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Mahatma Gandhi Institute of
Education for Peace and
Sustainable Development

ONLINE COURSES

Building Kinder Brains Through Accessible Digital Learning





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**Mahatma Gandhi Institute of
Education for Peace and
Sustainable Development**

About UNESCO MGIEP

UNESCO MGIEP focuses on achieving the United Nations (UN) Sustainable Development Goal (SDG) 4, Target 7 towards education for building peaceful and sustainable societies across the world by developing programmes that promote social and emotional learning, innovate digital pedagogies and empower the youth.

UNESCO MGIEP's Social Emotional Learning (SEL) courses are research and evidence based with built-in assessments. The courses are multi-modal, interactive and self-paced, and are designed to build intellectual and emotional intelligence among learners.

Currently the courses are available in English and are being adapted to Hindi, Spanish and Russian.



Institute Vision

Building Kinder Brains

Humanity today is struggling with “wicked problems” that include climate change and biodiversity loss, rising violent extremism and mental health issues, and an absence of emotional resilience.

Increasingly, research has shown that the human brain works as an interconnected system of emotion and cognition—and that inclusion of social and emotional learning is necessary to drive behavioural change for individual and societal transformation.

Since all learning also occurs in a context that involves cognitive-social-emotional interactions, it is imperative that social and emotional learning (SEL) be combined with intellectual learning to train the whole brain. The introduction of social and emotional learning provides major benefits to learners and society, not only enhancing academic achievements but also fostering empathy and compassion to build a kinder world.











Institute Mission

Mainstreaming science and evidence-based SEL

The Institute Mission focuses on mainstreaming science and evidence-based SEL, leveraging the power of technology for quality and inclusive curricula, digital pedagogies and assessments. Key enablers for the vision and mission are the diverse courses developed










by the Institute for K-12 learners, youth, teachers and decision makers. The courses are available on UNESCO MGIEP’s custom designed General Data Protection Regulation (GDPR) compliant platform, FramerSpace.

Courses

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UNESCO MGIEP provides a truly unique offering of digital courses, embedded with Social and Emotional Learning, designed by industry experts for K-12 students, teachers and the youth.

Our audiences and courses suitable for them

Audiences	Courses	
K-12 Learners	 Climate Change  Global Citizenship	 Games for Learning  Biodiversity and Human Well-being
Youth (18+)	 SEEK	 SEL for Youth Waging Peace
Teachers	 SEL for Schools  Climate Change	 The Digital Teacher







K-12 Learners

UNESCO MGIEP builds digital interactive SEL embedded courses for learners above 12 years of age using a unique theme-based approach wherein learners build knowledge and skills about the theme as well as acquire social and emotional competencies that are consistent with the EMC2 framework.

They develop key social and emotional skills
 (i) mindfulness for self-awareness;
 (ii) empathy;
 (iii) compassion; and
 (iv) critical inquiry.

All courses are developed and delivered on FramerSpace, are self-paced, activity driven and use the Libre pedagogical process that includes: storytelling; gamification; inquiry; reflection and dialogue to create a multisensory, rewarding, interactive, and engaging learning experience.

Courses

-  Climate Change
-  Games for Learning
-  Global Citizenship
-  Biodiversity and Human Well-being







Youth (18+)

UNESCO MGIEP strongly believes youth (18-34 years old) are extremely capable and enthusiastic agents for positive change in their communities. The Institute has developed two online courses on FramerSpace specifically aimed at youth and those who work with / for youth to enhance their SEL competencies. UNESCO MGIEP will work with universities and youth capacity-building organizations to offer the courses to youth learners with associated technical support and training-of-trainers.

The SEL for Youth courses strategically target obtaining approvals from University Grants Commissions, large scale university deployments, and working with university academic committees for the course and advanced refresher units to be made mandatory for students with course credits.

Courses

-  SEEK
-  SEL for Youth Waging Peace






Teachers

Teachers are at the forefront of education and can either break or make learners. In order to provide them the emotional resilience to handle all kinds of situations that might arise in the classroom (physical and/or digital), there is a need for dedicated modules for teacher training in SEL and digital pedagogies.

In order to build capacity for teachers to build SEL skills, UNESCO MGIEP has developed and deployed innovative digital, experiential courses on our intelligent FramerSpace platform using digital enhanced pedagogies that include games, dialogue, storytelling, and reflection and artificial intelligence analysis for improved learning.

