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Learning Packages Instruction Manual

Innovation Development Directorate

Estimated Reading Time: 1 hour

Introduction

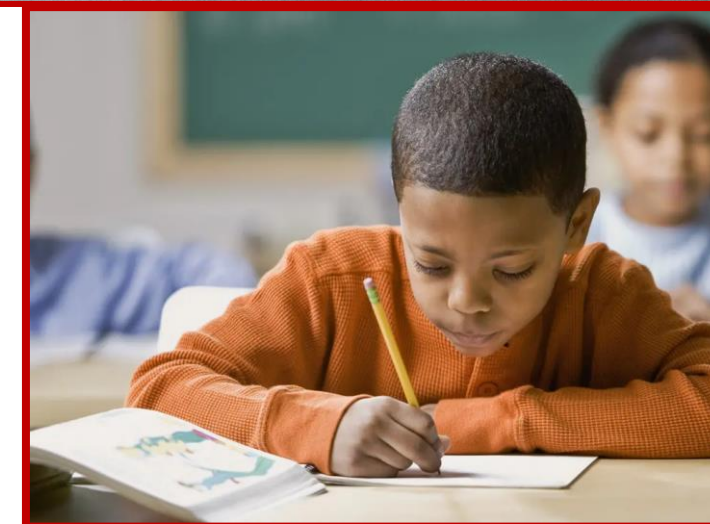
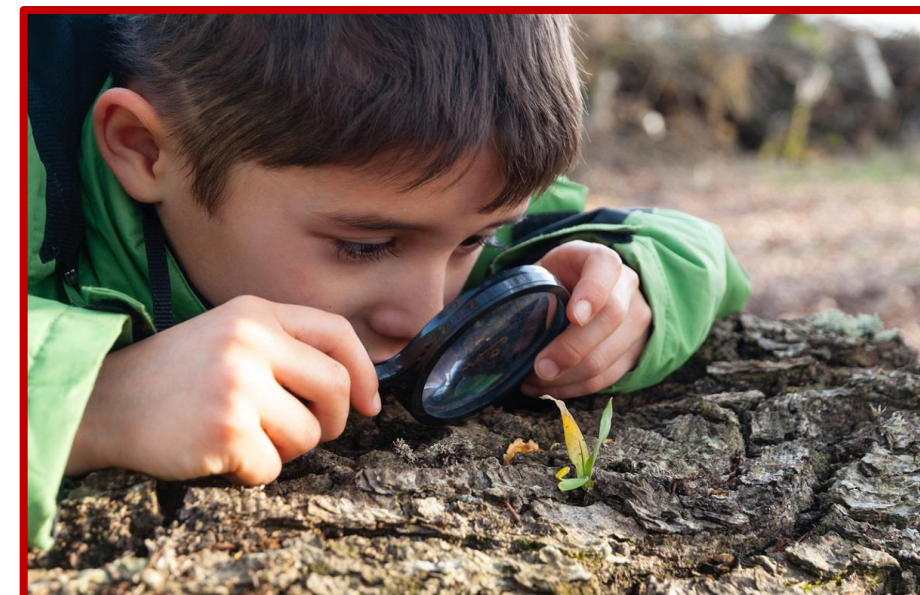
1. Who Are We?
2. What Are the Learning Packages?
 - 2.1 Features and Use Cases
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Learning Packages Components

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2. Progress Tracker and Certificate
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The SEL Track

