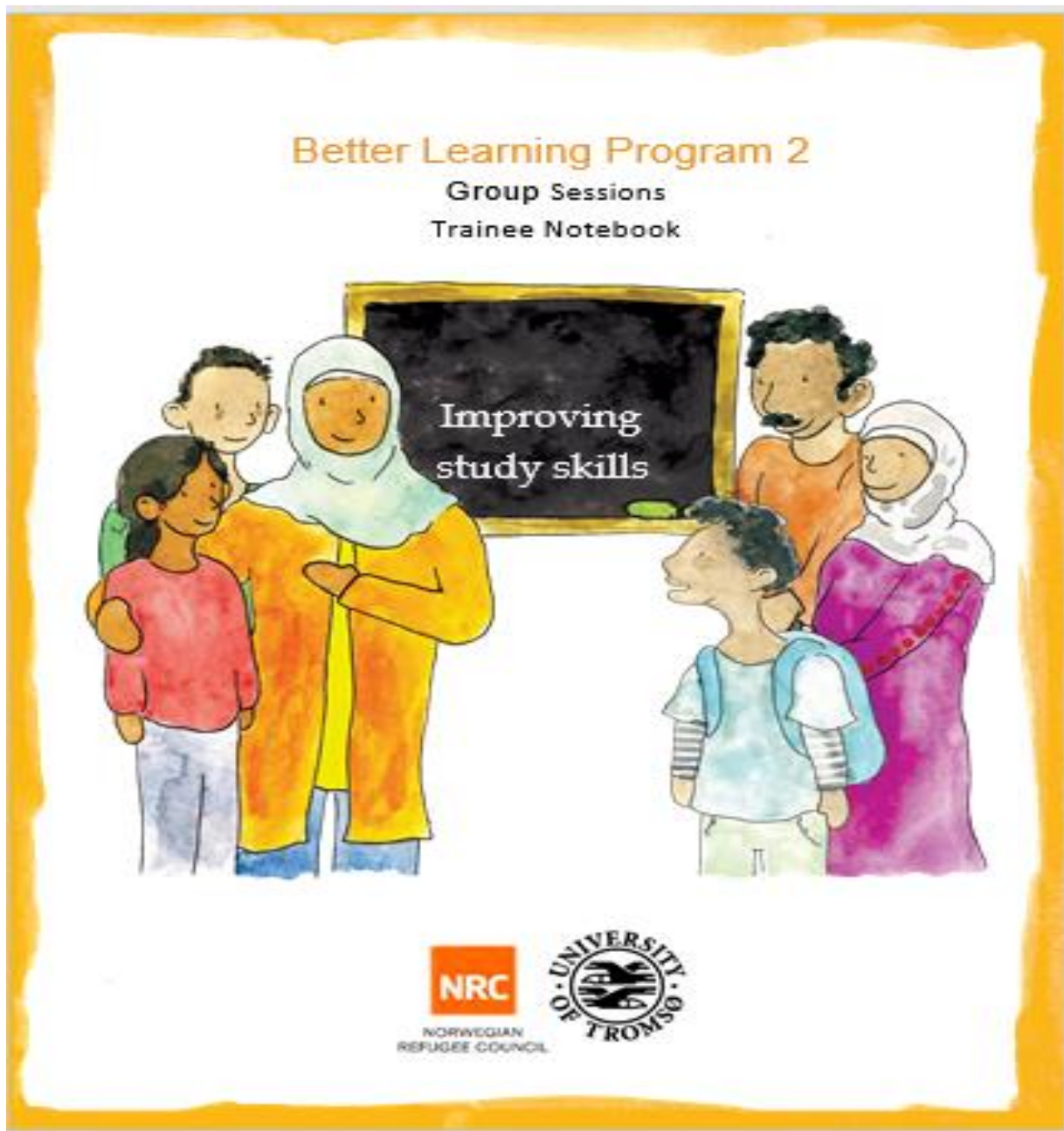




BLP2 Trainee Notebook

NRC

NORWEGIAN
REFUGEE COUNCIL



Introduction to the ‘Better Learning Programme-2’ – BLP2 Notebook

This eight-pager notebook has been developed to be used for the participants/teachers attending BLP2 training sessions. It aims to enhance teachers’ participation and understanding of the training content by encouraging to provide personal inputs and reflections.