Courses

-  SEL for Schools
-  The Digital Teacher
-  Climate Change



COURSE 1

Climate Change: Understand. Reflect. Empathize. Act



Climate Change: Understand. Reflect. Empathize. Act

What is the course about?

A digital, interactive course designed for middle school students and teachers that enables learners to develop their social and emotional skills. This course helps learners understand, reflect on and deal with their emotions around climate change, and empowers them to take action.

Whom is it for?

Middle school students (grades 6-8) and teachers.

Why should I enroll?

This is the only course that focuses on the role of emotions in the context of Climate Change, through discussions, reflections, simulations, games, and other interactive activities.

The course not only includes information on key climate change-related concepts such as Carbon Footprint, the Science of Climate Change, causes, impact, adaptation and mitigation, but also focuses on building skills such as self-awareness, emotional regulation, critical inquiry, perspective-taking and compassion.

The course is designed to equip teachers with knowledge and tools to effectively implement social and emotional learning for climate change in their classrooms.

What is the course duration?

Self-paced | 8 modules | 20 hours | Available in English



[Click here](#) or scan the QR code to know more about the course

Will I be awarded a certificate for the course

Certificates will be awarded to learners who successfully complete the course. Teachers who participate in Course Workshops will be provided a Certificate of Participation for the workshop.

What are the benefits of the course?

- This course will help future generations build a sustainable world by:
- Understanding varying and often conflicting points of view around the issue of Climate Change.
- Noticing and becoming aware of one's emotional response to global issues such as Climate Change.
- Critically evaluating and inquiring about various aspects related to Climate Change.
- Practising mindfulness activities and learning to be mindful of one's own emotional and cognitive state throughout the course and beyond.
- Understanding the knowledge and information about Climate Change with strategies to recognise the emotional reaction to Climate.
- Change ways to cope and manage one's emotions through mindfulness exercises.

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Climate Change: Understand. Reflect. Empathize. Act

“ This program provides the platform for me to engage with materials and peers, generate knowledge on climate change discourse. Active engagement has enhanced my knowledge on environmental issues linked to human influence on climate. It is a pleasure to be part of this cohort as a community of leaders and change makers. Together we will build communities of future leaders who will protect our planet.

- Teacher from South Africa

COURSE 2

SEL for Schools



SEL for Schools

What is the course about?

SEL for Schools is a dual certification course that combines the SEL for Teachers and SEL for Classrooms courses with an aim to enhance the personal well-being and build professional capacity of teachers for Social and Emotional Learning (SEL).

SEL for Teachers

SEL for Teachers is an introductory course that enables teachers to understand SEL and provides them with tools necessary to prevent teacher burnout, enhance their mental and emotional well-being, build healthy relationships with themselves and their students, and manage their classrooms better.

SEL for Classrooms

SEL for Classrooms is a hands-on course that informs teachers about the science behind teaching SEL in classrooms and empowers them to effectively implement SEL in their classrooms.

Whom is it for?

Educators, teachers, aspiring teachers, teacher trainers, school leaders and administrators, NGO/INGOs, Development professionals, Universities/Departments of Education, Instructional designers/ Curriculum Developers.

Why should I enroll?

Teaching is one of the most challenging, demanding and stressful professions. Navigating the journey of being a teacher requires support—educational and emotional. Research shows that SEL interventions can provide this support by building necessary skills and competencies that teachers need. Furthermore, teacher and student mental and emotional well-being are interdependent. Unless teachers build their own SEL skills, it will be challenging for them to implement SEL in the classroom and raise emotionally resilient students.



[Click here](#) or scan the QR code to know more about the course

What is the course duration?

The total duration of the course is: 20-22 hrs.

SEL for Teachers: 10-12 hrs

SEL for Classrooms: 10-12 hrs

Course Languages

Currently, the course is available in Hindi and English.

Will I be awarded a certificate for this course?

Certificates will be awarded to all those who complete assessments with a score of 70% or above. Teachers receive two certificates on completion of the course (1) SEL for Teachers and (2) SEL for Classrooms.

What are the benefits of the course?

Teachers are the building blocks of any education system. While most SEL programmes centre on the social and emotional needs of students, only a few exist to promote and help teachers explore their own social and emotional competencies. The 'SEL for Schools' course addresses the SEL needs of teachers.

TESTIMONIAL



SEL for Schools

“ This course is well designed to address various issues related to emotional learning which is the need of the hour to face challenges in teaching and learning. The teacher who is empowered with skills to deal with emotions can contribute much to maintaining the well-being of schools and students”

- Teacher from India

COURSE 3

Self-directed Emotional Learning for Empathy and Kindness (SEEK)



Self-directed Emotional Learning for Empathy and Kindness (SEEK)

What is the course about?