Additional Resources



1. Who are We?

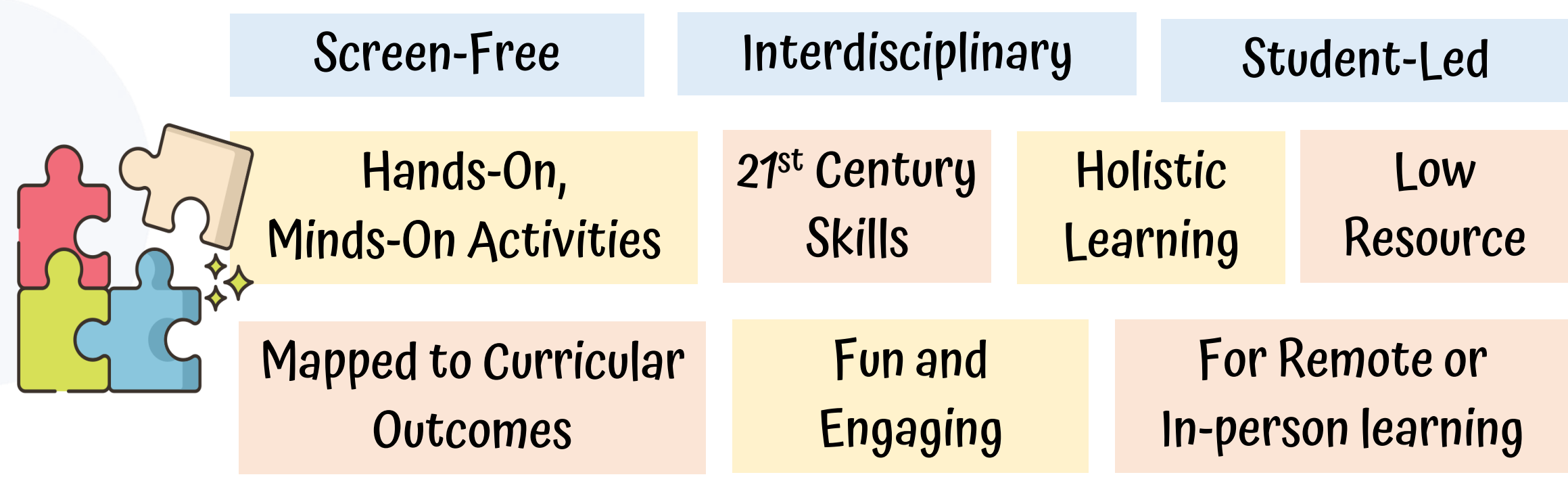
The **Education Above All (EAA)** Foundation is a global education foundation based in Qatar established by Her Highness Sheikha Moza bint Nasser. EAA envisions bringing hope and real opportunity to the lives of impoverished and marginalized children, youth and women through provision of quality educational opportunities.

EAA's Innovation Development Directorate (IDD) developed the **Internet Free Education Resource Bank** to offer hundreds of screen-free, low-resource educational resources that are interactive and develop essential skills in our learners. We are constantly adding to our open-source content that is available in multiple-languages for multiple-ages, accessible on our website: www.resources.educationaboveall.org



2. What are the Learning Packages?

We developed the **Learning Packages** in multiple formats for ready-to-use and student facing curated learning experiences with the following features:



The Learning Packages can be used:

- As a **distance learning resource** and methodology during school lockdowns due to emergencies.
- For **blended learning** as schools open up partially.
- As a **summer or after-school learning** tool to expand learning.

Tracks and Levels (1/2)

The Learning Packages are available (as workbooks) for learners of ages **2 to 14** years for holistic development with a focus on a specific subject area (track).

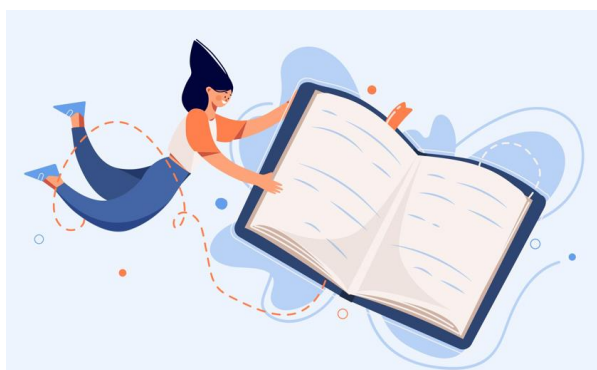
Level (Age – Group)	Learning Package Track			
2 to 3 years	Early Childhood Development (ECD) Activity Book*			
Foundation (3 to 4 yrs.)	Literacy	Numeracy	World Around Us	-
Level 0 (4 to 5 yrs.)	Literacy	Numeracy	World Around Us	-
Level 1 (6 to 7 yrs.)	Literacy	Numeracy	World Around Us	Socio Emotional Learning (SEL)
Level 2 (8 to 10 yrs.)	Literacy	Numeracy	World Around Us	SEL
Level 3 (11 to 14 yrs.)	Literacy	Numeracy	World Around Us	SEL

The ECD Activity Book is a collection of play-based activities that parents can do with their children. Read **ECD Parent Guidelines to know more.*

The tracks will have multiple workbooks for each level. Each workbook is a collection of project-based learning resources that build multiple skills. To determine which workbook is right for the learner, a diagnostic test is provided at the beginning of the workbooks.

Tracks and Levels (2/2)

While each track below focuses on a specific subject area, all of them include project-based learning (PBL) resources with related Math games, engaging stories, SEL Activities and worksheets.

