



June 2020

AKF Education Response to **COVID-19 Pandemic**



AGA KHAN FOUNDATION

AKF Pre-Tertiary Education COVID-19 Response



3.1

Support **families** with relevant materials to help children learn and young people to continue to learn during school closures.



3.2

Support **educators** with relevant resources to help children and young people continue to learn during school closures.



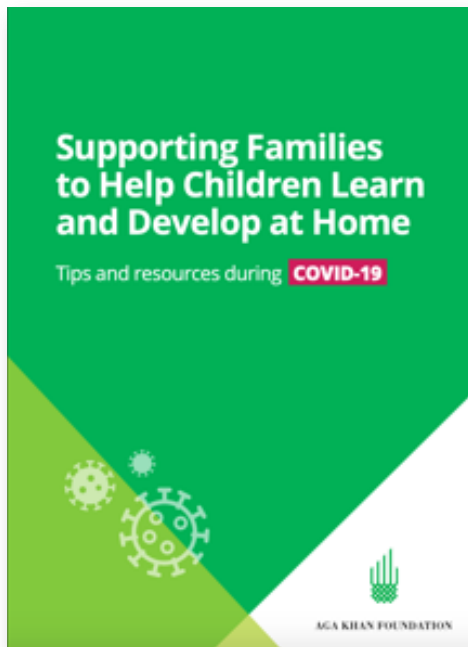
3.3

Support **schools** to plan for when they reopen to address learning gaps and ensure safe/healthy learning environments.

3.1

Families

150 + Key Offline and Online Resources




Link:
<https://www.akf.org.uk/aga-khan-foundation-provides-support-for-families-to-help-children-learn-at-home-during-covid-19/>

3.1

Families

12 Videos of Family Tips in Multiple Languages

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AKF BLENDED LEARNING / COURSES / COVID-19 / 12 TIPS FOR FAMILIES TO HELP CHILDREN LEARN AND DEVELOP DURING COVID-19





12 TIPS FOR FAMILIES TO HELP CHILDREN LEARN AND DEVELOP DURING COVID-19


The COVID-19 pandemic has affected all aspects of our lives. For parents and caregivers, it has been difficult to transition into a world where our usual employment and modes of work are no longer available. We now need to work, look after the health and wellbeing of our family, and help our children continue to learn and develop outside of school.


Meeting the demands and expectations of supporting our children to 'learn at home' has been overwhelming for many families. Whether it is receiving new instructions from teachers or navigating hundreds of online resources, it has become stressful and tiring for many caregivers to adopt and adapt available materials for what could really work for children within their own homes.


This is why the Aga Khan Foundation has developed these 12 tips — simple and practical recommendations for families to support children to continue to learn and develop. Take a look!

**AGA KHAN FOUNDATION**

 **Duration**
Video: 12 min

 **Languages**
English
Tajik
Russian
Shughni
Wakho
Rushani

 **Created by**
AKF

 **Last updated on**
June 8, 2020

Link:
<https://akfblendedlearning.akdn.net/course/covid-19/12-tips-for-families-to-help-children-learn-and-develop-during-covid-19/>

3.1

Families

Psychosocial Wellbeing and Support Resources in English and Russian (so far)

Guidance:

Psychosocial Wellbeing and Support During

COVID-19



AGA KHAN FOUNDATION

GUIDANCE: PSYCHOSOCIAL WELLBEING AND SUPPORT DURING COVID-19

Recommendations: Support to Individuals and Families

It is important to note that most people are resilient and will bounce back from this difficult situation. With some social supports and exercises, most people will be able to relieve stress, anxiety and cope.

We have put together tips, resources and activities from reliable sources for your considerations that we hope will help you and your families to have a better understanding of how to reduce stress, anxiety and remain hopeful in an unsettled world. You may not be able to do all that is included in this guidance note. That's ok. Do the best you can.

GENERAL TIPS TO STAY RESILIENT

There are general tips that are relevant to all persons no matter their age.