SEEK, developed by UNESCO MGIEP in partnership with Life University, USA, is a resiliency-informed course that helps in nurturing human values as skills so we can thrive as individuals and society. This course is a three-part online learning course that one can complete at one's own pace. It includes practices such as reflective writing, contemplative journaling exercises and guided audio practices, which assist in helping one master the skills. The course fosters skills such as empathy, mindfulness, and compassion, equipping youth with better coping mechanisms for their emotional well-being as well as providing them with skills that help contribute towards the development of peaceful and sustainable societies.

Whom is it for?

Working professionals, and university students interested in participating in a resiliency-informed course that helps in cultivating greater self-compassion, compassion for others and compassionate systems.

Why should I enroll?

The COVID-19 pandemic has drastically disrupted the way in which we interact with family, friends, how we learn, study, and the way in which we function at work. Youth have been one of the most severely impacted, with school and university closures and migration to virtual modes of learning as well as switch to remote work modalities. Restrictions in movement have been prevalent for many of us for months and have often resulted in the feelings of fear, anxiety and stress, greatly affecting our mental well-being. The course provides tools for young people to become more emotionally resilient and deal with the challenges and uncertainties of tomorrow.

What is the course duration?

SEEK involves 40 hours of online learning.



[Click here](#) or scan the QR code to know more about the course

Course Languages

Available in English.

Will I be awarded a certificate for this course?

Upon course completion, a certificate will be jointly provided by UNESCO MGIEP and Life University.

What are the benefits of this course?

Self-cultivation: The first step towards improving relationships with others and making a positive impact in communities is developing an increased level of personal well-being. In SEEK this is referred to as the process of self-consciously working to increase these types of personal skills and well-being i.e. "Self-Cultivation." The skills acquired are - Calming Body and Mind, Ethical Mindfulness, Emotional Awareness, and Self-Compassion.

Relating to Others: This involves focusing outward in order to improve relationships with others. It also includes examining how we interact with others so that we avoid actions and attitudes that may cause harm and cultivate the actions and attitudes that help others. Skills acquired are - Impartiality and Common Humanity, Forgiveness and Gratitude, Empathic Concern, and Compassion.

Engaging in Systems Compassion: Gaining insight into the interdependent nature of our reality can be empowering and can lead to a deeper connection with others and the world around us. Practicing critical thinking guided by the context of our values, interdependence and our common humanity is the best path towards a more fulfilling, happy life for others and ourselves. Skills acquired are - Appreciating Interdependence, and Engaging with Discernment.

TESTIMONIAL



Self-directed Emotional Learning for Empathy and Kindness (SEEK)

“ Upon completing the program, I think this course is really a more comprehensive skill set that can benefit not just others but ourselves and the community. Very impressed with the design and flow of the course and feel the benefits of the guided practices already!”

- Youth from an NGO, Bangladesh

COURSE 4

The Digital Teacher



The Digital Teacher

What is the course about?

The Digital Teacher course enables participants to leverage digital technologies to create relevant, authentic and engaging learning experiences and caters to a novice or an expert user of technology. The course offers four unique quests that allow exploring tools, resources, take up challenges and tasks based on learner's level and interest. It equips a teacher/educator/facilitator to design meaningful, technology-based learning experiences for its audience.

Whom is it for?

Educators, teachers, aspiring teachers, teacher trainers, school leaders and administrators, NGO/INGOs, Development professionals, Universities/Departments of Education, Instructional designers/ Curriculum Developers. Or anyone else interested in Digital Pedagogy to design meaningful learning experiences.

Why should I enroll?

This course enables educators to use technology to enhance choice and engagement, encourage collaboration and creation, offer support, organise content and provide formative assessments. This is done by using design principles of Universal Design for Learning (UDL) to integrate digital tools, resulting in significant improvement in the quality of teaching and learning.

What is the course duration?

The course is a self-paced, self-led, individualized, and immersive learning experience. It takes up to 20-25 hours over a period of 5 weeks to complete.



[Click here](#) or scan the QR code to know more about the course

Course Languages

The course is available in English, Hindi, Kyrgyz and Russian.

Will I be awarded a certificate for this course?

Certificates will be awarded to all who take the course and complete the built-in assessments.

What are the benefits of this course?