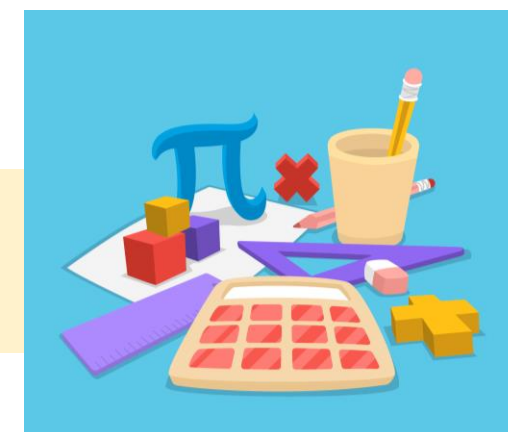


Literacy

This track builds reading, writing, listening, and speaking skills through literacy-based projects.

Numeracy

This track focuses on building skills in different strands of mathematics – numbers and operations, geometry, data analysis, probability, etc.



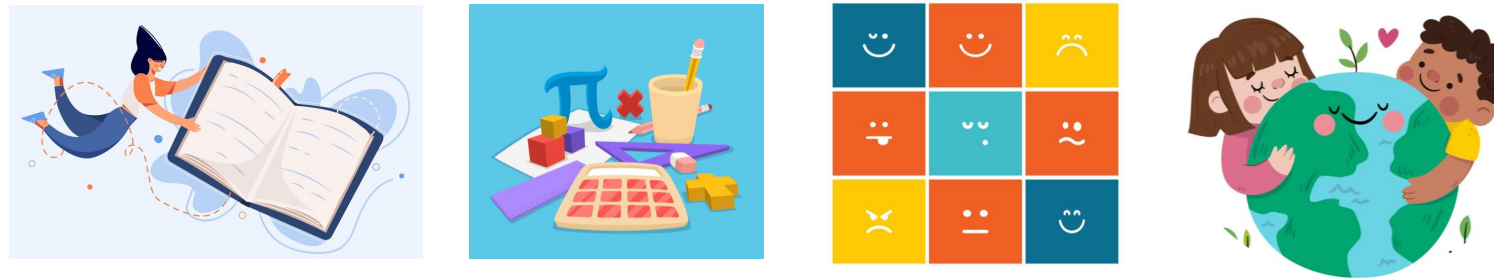
World Around Us

This track encourages the process of scientific inquiry and reasoning in learners as they explore key concepts in science and social studies.

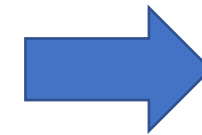
Socio-Emotional Learning (SEL)

This track is dedicated to building socio-emotional learning skills. It includes the Colours of Kindness Program, developed by Amal Alliance, by experts in the domain area.





Each Learning Package contains



Let us have a look at how to use it effectively.

Diagnostic Test

Progress Tracker

Certificate

SEL Routine

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Weekly Reflection

Diagnostic Test

Check if this Workbook is right for you.

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Answer the following questions in 20 minutes.

- Write the number names:
10 _____ 9 _____ 7 _____
- Write the total number of items:




- Write the missing numbers:
32 _____, _____, 35, 36, _____, 38, 39, _____
- Arrange the numbers from smallest to biggest: 16, 20, 29, 3
- What comes next in the following patterns?
 _____
 A A B A A B _____
 1 2 5 1 2 5 _____
- Draw these shapes : rectangle, circle, and triangle.

Check your answers using the key on the next page.

1

Before beginning the workbook, answer the diagnostic test in the allotted time.

For Foundation, Level 0, and Level 1, parents can explain the question to the child without giving away the answers.

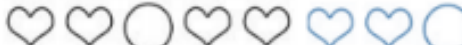



Check the answers using the answer key and calculate total score.

Based on the score, select the right workbook, as instructed.

Answer Key

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Give 1 mark for each question answered correctly.

- 10 ten 9 nine 7 seven
- 32 33, 34, 35, 36, 37, 38, 39, 40
- 3, 16, 20, 29
- What comes next in the following patterns?
 _____
 A A B A A B A A B
 1 2 5 1 2 5 1 2 5
5. Rectangle Triangle Circle




If your score is:

2 or less	This workbook is right for you!
3 to 4	This workbook is right for you
5	Use the Numeracy Workbook for Level 2

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Progress Tracker

Once the right workbook is selected, do the activities mentioned on each day and use the tracker provided to document the progress.

Complete all the activities for the day before colouring each star.

After completing the workbook, award the learner with the certificate provided at the end of the workbook.