- 1. Have a routine:** We know how important routine is. When many people are working from home or told to stay at home, it might feel like we don't need it. But it's much better for everyone's well-being to try to keep a routine going, as much as possible. It is also important to set it up with all members of the family, including children so all members can own and feel a sense of control over it.
- 2. Maintain community and social connections:** Social connections are critical for human beings' well-being, but this can be difficult with "lockdowns", "curfews" and "stay-at-home" orders. Talk to people you trust. Contact your friends and family through email, phone calls and other available platforms. Allow children to use phone calls or other methods to connect with friends (this is especially important for teens and young adults). Elderly family members who are separated from other family members may be at greater risk of isolation and loneliness. Try your best to call them and connect to them regularly.
- 3. Maintain a healthy lifestyle:** Depending on the situation in your country, as long as you are permitted to spend time outdoors and can maintain a safe physical distance from others, fresh air and sunshine can clear the mind and help you de-stress and relax. If you are not permitted and/or unable to leave your home, open doors and windows to let the fresh air inside. Take at least 30 minutes a day to get some sort of exercise (even if in your home). It allows for a complete break from electronics, the news, and the pressures of the day, de-stress, gain a renewed positive spirit, and feel accomplished for the day. Eat well and get enough sleep. Engage in fun activities that can allow for exercising while having fun.
- 4. Stop and Breathe:** Controlled breathing has been used for millennia to calm the mind. Pay attention to your breathing and come back to it as many times as you can. When you notice that thoughts pop up in your mind, come back to your breathing – or feel the floor beneath your feet.
- 5. Practice gratitude:** When people are going through hard times, one thing that can help them feel better is learning to be grateful for what they have rather than fixating on what they do not have. So even though it might be a challenge right now, write down some of the things you're grateful for, or if you have little kids and it's easier, try talking about and listing aloud things that make you happy and that you're thankful for. You can make this part of your family dinner every day when each member of the family can say what they are grateful for. These moments can help remind us to celebrate, love, and enjoy one another during this difficult time.
- 6. Be kind to yourself:** It is difficult time so be kind to yourself. Accept it when you are upset, it is normal. Feel it with your heart. Don't get upset if things are not going perfectly in your household or with your work. It is much more valuable for all of us to use this time to reflect on the important things and try to keep a sense of everyone is in this together.

Link:
<https://medium.com/@AKF-Global/aga-khan-foundation-supports-mental-health-and-psychosocial-well-being-during-covid-19-406de5df6d28>

3.1

Families

Psychosocial Wellbeing and Support Videos

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PSYCHOSOCIAL WELLBEING AND SUPPORT DURING COVID-19

The COVID-19 outbreak has resulted in family members, old and young, experiencing stress, fear, worry and anxiety. There is a great deal of uncertainty and it can be natural to fear the unknown. But there are simple things that you can do to build up your resilience and relieve stress and anxiety.


The Aga Khan Foundation has put together 10 tips to help you and your family cope better during this difficult time. They include recommendations and simple exercises you can do to reduce stress and anxiety and remain hopeful in an unsettled world. Take a look!

Duration
Video: 12 min

Languages
English
Tajik
Russian
Shughni
Rushani
Wakhoi

Created by
AKF

Last updated on
June 8, 2020


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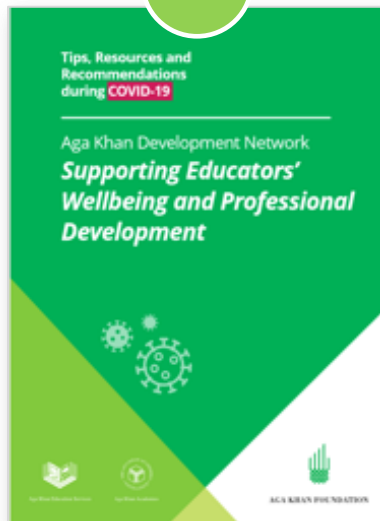
Link:
<https://akfblendedlearning.akdn.net/course/health-and-nutrition/psychosocial-wellbeing-and-support-during-covid-19/>

