

## **Parent Education Resource Package for Primary Schools**

### **Laying a solid foundation for development: How to build a positive parent-child relationship?**

#### **Parent-child Activities**

##### **Parent-child activity 1: Mutual appreciation**

**Objective:** To learn how to appreciate yourself and others by understanding 24 strengths!

**Instructions:** Parents and children can look at the 24 strengths in the graphic below and discuss. For example:

- What does “creativity” mean?
- Who are the creative people around you?
- What did these people do to make you think they are creative?
- What are your strengths? Why?

Creativity



Perspective



Judgement



Love of learning



Curiosity



Bravery



Perseverance



Integrity



Zest



Kindness



Love



Social intelligence



Fairness



Leadership



Teamwork



Forgiveness



Humility



Prudence



Self-regulation



Humour



Appreciation of beauty



Gratitude



Hope



Spirituality



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#### Parent-child Activities

##### Parent-child activity 2: Playing with children

**Objectives:** To build parent-child relationship through play and spending quality time with your children.

**Instructions:** Download the “Playtime with Children” Parent Education Resource Kit (<https://www.parent.edu.hk/en/smart-parent-net/topics/article/playtimekit-en>) (Chinese Version Only) published by the Education Bureau and play the games introduced in the resource kit with your children:

- Parent-child Fancy Rope Skipping (Chinese Version Only):  
<https://www.parent.edu.hk/en/smart-parent-net/topics/article/g02e>
- Parent-child Ball Bouncing (Chinese Version Only):  
<https://www.parent.edu.hk/en/smart-parent-net/topics/article/g03e>
- Guess What I Drew (Chinese Version Only):  
<https://www.parent.edu.hk/en/smart-parent-net/topics/article/g04e>
- True or False (Chinese Version Only):  
[https://www.parent.edu.hk/en/smart-parent-net/topics/article/\(video\)-%E7%9C%9F%E7%9A%84%E5%81%87%E4%B8%8D%E4%BA%86](https://www.parent.edu.hk/en/smart-parent-net/topics/article/(video)-%E7%9C%9F%E7%9A%84%E5%81%87%E4%B8%8D%E4%BA%86)
- Playtime with Children (Chinese Version Only):  
<https://www.parent.edu.hk/en/smart-parent-net/topics/article/playtimeboardgame-en>

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### Laying a solid foundation for development: How to build a positive parent-child relationship?

#### Parent-child Activities

##### Parent-child activity 3: Chatting with children

**Objective:** To build your parent-child relationship through chatting and spending quality time with your children.

**Instructions:** Ask your children the following questions regularly, respond to their good news with **active encouragement** and respond to their bad news with **active listening**! If your children say things that are unexpected, you should let them finish first and decide whether there is a need to give judgement, advice or offer help.

- What is the **most interesting** thing that happened to you at school today?
- What **new knowledge or skills** did you learn at school today?
- What are you **looking forward to the most** tomorrow?
- Did anything make you feel **sad** today? Anything make you feel **angry**? Anything make you feel **nervous**?
- Did you encounter any **difficulties** in class today?
- What do you **want to do least** tomorrow?