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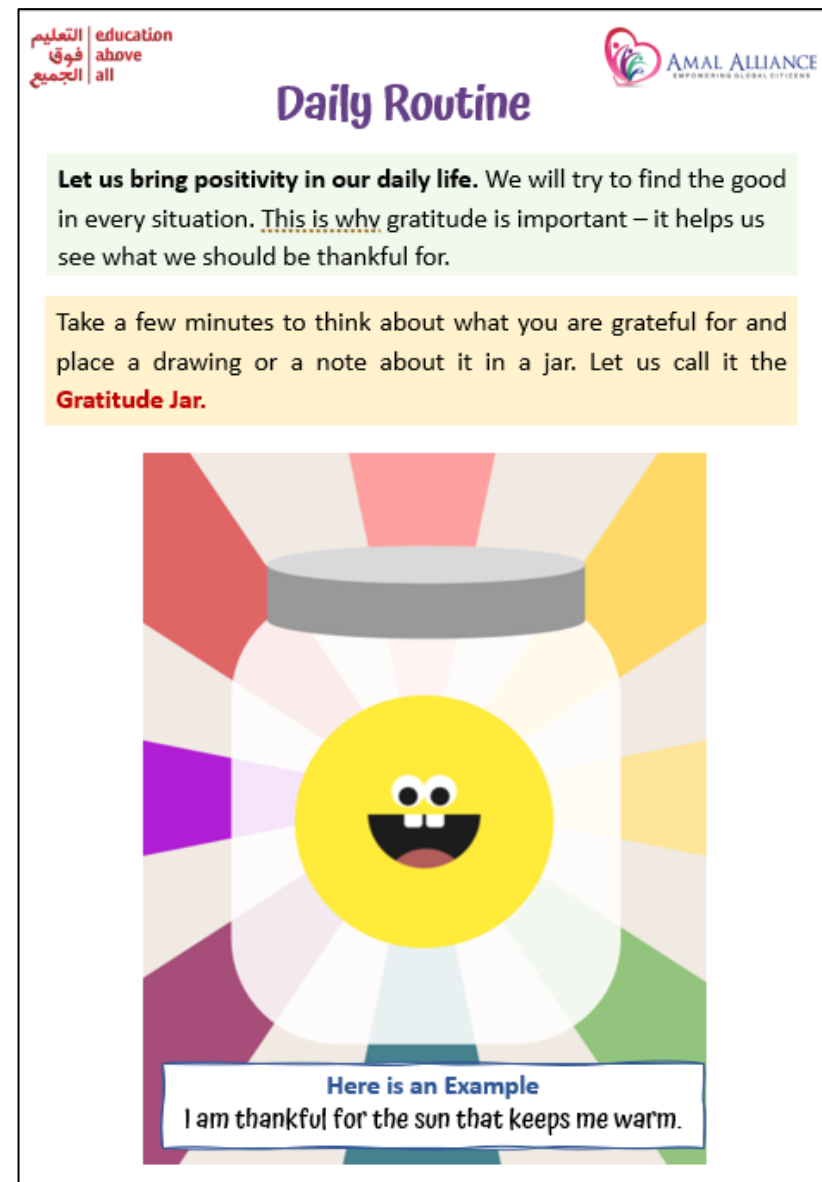
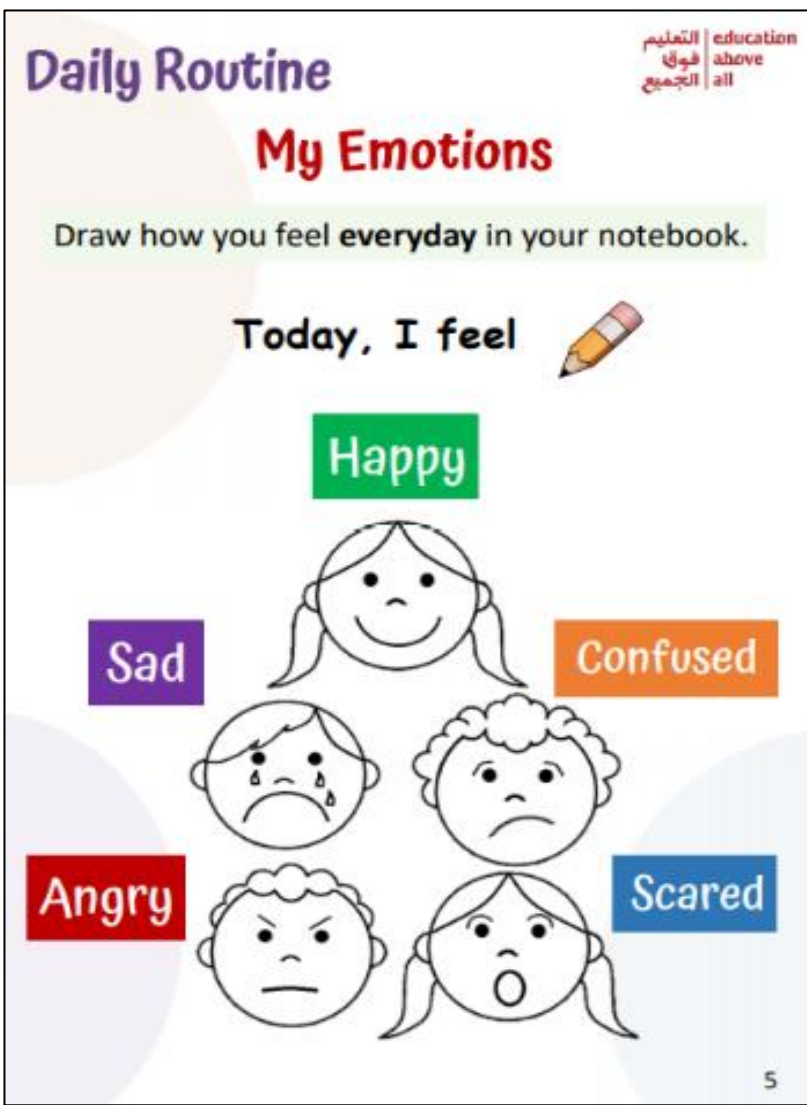
PBL Resources

