Parent Education Resource Package for Primary Schools

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

Worksheet on Praising Strengths Exercise

**Objective:**When praising children, parents can focus on their children’s actions, efforts and strategies and link these aspects to their children’s inner strengths.

**Programme Duration:** About 8 minutes

**Part 1 instructions:**

1. Steps: Invite parents to identify three strengths possessed by their children among the 24 strengths on Slide 12 of the PowerPoint and write down the last time their children exhibited these strengths in the table below.
2. Example: “I really appreciate how you **took the initiative to greet the uncle** just now! You are really **socially intelligent and good at making friends with people**!”

|  |  |
| --- | --- |
| Child’s strengths | The last time you noticed your child exhibiting this strength was... |
| Strength 1: |  |
| Strength 2: |  |
| Strength 3: |  |

**Part 2 instructions:**

1. Steps: Invite parents to:
* Praise their children’s actions, efforts or strategies (e.g.: Thank you for taking the initiative to tidy up your room!);
* Help their children understand the impact they have on others (e.g.: I feel really comfortable and relieved when I come home from work to see your room looking neat and tidy!);
* Link their children’s actions, efforts and strategies to their strengths (e.g.: You have become really self-disciplined!)

**Exercise 1:** Your child proactively shares snacks with his/her younger brother.

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| --- | --- |
| * Describe your child’s actions, efforts or strategies
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| * Help your child understand the impact it has on others
 |  |
| * Link your child’s actions, efforts, and strategies to his/her strengths
 |  |

**Exercise 2:** Your child circles words related to addition, subtraction, multiplication and division first when doing a mathematics word problem.

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| --- | --- |
| * Describe your child’s actions, efforts or strategies
 |  |
| * Help your child understand the impact it has on others
 |  |
| * Link your child’s actions, efforts, and strategies to his/her strengths
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