

“WE” Positive Dynamics Scheme (For Primary School)
Parent Talk on “Positive Family Brings Double Happiness”

- Objectives: 1. To make parents understand the importance of looking at their children from a “positive” angle.
 2. To help parents build up a good parent-child relationship through “positive” ways.

| Time | Activities | Remarks |
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| 5 mins. | <p>Stimulation activity:</p> <ol style="list-style-type: none"> The story of Nick helps parents understand what a person with “positive energy” is like. (Play the film clip) Let parents know the advantage of being a person with “positive energy” and empower them to help their children become persons with “positive energy”. | If time allows, play the film clip. |
| 5 mins. | <p>Introduction of the “WE” Positive Dynamics Scheme</p> <p>Let the parents understand that: You are an important person for the growth of your children.</p> <p>How to help a child grow into a person full of “positive energy”?</p> <p>The child should feel that he/she is:</p> <ul style="list-style-type: none"> * being seen; * being recognized; and * being wanted. | |
| 15 mins. | <p>Introduce the “Self-Recognition” concept and bring out two ways to boost children’s “positive energy”.</p> <ul style="list-style-type: none"> * A child is able to manage his/her emotions effectively. * A child is able to understand and accept his/her weaknesses. <p><u>Let children feel they are being seen</u></p> <ol style="list-style-type: none"> What can parents do to help their children manage their emotions effectively? Demonstrate and explain with examples of scenarios to let parents understand how to use positive ways to handle their children’s emotions. | |
| 15 mins. | <p><u>Let children feel they are being recognised</u></p> <p>Can parents appreciate their children’s strengths and accept their weaknesses?</p> <p>Activity1 : Play on the “SELECTIVE ATTENTION TEST”</p> <ol style="list-style-type: none"> Ask parents pay attention to the film clip and count the number of passes made by the white-uniformed team? Ask parents about the answers (and give answers afterwards). Again, ask if any parents notice the appearance of a big black bear? Replay the film clip. (Fast-play the clip to prove the appearance of the black bear. <p>A brief summing-up: If the focus is put on the merits of a child, his/her demerits will</p> | <p>Play the SELECTIVE ATTENTION TEST</p> <p>Please choose relevant activity if the suggested</p> |

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| | <p>shrink/disappear. With this, you can have the “strength” to praise him/her.</p> <p>Explanations:</p> <ol style="list-style-type: none"> 1. Very often, we tend to see things from a negative point of view. In fact, sometimes things have both positive and negative aspects. 2. As parents, can you always be positive and see your children’s behavior from a positive point of view? Can you give out “positive messages” under different circumstances (even in times of difficulties), praise your children and give them encouragement? 3. Can we express our appreciation and encouragement in a specific and clear manner so that our children can feel our love? | one was deleted |
| 10 mins. | <p>“Five steps to praise your children” exercise</p> <ol style="list-style-type: none"> 1. Tell your child face to face that he/she has done well — specifically and precisely. 2. Tell him/her that you are happy because he/she has done things right. 3. Look at him/her for a moment silently and let him/her “feel” your happiness. 4. Encourage him/her to keep up the effort. 5. You may pat him/her gently on the shoulder or give him/her a hug to show your support. <ul style="list-style-type: none"> - A parent will be invited to act as a child, so that the speaker can give demonstration on the best ways to give praise/encouragement. - Form a group of 2 members to practise (5 minutes). - Invite parents to make an impromptu practice. The speaker will then give comments right on the spot. | |
| 5 mins. | <p><u>Let children feel they are being wanted</u></p> <p>Do you value your children? Do your children feel they are being valued? Message: (My child) I need you!</p> | |
| 5 mins. | <p>Conclusion: Positive parents — > Positive Family — > Positive Children — > Positive Learning — > Positive Life!</p> | |