Activities

Weekly Reflection

SEL Routine

Each workbook has a Social-Emotional Learning (SEL) Routine that should **be done daily**. Ensure that the routine is done before starting the day's activities. They help the learner identify and regulate their emotions.



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SEL Routine

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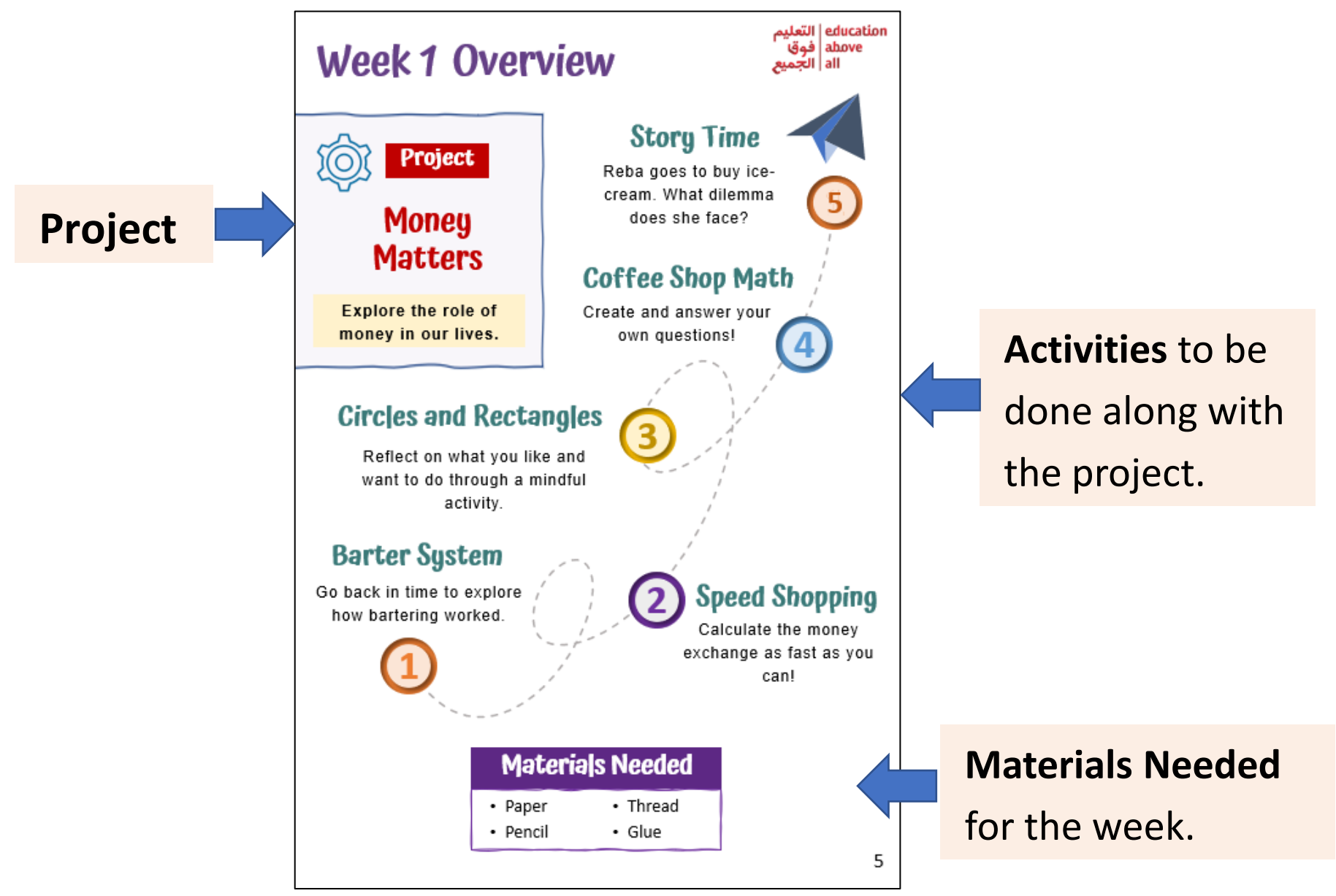
Weekly Reflection