The participants will learn:

- To design meaningful learning experiences for their learners using technology.
- To integrate digital tools in lesson plans.
- To support and include diverse students using digital pedagogies.
- To develop comfort in using technology for teaching in any setting - virtual, physical or hybrid.
- To communicate, connect, and collaborate using tools and technologies.
- To employ pedagogies and assessments that empower learners.

TESTIMONIAL



The Digital Teacher

“ I wanted to say that I really enjoyed the course and am very appreciative of the design. As an education technology support provider, I was not sure how much I'd learn that was new, but the focus on UDL and tools informed by pedagogy as opposed to pedagogy informing the use of tools was especially valuable and something I wish I saw more of in technology pieces of training. I have shared this course with my colleagues.

– Teacher from USA

COURSE 5

Global Citizenship (GC)



Global Citizenship (GC)

What is the course about?

This course aims to achieve the goal of sustainable and peaceful societies as outlined in SDG 4.7 through a digital curriculum on Global Citizenship education. The course develops knowledge of contemporary global themes and key Social and Emotional Learning (SEL) skills seen necessary for global citizens.

Whom is it for?

The curriculum has been specifically designed for adolescents in the age group of 12-14 years, understanding the neuroscience and psychology of how an adolescent brain learns.

Why should I enroll?

Education policies the world over have focused on assessing students based on standardized tests that assess literacy and numeracy. However, attending to the psychological needs of the students is as critical for quality education as ensuring literacy, numeracy, good instructional material and well-trained teachers.

Emerging research from neurosciences clearly suggests that the human brain needs to be socially connected and emotionally engaged for learning to occur. Cognitive Science research has now shown that social and emotional skills can be taught in the classroom, and can lead to good citizenship.

The underlying theme of global citizenship is to promote wellbeing not only of the self but also contributing to the welfare of others. When students who are future citizens develop skills that enable self-regulation and disposition, which promote social contribution, they engage in prosocial behaviour.



[Click here](#) or scan the QR code to know more about the course

What is the course duration?

The course will take up to 12-14 hours over a period of 6 weeks to complete.

Course Languages

The language of the course is English.

Will I be awarded a certificate for this course?

Upon course completion, a course completion certificate will be awarded by UNESCO MGIEP.

What are the benefits of this course?

Over the course of this curriculum, learners will be able to:

- Understand the processes of critical inquiry and use the processes in service of global citizenship.
- Develop an understanding of mindfulness, empathy and compassion, and use these as tools to enhance one's emotional wellbeing and social relationships.
- Demonstrate pro-social behaviour towards others, including those belonging to a different race, ethnicity, culture, colour, gender or nationality.
- Develop an understanding of Global Citizenship.

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Global Citizenship (GC)

“ I thoroughly enjoyed the Global Citizenship course and I loved the story of Miko and Ms. Xena. The different resources in the course helped me understand myself better and become a kinder human being. I feel that I now understand my friends and family better and I am willing to learn more about others.

- A student from India

COURSE 6

Social and Emotional Learning (SEL) for Youth Waging Peace



Social and Emotional Learning (SEL) for Youth Waging Peace

What is the course about?

SEL for Youth Waging Peace is a powerful online course to learn how to use social and emotional learning skills to prevent violent extremism and build peaceful and resilient communities. This online, self-directed course uses a storytelling format for scenario-based learning to engage learners, and provides them with the opportunity to arrive at their own insights by exploring the story and its themes.

Whom is it for?

Individual youth (18+), youth facilitators, teachers, activists of youth capacity-building organizations, and policy makers on Youth, Peace & Security.

Why should I enroll?

In line with the Youth, Peace & Security Agenda, the course aims to address leverage PVE (prevention of violent extremism) effort with a special focus on the role of education importance of self and communal transformation in addressing two interlinked challenges:

- The rise of echo-chamber and polarization extremist ideologies that can lead to violent extremism, using which needs to be tackled with a holistic and evidence-based peace-building approach, firmly grounded in neuroscience, social emotional learning and human rights plus 'do no harm' principles.
- The need to build and sustain increasingly diverse and multicultural societies, which requires attention being given to institutions, communities, individual resilience and the promotion of empathy, mindfulness, compassion and critical inquiry for a just and peaceful world.



[Click here](#) or scan the QR code to know more about the course

What is the course duration?

The course takes approximately 16–20 hours to complete.

Course Languages

English

Will I be awarded a certificate for this course?

Learners will receive a certificate issued by UNESCO MGIEP upon completion.

What are the benefits of this course?

The course will empower learners to acquire essential skills and competencies such as mindfulness, empathy, critical inquiry, non-violent action, media literacy, restorative justice, systems thinking, appreciate inquiry and self-care.