3.2

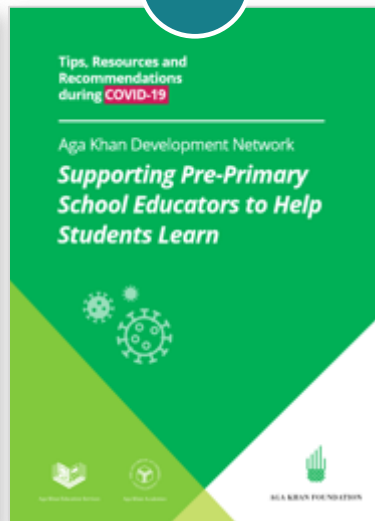
Educators

350+ Tips and Resources for Educators

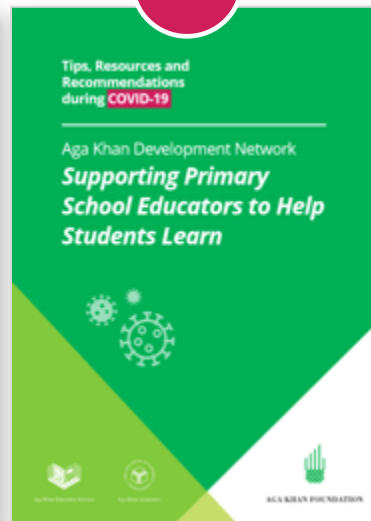
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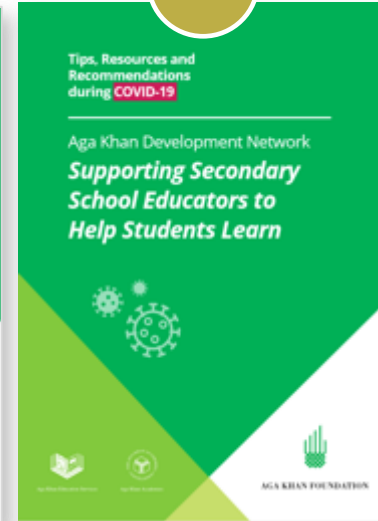
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03



04



Link: <https://akfblendedlearning.akdn.net/course/covid-19/12-tips-for-families-to-help-children-learn-and-develop-during-covid-19/>

3.2

Educators

Inclusive Learning Environment Video Courses

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WHO WE ARE WHAT WE DO NEWS EVENTS DONATE NOW

AKF launches 'Inclusive Learning Environment' video courses for educators

25 May 2020




Over the last few years, the global education discourse has placed increasing emphasis on the need for students to develop broader learning outcomes such as positive attitudes and values. To support educators to teach these, AKF has developed three new video-based courses.

Nafisa Shekhova, AKF's Global Lead – Education, and Ana Barfield, AKF's Global Practice Manager, speak about these new courses and what they hope they will achieve.

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CREATING AN INCLUSIVE LEARNING ENVIRONMENT

- Duration: 1 hour 20 min
- Language: English
- Created by: 2020
- Last updated on: 24th 05 2020

Get Started


ALL SKILLS IN THIS COURSE

Have questions?

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DEVELOPMENT DIALOGUES IN EDUCATION

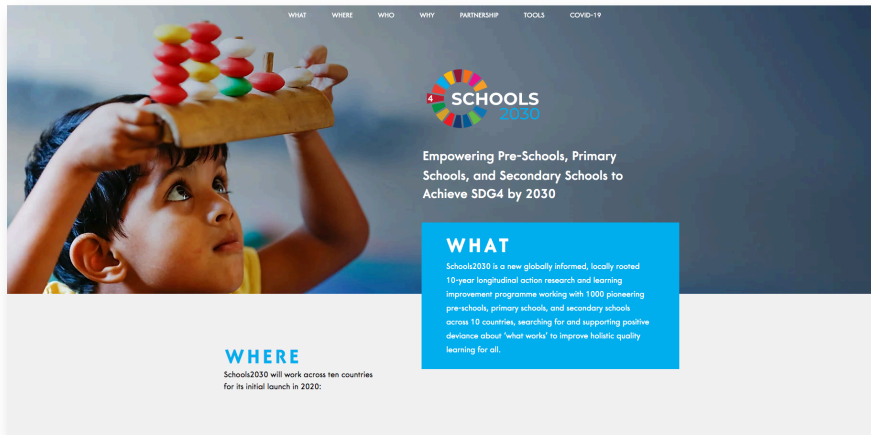
Get Started

Link:
<https://www.akf.org.uk/akf-launches-inclusive-learning-environment-video-courses-for-educators/>

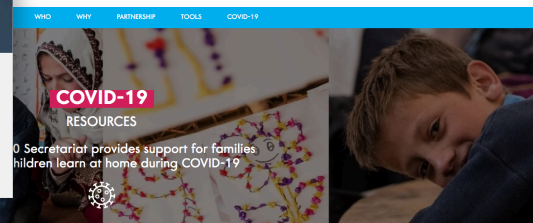
3.3

Schools

Design Thinking for Learning during COVID-19



Link: <https://www.schools2030.org>



Meeting the demands and expectations of supporting children to "learn at home" can be overwhelming. Whether it is receiving new instructions from teachers or navigating hundreds of online resources, it has become stressful and tiring for many families and caregivers to adopt and adapt available materials for what could really work for children within their own homes.