A Week's Journey: Weekly Overview

Each workbook has 4 projects done over 4 weeks. The activities are arranged day-wise and engage the learner for 20 days (approximately 2 hours per day). Ensure that this progression is followed.

Let us understand what a 'week' in the workbook looks like:

The Weekly Overview maps out the learning journey for the week.



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Weekly Reflection

A Week's Journey: Project-Based Learning Resource

Each day contains 1 project-based learning resource and 1 activity.

Day 1 Project-Based Learning التعليم education
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Money Matters

Why do we value money?

What is money? What does it help us do?
List some things you can do with money and the people involved.

Example: Money is used to buy food.



What do you notice about the role of money?
If not money, can we use something else to "buy" things?

Interview

Collect information about money from your family members.
Some questions you can ask:

- Has money always existed?
- In what forms?
- What did people use to buy/get the things they needed?

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Reflect on the leading question on Day 1.

- Follow the instructions step-by-step.
- Note down responses in a notebook.

- Diagnostic Test
- Progress Tracker
- Certificate
- SEL Routine
- Weekly Overview
- PBL Resources**
- Activities
- Weekly Reflection



For Foundation and Level 0, parental assistance is required. Learners can share their responses verbally or through actions. Sound out key words in the instructions and activities to build their phonic and vocabulary skills.

A Week's Journey: Additional Activities (1/2)

After doing the project-based learning module for the day, proceed to the activity provided, which can be:

Math Games

- Practise math concepts through fun games.
- Have family members and friends play along.
- You can make your own variations of the games.

Day 4 Math Game

BALL GAMES

We use numbers everywhere, even in the pages of our storybook. Let's practise counting!

No. of Players
2 or more pairs of players

How to Play

- In pairs, throw and catch the ball.
- Each time you catch the ball, use skip counting. (In 2s or 5s)

2 4 6 8 10 12

• If the ball drops, start from the beginning.

Which pair reached the number 30 first? They win the game!

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Day 5 Story Time

REBA WANTS ICE-CREAM

"Ice cream! Ice cream!" The shopkeeper called. Reba ran to her mother.
"Ma! Ma! I want ice cream!"
"Finish your homework first," said Ma.

Reba looked unhappy. Ma asked, "Are you done with your homework yet?" "Mmm...No. But my notebook is full! I need to buy another one."

Ma gave Reba 10 taka. (*Taka is the name of currency used in Bangladesh.*)
"Go buy a notebook. We also need a bar of soap."

Reba went to the shop. The shopkeeper gave Reba a notebook and a bar of soap.

"How much?" asked Reba.
"The notebook is 20 taka, and the soap is 20 taka," said the shopkeeper.
"That means the total cost is 40 taka. Here's your change."

How much is Reba supposed to get back?

storyweaver

Stories

- Read the story out loud.
- Answer the questions provided.
- Circle new words you come across in the story.



For Foundation and Level 0, parents should read the story aloud with the learner and pause at different points to ask guiding questions.

