Parent Education Resource Package for Primary Schools

Parenting made easy:

**How to handle children’s misbehaviour?  
  
Worksheet on Art of Speaking**

**Objectives:**

1. To help parents learn to give more pleasant instructions.
2. To help parents reflect on how they usually give instructions to their children.

**Activity Duration:** About 5 minutes

**Instructions:**

1. This exercise consists of 10 scenarios, each scenario shows two ways of telling their children what to do. The instructor will ask parents to reflect on which one is more acceptable to their children.
2. The instructor and parents will discuss why it is more effective to tell children to do things in a certain way and summarise the characteristics of instructions that are more pleasant.

**Exercise:**

Which way of talking do you think children would prefer? Why is that? Please use “✓” to indicate your answer.

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| “✓” | **Method 1** | **Method 2** | “✓” |
|  | 1. Go and study now! | Let’s study first so that we can focus on playing later. |  |
|  | 2. I know you’re having a lot of fun and want to stay here for longer. But think about it: if we stay here for 15 more minutes, how will Dad feel while waiting alone for us to come back and eat? | You want to stay for 15 more minutes? No way! We have to leave now! |  |
|  | 3. You’re not allowed to take books from the community centre! | Think about it, what would happen if you took the books away from the community centre? |  |
|  | 4. Do your homework now! | Do you want to do your mathematics homework or English homework first? |  |
|  | 5. It’s time to eat! Why your things are over the table? | We’ll be eating in 15 minutes. It’s almost time for you to start packing up. |  |
|  | 6. You can play video games after practising (the piano). Do you want to practise for another 5 minutes or 10 minutes? | You’re not allowed to play video games right now. |  |
|  | 7. Wearing gumboots will keep your feet dry when it’s raining. Do you remember how uncomfortable it felt when your socks were wet? | You have to wear gumboots when it’s raining. |  |
|  | 8. (Before starting) We’ll be selling flags later, which means you’ll need to proactively start conversations with strangers. Let’s try it out once first. I’ll be a stranger, and you'll try to talk to me. | (When selling flags) Go and ask people to buy flags now! |  |
|  | 9. (While having an injection) Don’t be afraid! It doesn’t hurt! Everyone has to take the injection! Don’t be afraid! | (Before the injection) What can you do if you feel nervous when getting your injection later? |  |
|  | 10. Why are you always so careless in tests? Why do you always make mistakes that can be avoided? | Let’s try to think of a way to avoid these careless mistakes. |  |