

## What is TeamUp?

TeamUp is a group movement-based intervention aimed at strengthening the emotional resilience of children. TeamUp has been developed by War Child Holland, Save the Children and UNICEF in the Netherlands, together with their implementation partners, for children who are living in a war context.

## Who can participate in TeamUp?

TeamUp is suitable for all children and adolescents aged 6-17. By offering support to all children no matter their level of distress, TeamUp acts at the promotion/universal prevention ladder of the MHPSS interventions pyramid.

## What are the objectives of TeamUp?

TeamUp strives to increase children's wellbeing by establishing a sense of security, promoting social connectedness, increasing self-regulation, and fostering a positive outlook on life. At least two of the core outcomes of TeamUp (i.e., social connectedness and self-regulation) are key protective factors for child abuse instances. TeamUp can therefore be seen as a preventative measure to reduce the risks for mental health disorders and abuse.

## What happens in a TeamUp session?

TeamUp comprises a variety of group movement-based games, sports-based activities, creative movement, and body awareness practices. Each activity has a specific goal related to themes such as dealing with anger, stress, and interacting with others. Its non-verbal modalities maximize inclusivity among children. Participation is not compulsory, this "Step-in Step-out" approach allows children to participate when they like.

## How long does a TeamUp session last?

Weekly 1-hour long sessions are offered by a team of 3 to 5 trained facilitators. Groups of children are divided into age categories (e.g., 6-11, 12-17).

## Who provides TeamUp sessions?

TeamUp is provided by lay facilitators having received a 2-day experiential training and supervision. TeamUp facilitators can be volunteers working in reception centres, teachers, or others working in contact with children.

## Where can TeamUp services be accessed?

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>**