



### SESSION 3

#### **00:00 Recap of the previous session**

Ask one of the group members to give an example of how the last session helped them in a scenario at home or in the community.

#### **00.05 Introducing this session**

*The session will help the participants to understand how children behave at certain stages and how to identify signs of stress among their children and how to help them cope*

Question for discussion (20 mins) -

- *What does it mean to be a child?*

In this discussion ask the participants about what childhood means to them. You could refer to community expectations placed on children (5mins), their own experiences as children (5 mins), their own experiences of raising children (5 mins) However, you could also allow the conversation to take its own direction. Everyone has some thoughts on childhood so try to involve everyone and take note of the level of engagement of each participant.

#### **00.25 Teach: Cognitive and behavioral aspects of kids of specific age groups (5mins)**

Go through this learning material with the whole group. Provide as a print out if appropriate.

*Developmental Milestones Of children between 6-8 yrs*

*Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball more easily using only their hands, and tie their shoes. Having independence from family becomes more important now. Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and*

*more important. Physical, social, and mental skills develop quickly at this time. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork, and sports.*

**00.30** Divide the participants into groups of four people. To one half of the group provide the social and emotion changes that occur in 6 – 8 year olds and to the other half provide the thinking and learning changes. Request the groups to read these examples and add their own characteristics of 6 – 8 year olds.

### *Emotional/Social Changes*

*Children in this age group might:*

- *Show more independence from parents and family.*
- *Start to think about the future.*

Additional characteristics they may add include:

Understand more about his or her place in the world.

Pay more attention to friendships and teamwork.

Want to be liked and accepted by friends.

### *Thinking and Learning*

*Children in this age group might:*

- *Show rapid development of mental skills.*
- *Learn better ways to describe experiences and talk about thoughts and feelings.*

Additional characteristics they may add include:

They have less focus on one's self and more concern for others.

Show clear signs of individual interests

### **00.45 Feedback**

Ask the group to feedback their additional characteristics and take note of all the additional characteristics, maybe on a large flipchart. Ask the group to identify which characteristics that overlap between the different responses and which are unique.

### **00.55 Watch**

If appropriate watch the following film made by IRC in preparation for the next session.

<https://drive.google.com/open?id=17JE9sTZymRJK8nSkrFatW-lZkPXRU46>

Sample