



## Resilient Beginnings:

*- Supporting Emotional Literacy in Kosovo's Early  
Childhood Settings*

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## Article 2: Resilient Beginnings

### - Supporting Emotional Literacy in Kosovo's Early Childhood Settings

The **CHAVORE Initiative** aims to ensure the mental and physical well-being of every child—regardless of their background—from the very start. In communities where children face adversity, stigma, or exclusion, CHAVORE supports early childhood practitioners and parents to better respond to children's mental, emotional, and developmental needs through inclusive and responsive practices.



In Kosovo, this work is being led by the [Kosova Education Center \(KEC\)](#), one of CHAVORE's national implementing partners. A civil society organization known for its role in educational innovation, policy advocacy, and teacher training, KEC was founded in 2000, and has built a reputation for adapting global best practices to Kosovo's unique cultural and post-conflict context.

Under CHAVORE, KEC developed a learning session focused on 🧡 **building emotional literacy and resilience** in young children. By creating supportive, respectful, and culturally relevant interactions, this session aims to help children develop confidence, self-esteem, and emotional security—foundations for lifelong learning, mental health and well-being.



A significant barrier in the design phase was the **lack of local materials** on emotional development and resilience. In response, KEC adapted tools such as the Persona Doll method and mindfulness techniques to better reflect the lived realities of children and practitioners in Kosovo. Importantly, the session was developed in close collaboration with educators already working with young children.

At its heart, the learning session conveys a simple but transformative message: that 😊 **emotional safety and trust are built through everyday interactions**. Practitioners are encouraged to observe and respond to children's emotions with warmth and intention, using practices like morning circle discussions and play-based reflection to reinforce coping strategies.

To assess the effectiveness of self-paced learning, KEC relies on practitioners' reflections, observable shifts in children's behavior, and child-led dialogue—all grounded in the belief that resilience grows in the context of secure, caring relationships.

***About:** CHAVORE (meaning “children” in Romani) is an initiative enhancing the mental health and well-being of young children in vulnerable communities, especially Roma. It promotes inclusive, culturally sensitive early childhood care across five countries. Built on the expertise of the [International Step by Step Association](#) (ISSA) and its [Romani Early Years Network \(REYN\) initiative](#), CHAVORE leverages a transnational partnership across five countries to develop inclusive and responsive early childhood education and care. Funded by the [European Commission](#), the consortium is comprised of ISSA members, led by [Educational Research Institute](#) (Slovenia), and includes [Open Academy Step by Step](#) (OASbS), [Partners Hungary Foundation](#) (PH), [Skola dokoran - Wide Open School](#) (SD), and [Kosovo Education Center](#) (KEC), and the [ISSA Hub](#).*

Learn more at [chavore.reyn.eu](https://chavore.reyn.eu).



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