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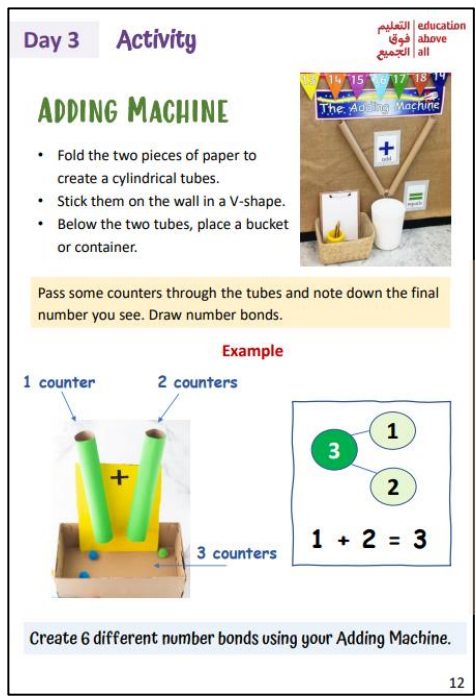
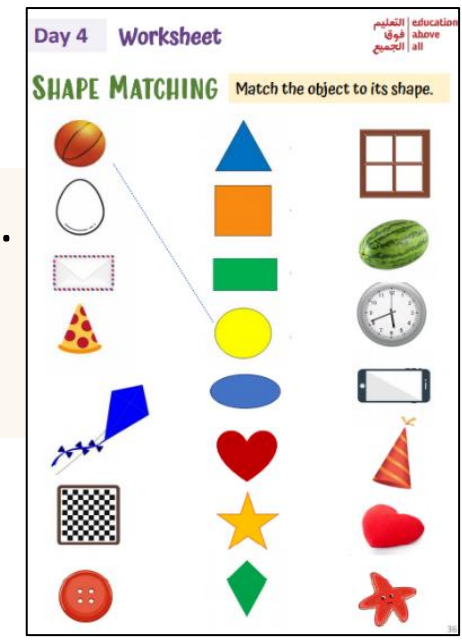
Activities

Weekly Reflection

A Week's Journey: Additional Activities (2/2)

Worksheets

- Practise key concepts through engaging worksheets.
- Read the question and solve the worksheets.
- Ask a family member to check your answers.

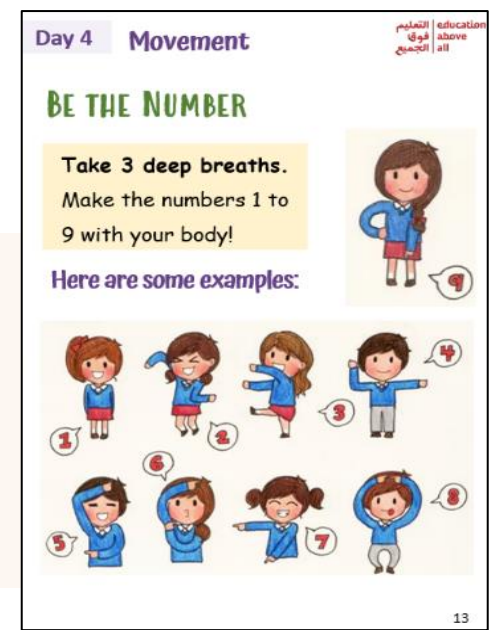


Project-Based Activities

- Do activities that extend the learning from the project.
- Make connections between these activities and what is being done in the project.

Mindfulness Activities (SEL)

- Each project contains 1 mindfulness activity or movement break.
- Follow the instructions to calm your energy and build focus.



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A Week's Journey: Weekly Reflection

One by one, complete the activities for 5 days of the week.



Avoid doing activities from multiple days in 1 day. If more time is needed, use the 2 extra days in the week to learn and complete.

Weekly Reflection

Did I enjoy learning this week?

What are some new things I learned?

What did I do well?

What can I do better next week?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <https://resources.educationaboveall.org>

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At the end of a project, fill the Weekly Reflection Page:

Think about

- what you discovered,
- what you did well and
- what you can improve about yourself



Then, move on to the next week's project!

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Licensing and Attribution

- The Learning Packages are **free and open-source**.
- The resources allow adaptation for context specifications and translation into relevant languages (with some attribution requirements).
- All books are licensed under [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](#) except for the SEL books.

The last page of the workbook contains the attributions for the contributions from our content partners:

Stories	 <p>PRATHAM BOOKS storyweaver</p>
SEL Activities	 <p>DREAM & DREAM</p>
SEL Learning Packages	 <p>AMAL ALLIANCE EMPOWERING GLOBAL CITIZENS</p>

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Attributions


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Pg. 11, 22, and 49 : designed by Dream A Dream, India.

Pg. 15, 16: Reba Wants Ice Cream (English), translated by [Gouri Srinidhi](#), based on the original story written by [Sultana Zakia](#), illustrated by [Dhiman Sarkar](#), published by Room to Read (© Room to Read, 2016) under a CC BY 4.0 license on [StoryWeaver](#).