TESTIMONIAL



SEL for Youth Waging Peace

“ This course taught me a lot about climate change. The videos and the activities were not only knowledgeable but also impacted me emotionally and due to that reason, I now really want to help people and the environment.

- Student from Africa

COURSE 7

Biodiversity and Human Well-being



Biodiversity and Human Well-being

What is the course about?

A highly interactive online certificate course that enables learners to acquire critical perspectives on biodiversity and human wellbeing as well as gain the social and emotional competencies that can facilitate biodiversity conservation efforts. Some concepts in focus are natural capital, inclusive wealth, ecosystem services, dragons of inaction. The course goes beyond promoting a purely rational and conceptual understanding of biodiversity and enables learners to relate with the global issue at a personal and emotional level thus inspiring action.

Whom is it for?

Middle school students (13 years+)

Why should I enroll?

Understanding biodiversity is essential for anyone trying to understand and contribute positively towards sustainable development and human wellbeing. It enables you to become a more responsible global citizen!

Apart from promoting a thematic understanding, the course also provides an opportunity to apply and strengthen skills such as self-awareness, emotional regulation, critical inquiry, perspective-taking and compassion in the context of the issue.

What is the course duration?

Self-paced | 10 hours | 5 weeks | 6 modules



[Click here](#) or scan the QR code to know more about the course

Will I be awarded a certificate for this course?

Upon course completion, a course completion certificate will be awarded by UNESCO MGIEP.

What are the benefits of this course?

Over the course of the curriculum, learners will be able to:

- Understand the concept of biodiversity, causes of biodiversity loss and risks and impacts of the loss
- Understand the concept of natural capital, inclusive wealth, ecosystem services and its connection with human well-being
- Critically evaluate and inquire about various aspects of biodiversity and human well-being
- Understand varying and often conflicting points of views around the issue of biodiversity loss
- Notice and become aware of one's emotional response to global issues such as loss of biodiversity
- Practice mindfulness activities and learn to be mindful of one's own emotional and cognitive state throughout the course and beyond.

TESTIMONIAL



Biodiversity and Human Well-being

“ All the modules were structurally well designed and presented in a systematic manner. Both the written content and videos are informative and helped raise awareness about this topic. I would recommend everybody to take up this course to develop sensitivity towards other life forms and to live sustainably.

- Researcher from India

COURSE 8

Games for Learning



Games for Learning

What is the course about?

Digital games have emerged as powerful pedagogical tools that promote active participation. Since they are transactional, they allow learners to practice actions and develop thinking strategies. This process of 'situating the learning experience' in terms of actions, images, and dialogues that learners relate to, builds learner agency and exposes them to real-world scenarios. UNESCO MGIEP seeks to use digital games to build social-emotional learning by designing a game-based course. Game-based courses leverage the narrative of impactful digital games as 'central text' around which a course is structured. The digital course in turn can consist of information in the form of text, videos, podcasts to convey information and activities and exercises like journaling, dialogue, and reflection, that are designed to extrapolate experiences of a player from within a game to scenarios outside of the game world.

UNESCO MGIEP has designed the following game-based courses which can be used by teachers and learners (15 years and above) in classrooms.

Bury Me My Love - Follow Nour, a Syrian refugee, who undertakes a perilous journey to safety in Europe. Take this game based course to understand the challenges faced by refugees world over and explore concepts such as migration, home, belonging and identity.

Educator's toolkit - The educator's toolkit for Games for Learning is for teachers who are interested in using digital games and game-based courses in the classroom to enhance social-emotional learning. Learn all about digital games, SEL, and game-based courses to become a games for learning educator.



[Click here](#) or scan the QR code to know more about the course

TESTIMONIAL



Games for Learning

“UNESCO MGIEP has done a great job informing all the students about such serious issues so easily through the games! Thank you so much for this experience!”

- Student from UAE



FRAMERSPACE

FramerSpace is UNESCO MGIEP's indigenously designed, artificial intelligence (AI) -powered digital co-creation platform that helps draw learnings from the tasks that AI does well, the 'HOW' to teach and consequently learn. It is a General Data Protection Regulation (GDPR) compliant platform that helps curriculum designers, policy-makers, content developers, teachers and learners (13+) rethink how knowledge can be imparted in the 21st century, including the development of key social and emotional skills for learners - a necessity for now and the future! Central to the design and development of this platform, was the question 'How learners learn?'

Know more on framerspace.com



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