Co-funded by the European Union

Project nr: 2024-1-IT02-KA220-ADU-00025456

Edu4Impact LTTA – Case study 8

General Information

- **Activity name**: Mother and Child
- **SEL Training Area**: Responsible Decision-making

1. Objective of the Activity

What is the main goal of your activity? What do you want participants to learn or develop?

The main goal of the activity is to strengthen the relationship between mothers and children through a cooperative and playful challenge. The activity encourages participants to work together, communicate, and build trust while completing different stages of the game.

Participants are expected to:

- develop trust and cooperation between mother and child;
- improve communication and teamwork skills;
- strengthen problem-solving and decision-making abilities;
- encourage mutual support and positive interaction;
- build self-confidence through participation and shared success;
- learn the importance of patience, encouragement, and collaboration.

2. Target Group

Who is this activity designed for? Be as specific as possible.

- **Type of participants**: mothers and children / vulnerable subjects at risk of social exclusion or affected by mental health issues
- **Age range**: kids 6-12 with their mothers
- **Specific needs (if any)**: none

3. Description of the Activity

Describe the activity step by step so that others can replicate it (e.g. intro, development, wrap-up – debriefing)

Introduction

1. The facilitator prepares the activity space, either indoors or outdoors, and places markers, cards, or symbols around the area. One special symbol, such as an “X”, is included among the hidden items.

2. Mothers and children are paired together and positioned at different starting points.
3. The facilitator explains the objective of the game: participants must work together to search for the correct symbols or objects and complete the different stages of the challenge.
4. The rules and instructions are explained clearly, making sure that all participants understand how the game works.

Development of the Activity

1. At the beginning of the game, each mother-child pair starts searching for the hidden objects or symbols placed around the area.
2. Participants must cooperate, communicate, and help each other in order to identify the correct marker or the special "X".
3. Only the pairs who successfully find the correct object are allowed to move forward to the next stage of the activity.
4. Participants who do not succeed during the first round are given another opportunity to try again, encouraging perseverance and inclusion.
5. As the activity continues, the facilitator can gradually increase the level of difficulty by:

    - adding more objects,
    - expanding the search area,
    - introducing time limits,
    - or creating additional tasks and clues.

6. Throughout the game, mothers and children are encouraged to support each other, make decisions together, and communicate positively.

Wrap-up and Debriefing

1. At the end of the activity, all participants gather together for a group reflection.
2. The facilitator asks questions such as:

    - How did you work together?
    - What helped you trust each other?
    - How did you feel when facing challenges?
    - What strategies helped you succeed?

3. Mothers and children are encouraged to share their feelings and experiences during the activity.
4. The facilitator concludes by highlighting the importance of trust, cooperation, communication, and mutual support within the mother-child relationship.

4. SEL Competence / Skill Developed

Which SEL competence(s) does your activity target? (Self-awareness; Social awareness; Responsible decision-making; Self-management; Relationship skills)

Explain how this competence is developed through the activity:

This activity fosters primarily Responsible Decision-making but targets also all the others.

Responsible Decision-Making

Participants develop responsible decision-making skills while choosing strategies, solving problems, and deciding how to progress through the different stages of the game together.

Self-Awareness

Through reflection and interaction, participants become more aware of their emotions, behaviours, strengths, and communication styles within the mother-child relationship.

Relationship Skills

Participants strengthen relationship skills by cooperating and communicating throughout the game. Mothers and children must support each other, work as a team, and build trust in order to complete the challenges together.

Social Awareness

The activity promotes social awareness by encouraging participants to pay attention to each other's needs, emotions, and reactions. Mothers and children learn to empathize, listen, and adapt to one another during the activity.

Self-Management

The activity helps participants practice self-management by encouraging patience, emotional control, focus, and perseverance, especially when facing challenges or repeated attempts.

5. Maerials and Space Needed

What do you need to implement this activity?

Materials Needed

- Markers, cones, or bases to define the activity area
- Cards or paper symbols
- A special symbol or object (e.g., an "X")

- Pens or markers
- Optional clues or instructions for different stages
- Timer or stopwatch (optional)
- Small rewards or stickers (optional)

Space Needed

- An open indoor or outdoor space large enough for movement and searching activities.
- Clearly divided areas or stations where objects and symbols can be hidden safely.
- A calm space for the final reflection and debriefing discussion.

The space should be safe, accessible, and adaptable according to the age and abilities of the participants.

6. Adaptation to Different Contexts

How does this activity fit your professional context?

This activity can be adapted to mother-children communities by focusing on cooperation, emotional bonding, and inclusive participation rather than competition. The game should create a safe and supportive environment where mothers and children can interact positively and strengthen their relationship through shared challenges.

Possible adaptations include:

- simplifying the rules and instructions according to the age of the children;
- using visual supports, colours, symbols, or pictograms to make the activity easier to understand;
- creating mixed-difficulty tasks so that both mothers and children can actively participate;
- encouraging communication and teamwork between mother and child during each stage of the game;
- avoiding excessive competition and focusing instead on mutual support and shared success;
- including emotional reflection moments where participants can express how they felt during the activity;
- adapting the pace and duration of the activity according to the attention span and emotional needs of the group;
- using themes connected to family life, trust, and cooperation to make the activity more meaningful;
- ensuring the environment is welcoming, safe, and accessible for participants with different social, emotional, or educational backgrounds.

In mother-children communities, the activity can also become an opportunity to:

- improve positive parenting interactions;
- strengthen trust and emotional connection;
- encourage quality time between mothers and children;
- and foster a sense of belonging and community among families.

7. Expected Outcomes

What changes do you expect in participants after this activity?

After completing the activity, participants are expected to:

- strengthen trust and emotional connection between mothers and children;
- improve communication and cooperation skills;
- develop teamwork and collaborative problem-solving abilities;
- increase self-confidence through active participation and shared achievements;
- learn how to support and encourage each other during challenges;
- improve patience, focus, and perseverance;
- become more aware of emotions and behaviours within the mother-child relationship;
- create positive shared experiences and memories;
- foster a sense of inclusion, belonging, and community among participants.

The activity also aims to create a positive and supportive environment where mothers and children can interact in a playful and meaningful way while developing social and emotional competences together