Objectives of the BLP2 training:

By the end of the training program on BLP2, participants/ teachers will be able to:

1. Recall their knowledge of the ‘Better Learning Program-1’ (BLP1) foundations;
2. Raise their level of feeling calm and promote self-regulation;
3. Provide background information on the BLP2 foundations;
4. Be familiar with the ‘Student Learning in Emergency Checklist’ (SLEC-26) tool knowing how to use it and when to use it (this section will not be reflected in the notebook)

Exercise one: The trainer will show you a picture and asks you to write down what the picture means for you. You can use the space below to do this exercise



2- Overview of the BLP2

Now take few minutes to answer the following questions about BLP2. You can do it either individually or in pairs:

What is BLP?

Who is the target group for BLP2?

Who delivers BLP2 in the schools? For how long?



3- Screening and selection criteria for the students

What are the criteria to select students to participate in BLP2?

1.

2.

3.

4.

5.

6.

7.











Group sessions: BLP2






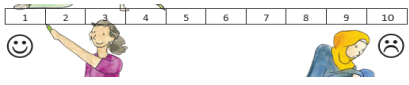



Each session should last 45 minutes.

First Session: Stressful Events and Coping Strategies


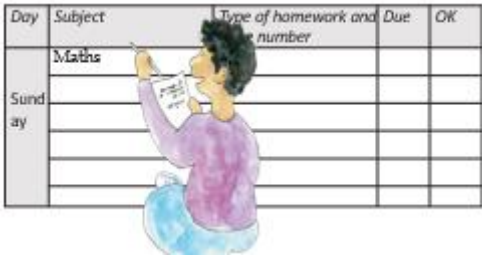


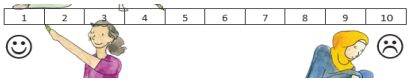

Activity	Duration	Notes
Introduction and motivation 	5 min.	
Participation rules 	10 min.	
Stress 	5 min.	
Reactions & normalization 	7 min.	

What Helps? 	5 min.	
Talking to your brain 	5 min.	
Establishing a safe place 	20 min.	
Closure & homework 	3 min.	






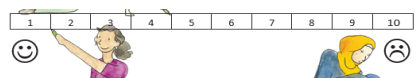

Second session: Understanding the connection between body and mind

Activity	Duration	Notes
Introduction and motivation 	5 min.	
Talking to your brain 	5 min.	
Body and mind are connected 	15 min.	
Scale: 1 – 10 	3 min.	
Relaxation exercises 	5 min.	
Safe place 	10 min.	
Closure & homework 	2 min.	




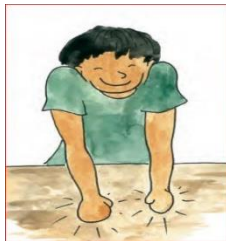
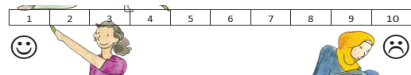

Third session: Using effective study skills

Activity	Duration	Notes
Introduction and motivation 	5 min.	
Study Skills 	15 min.	
Tense-and-release 	7 min.	
Safe place 	10 min.	
Scale: 1 – 10 	5 min.	
Closure & homework 	3 min.	

Fourth session: The importance of using a log and weekly calendar for effective studying

Activity	Duration	Notes
Introduction and motivation 	5 min.	
Study Skills 	15 min.	
Safe place 	10 min.	
Your favorite techniques 	7 min.	
Relaxation exercises 	3 min.	
Scale: 1 – 10 	3 min.	
Closure & homework 	2 min.	

Fifth session: The effect of fear and stress on learning

Activity	Duration	Notes																														
Introduction and motivation 	5 min.																															
Study Skills  <table border="1"><thead><tr><th colspan="2">Weekly Calendar</th><th colspan="4">Week: From Date:</th></tr><tr><th>Sessions / day</th><th>Saturday</th><th>Sunday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th></tr></thead><tbody><tr><td>First</td><td>Arabic</td><td></td><td></td><td></td><td></td></tr><tr><td>Second</td><td>Math</td><td></td><td></td><td></td><td></td></tr><tr><td>Third</td><td>Science</td><td></td><td></td><td></td><td></td></tr></tbody></table>	Weekly Calendar		Week: From Date:				Sessions / day	Saturday	Sunday	Tuesday	Wednesday	Thursday	First	Arabic					Second	Math					Third	Science					15 min.	
Weekly Calendar		Week: From Date:																														
Sessions / day	Saturday	Sunday	Tuesday	Wednesday	Thursday																											
First	Arabic																															
Second	Math																															
Third	Science																															
Exercises  	7 min.																															
Scale: 1 – 10 	5 min.																															
Closure & homework 	3 min.																															

Working with teachers and parents

**“Support becomes more effective when parents and teachers work together.”
Discuss this phrase.**

Write a small paragraph about the role of the teacher in BLP2.



Write a small paragraph about the role of students and parents in BLP2.

