

**Parent Seminar on Emotion Turnaround:
How to Promote the EQ of
Young Children**

**Organised by
The Education University of Hong Kong
as commissioned by the Education Bureau**

Promoting Children's Positive Emotions :



Active Constructive Response

Parents ask more questions when children share good news.



Descriptive Praise

Parents praise children for their efforts, positive actions and strategies.



Gratitude Journal

Parents and children record the things they are grateful for.



Exercise and Nature

Parents do exercise and experience nature with children.

😊 Dealing with Children's Negative Emotions :



Active Listening

Parents use more emotion vocabularies when children share bad news.



Positive Reappraisal

Parents help children see the positive aspects of negative events.



Deep Breathing

Parents practice deep breathing with children every day.



Four Steps to Problem Solving

Parents help children "identify the problem, brainstorm solutions, predict outcomes and try it out".

EDB Parent Education
Information at
Kindergarten Stage



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