



Save the Children

Social and Emotional Wellbeing of Refugee Learners



Terminology is Confusing

MHPSS

Psychosocial Support

Student Wellbeing

Social Emotional Learning

etc...

Strong Foundations Ready to Adapt

1. School Counselors

- Provide direct support to students (individual or small group)
- Make referrals to specialized support services outside of the school

2. Classroom Based Support - SEL methods/approaches, psychoeducation, structured psychosocial support activities

3. After School Support - structured psychosocial support, social activities (sport, music, art, etc.) – possible parent/caregiver inclusion

4. Staff Wellbeing – Support for school staff

All, Some, Few

All Children
(classroom or after
school program)

Some Children
(school counselor
support)

Fewer Children
(referrals to
specialized external
support)

Structured PSS Example

Healing and Education through the Arts (HEART)

HEART

Healing and Education through the Arts



Arts based Psychosocial Support

Challenge:

Lack of counselors, psychologists, social workers

Solution:

HEART – train the adults already working with children on a regular basis (such as teachers or after-school facilitators) to integrate arts-based psychosocial support into their classrooms

Result:

Classrooms/Centers/ transform into emotionally supportive environments in which children can process stress and express, share, understand, and support themselves and their peers

HEART Activities

Relaxation Activities: Breathing, Muscle Relaxation, Meditation

Structured Activities: Art making and Sharing Circle

Free Arts: Creative expression and Sharing Circle

(local cultural arts traditions – music and dance)

Schools, After School Programs, Community Centers

Drawing, Painting, Sculpture, Music, Drama, Dance...

Children/Youth Ages 4 – 25 and Adults (Parents/Caregivers)

Results – Mixed Methods Monitoring & Evaluation

Results from 8 countries:

- ✓ **Self Expression**
- ✓ **Communication**
- ✓ **Emotional Regulation (behavior)**
- ✓ **Concentration**
- ✓ **Future Orientation**
- ✓ **Problem Solving**
- ✓ **Interest/engagement in learning**
- ✓ **Learning Outcomes**
- ✓ **Attendance**

- ✓ **Adult perceived increased ability to Support Self and Children in times of Stress**













Social and Emotional Wellbeing of Refugee Learners

Supporting Refugee Learners in Schools and After School Programs:

1. School Counselors Available (individual or small group)
2. Referral to external support services if needed
3. School based social and emotional support activities (classroom)
4. After School Programs
5. Child & Parent/Caregiver Activities or Community Events
6. Support for staff

THANK YOU



Save the Children