Pg. 40, 41: First House Re-leveled (English), relevelled by [suprith S](#), (© [Suprith S](#), 2015) based on original story First House (English), written by [Nabanita Deshmukh](#), illustrated by [Phidi Pulu](#), Re-levelled and re-named by EAA published by Pratham Books under a CC BY 4.0 license on [StoryWeaver](#).

Pg. 53, 54: Pranav, The Pattern Detective (English), Written by [Aditya Swaminathan](#) Illustrated by [Jemma Jose](#), Re-levelled and re-named by EAA, published by Pratham Books (© Pratham Books, 2006) under a CC BY 4.0 license on [StoryWeaver](#).



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Social-Emotional Learning Track

The Social-Emotional Learning Packages were co-created with



Amal Alliance aims to empower displaced and disenfranchised children through holistic education and social development programs. Amal's trauma-informed social emotional learning (SEL) programs enhance cognitive, interpersonal, and emotional skills through informal education and structured play. Colors of Kindness is an 'Education in Emergencies' award-winning program which has a child centered approach that enhances social emotional competencies and fosters wellbeing.

The Social-Emotional Learning Packages contain:

Pre and Post Assessment

Pre Assessment

Please administer these questions before you begin Day 1. Select your response and find the total the score as per this scale:

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	I Don't Know
+3	+2	1	-1	-2	0

- I know when I am happy, sad or angry.
- I am able to calm down when upset.
- I like playing with others and can make new friends easily.
- I know I am unique.
- I can name three things that I am grateful for.
- I respect people that are different from me.
- I can understand when another person feels happy, sad, or angry.
- I think about other people when making a decision.
- I have goals and plan to reach them.
- I think about the future and believe it is wonderful.

Colors of Kindness Program (10 Days)

Day 1 Colors of Kindness

Our journey will take us through different 'Color Clouds' to help us express ourselves and our journey through the world.

Taking care of our mental well-being is as important as being physically healthy. So, let's get started!

Red Cloud

This cloud is all about helping us identify how we feel.

- Do you like the color red? Why or why not?
- Can you spot things in the room that are red?
- What other things are red?
- How does the color red make you feel?

Emotions are a part of our everyday life, but it can be hard for us to express what we feel sometimes. Don't worry! With practice, it will become easier.

SEL Project-Based Learning Resources and Activities (10 Days)

Day 4 Project-Based Learning

You Are a Superhero

Draw it Out!
Draw yourself as a superhero. Write what superpowers you would have.

Building Our Strength
Roller Coaster Breath

- Hold out your hand with your fingers outstretched.
- Place your pointer finger from your other hand at the bottom of your thumb.
- Inhale as you slide up your thumb. Exhale as you slide down your thumb.
- Imagine as if your finger were going up and down a roller coaster. Trace each finger slowly.
- You can even make sound effects!

Overcoming Obstacles

- Collect 6 to 7 household objects such as pillows, chairs, etc.
- Use these objects to create an obstacle race!
- Move through the course and then change direction.
- Crawl like lizards or jump like frogs, through the course.

Wear Your Cape!
Find an old bed sheet, towel, or a simple piece of cloth to use as a cape. Do the flying pose with your cape on to gain self-confidence and super-strength! Try out other poses!

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SEL Track

General Guidelines

Project-Based Learning

- Learners will discover concepts by themselves. Do not give away answers directly. If needed, ask guiding questions to lead them to the answer.
- Encourage children to use the learnings from projects to solve everyday problems.
- For young learners, parents may assist in some of the activities.
- Allow learners to explore a topic further through reading materials and experiments.
- Appreciate the learner’s efforts as they present their projects.

If a certain **resource** is unavailable, use alternatives. For example, a pillow instead of a ball, leaves as counters, make your own paints using spices, etc.

Encourage **family members and friends** to be part of the learning journey by participating in games, activities, and presentations.



Socio-Emotional Learning Track and Routines

- In the pre- and post-assessments, encourage the child to think deeply and answer honestly. There is no right or wrong answer. Help them calculate the score.
- Do not skip any activity. They are designed by experts in a specific order to achieve a larger learning outcome.
- Encourage learners to write their responses, wherever applicable.
- Create a safe space for learners to express themselves – avoid harsh language or criticism. Listen attentively and acknowledge their feelings.

More Learning Resources

The projects and games in the Learning Packages have been curated from the award-winning [Internet-Free Education Resource Bank](#).

If you like them, below are hundreds of more such resources that are hands-on, fun, low-resource, and ensure continuous learning:

- 1 [Project-Based Learning Resources](#)
- 2 [Math Games](#)
- 3 [Activity Bank for Disabilities](#)