To meet this demand, the Schools2030 Secretariat has begun curating a number of suggested tips and resources to help families support children's learning at home during the COVID-19 crisis. The first three global resource documents that were developed affirm and reinforce the important role that parents and caregivers continue to have in supporting their children's learning and growth during COVID-19. The three resource documents are linked below.

Over the coming days, additional resources will soon be shared related to 'Design Thinking for Learning during COVID-19' and 'Supporting Educators Support Children's Learning during School Closures'. Stay tuned.

3.3

Schools

How to shift from in-person Human Centred Design trainings (pictured above from Nairobi in March 2020) to a global Virtual Human Centred Design movement for supporting learning during COVID-19?

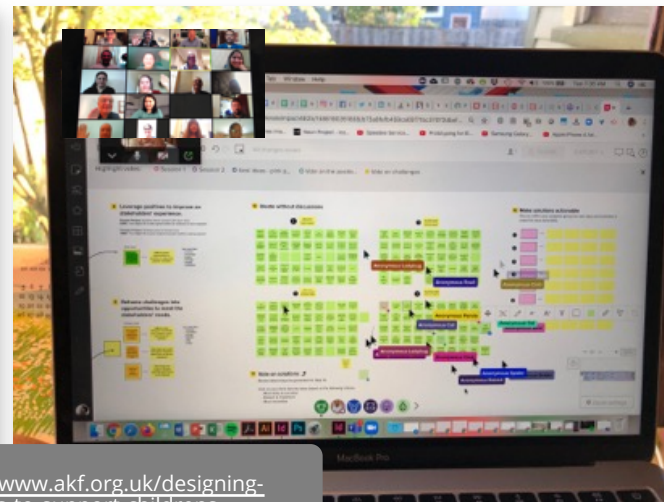
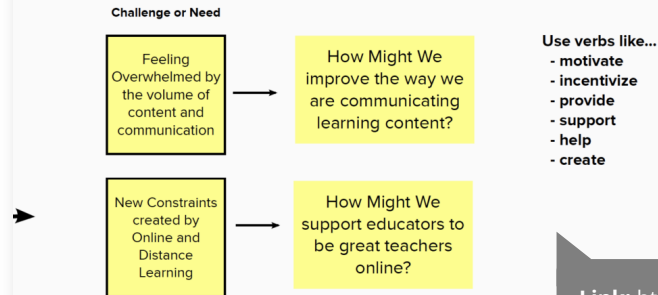


3.3

Schools

Launch of a 12-week virtual design thinking course for Schools2030 partners and educators from 10 countries

9 Reframe challenges into opportunities to meet the stakeholders' needs.



Link: <https://www.akf.org.uk/designing-new-solutions-to-support-childrens-learning-during-covid-19/>

3.3

Schools

Resources Under Development

July 2020

Helping Schools Reopen

A new resource guide for educators about pedagogical approaches to adopt/adapt for working with their students when schools reopen.

August 2020

New Local Solutions Gallery

A portfolio of locally designed solutions to helping students learn during COVID-19 will be presented from Schools2030 Consortium of partners.

Other In-Country COVID-19 Education Responses



Selection of Current External Partners
with COVID-19 related Adjustments

**Co-Adjustments to
AKF Education
Programming with
National Government
Partners to address New
Realities of COVID-19**

Learn More:
<https://www.akf.org.uk/>

Girls' Education in Afghanistan

Learning through Play in Kenya

Gender Responsive and Pluralistic
Education System Strengthening
in East Africa

Girls' Education in Syria/Uganda

Foundations for Children in Asia

Selection of Current Funded Programmes
with COVID-19 related Adjustments

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Thank You!