

# MOVEMENT, GAMES, SPORTS AND CREATIVITY (MGSC)

A psycho-social methodology to promote the wellbeing of children affected by adversities with the help of colourful group activities.

## WHAT IS MGSC?

This methodology uses movement, games, sports and creativity as a psychosocial tool to develop the personal and social skills of vulnerable children, and therefore improve their resilience and psychosocial wellbeing. It is based on experiential learning and was developed by Terre des hommes in 2005.

## WHO CAN PARTICIPATE IN MGSC ACTIVITIES?

Any children aged 4 and above, including the most vulnerable, can benefit from participation.

## WHAT ARE THE OBJECTIVES OF MGSC?

With the help of the MGSC methodology, children can develop better cognitive, physical and emotional aptitudes and skills like confidence, trust, responsibility, respect, communication, cooperation, managing emotions and conflicts, etc.

## WHAT HAPPENS IN MGSC?

MGSC games are organized by MGSC facilitators, and they promote cooperation, and not primarily competition. These activities involve movement, games and creative arts in four steps: 1) first experimentation; 2) stop for discussion and corrections; 3) second experimentation; 4) stop for feedback.

## HOW LONG DOES AN MGSC PROCESS LAST?

One MGSC session lasts approximately 45-60 minutes. Ideally, there are weekly MGSC sessions for at least 12 weeks for measurable improvement.

## WHO PROVIDES MGSC SESSIONS?

MGSC sessions are conducted by trained MGSC facilitators who are mainly educational professionals, teachers, social workers or animators. MGSC facilitators are supported by on-the-job coaching and supervision during their work.

## WHERE CAN MGSC SERVICES BE ACCESSED?

In the frame of the so-called WELL-U project co-funded by the European Union, several organizations provide MGSC services to Ukrainian refugee children until October 2024.

Further information about services: [contact@tdh-europe.org](mailto:contact@tdh-europe.org)

or

<https://childhub.org/en/series-of-child-protection-materials/well-u>



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Helping children worldwide.

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