

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

### **Helping children manage their emotions: How to develop children's emotional intelligence?**

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

#### **Parent-child Activity 1: Engaging Children in Emotional Dialogue**

##### **Objectives:**

1. To help parents acquire the skills required to engage their children in emotional dialogue.
2. To help parents cultivate empathy in their children through using emotional dialogue skills.

##### **Instructions:**

1. Like other skills, empathy is a skill that needs to be learnt and practised before it can be used freely. Therefore, parents can try to use various scenarios to help their children understand other people's feelings, thoughts and intentions from the others' perspectives and not their own. People with higher empathy have more developed social skills and altruistic behaviour.
2. Engage your child in emotional dialogue by saying "If \_\_\_\_\_ (describe a situation), what do you think he/she would feel and think? What would he/she want to do?" Pay attention to whether your child's responses include the person's feelings, thoughts and intentions. Building up on the child's responses, discuss some of their past experiences to deepen their understanding of emotions and enhance their empathy for other people.

**Exercise:**

Scenario	The person's feelings, thoughts and intentions
1. "If your classmate is late for school and the teacher has started the class before he/she arrived at the classroom, what do you think he/she would feel and think? What would he/she want to do the most at that moment?"	
2. "If your older brother's new watch was dropped and damaged by a classmate, what do you think he would feel and think? What would he want to do the most at that moment?"	
3. "If your classmate could not go on the annual school trip because he/she was sick, what do you think he/she would feel and think? What would he/she want to do the most at that moment?"	
4. "If your little sister left her homework bag on the bus, what do you think she would feel and think when she realises this after arriving at school? What would she want to do the most at that moment?"	
5. "If your best friend lost an important game, what do you think he/she would feel and think? What would he/she want to do the most at that moment?"	
6. "If your best friend was misunderstood by the teacher and punished for breaking the school rules, what do you think he/she would feel and think? What would he/she want to do the most at that moment?"	

7. “If a mother works hard every day and receives indifferent responses from his children when he asks them about their day after coming home, what do you think he would feel and think? What would he want to do the most at that moment?”	
8. “If your grandmother usually loves to use her mobile phone to contact her family and her mobile phone suddenly stops working today, what do you think she would feel and think? What would she want to do the most at that moment?”	

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#### Parent-child Activities

#### Parent-child Activity 2: Progressive Muscle Relaxation Exercise

##### Objective:

To provide a simple and easy method for children to learn to relax and feel calm through tightening and relaxing their muscles.

##### Instructions:

1. When children are overwhelmed by negative emotions, hearing their parents tell them to relax has basically no effect. However, parents can really help their children relax and feel calm if they can provide children with a simple and easy exercise and do it together.
2. Progressive muscle relaxation is a common relaxation exercise. When doing this exercise, parents and children can tighten and relax different muscle groups in a systematic way while focusing on how their muscles are feeling at that moment. This helps gradually relax the entire body. Parents can visit the following website or scan the QR code on the right to view a short video called “Progressive Muscle Relaxation Exercise” (Chinese Version Only) and try doing the progressive muscle relaxation exercise with their children: ([link](#)).



##### Notes:

Parents should try to do this exercise together with their children if possible and give them verbal prompts to help them during the process. It will also be necessary to adjust the instructions according to the children's age and needs. If any of the parents or children feel great pain, they should relax their muscles gradually and stop this exercise without forcing themselves.

## **Exercise instructions:**

1. If there is anything on your legs, please remove it and place both your feet flat on the ground.
2. Please sit up straight but do not lean on the back of the chair.
3. You can close your eyes if you feel comfortable doing so.
4. Now, please follow my instructions as far as possible and focus on different parts of the body. If you experience any discomfort while doing any movements, please stop and do not force yourself.
5. (Action 1: Relax the ankles) With your ankle on the ground, raise your toes and focus on the tension in your ankles. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and place the entire sole of your foot flat on the ground. Can you feel the difference between when your ankles were tight and when they were relaxed? We will now gradually tighten and relax different parts of the body.
6. (Action 2: Relax the calves) Raise your calves with the soles of your feet as downward as possible and extend your toes forward. Focus on the tension in your calves. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and place the entire sole of your foot flat on the ground.
7. (Action 3: Relax the thighs and calves) Raise your calves and point your toes towards the ceiling as far as possible. Focus on the tension in your thighs and calves. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and place the entire sole of your foot flat on the ground.
8. (Action 4: Relax the abdomen) Tighten the abdominal muscles as if you are pulling your navel into your body towards your spine. Focus on the tension in your abdomen. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and let your abdomen return to its normal state. Try to think about the difference between when your abdomen was tight and relaxed.
9. (Action 5: Relax the shoulders) Raise both shoulders upwards towards your ears. Focus on the tension in your shoulders. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and let your shoulders return to their usual position.
10. (Action 6: Relax the back) Sit up straight like there is a line going through your spine and connecting your body to the ceiling. Now roll your shoulders backwards while keeping your body straight. You should feel the muscles in

your shoulders and back gradually tighten. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and let your shoulders return to their usual position. Focus on the feeling of relaxation in your shoulders and back.

11. (Action 7: Relax the hands) Place your hands on your thighs with the palms facing the ceiling. Now, clench your fingers into a fist and focus on the tension in your hands. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and open your fists with your palms facing the ceiling.
12. (Action 8: Relax the arms) Clench your fingers into fists again, then bend your arms and raise your fists to your cheeks with your arms close to your body. Focus on the tension in your biceps and forearms. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly, then open your fists and place your hands on your thighs again with your palms facing the ceiling.
13. (Action 9: Relax the face) Close your eyes tightly, close your mouth tightly, then scrunch your face towards the centre and focus on the tension in your face. Maintain this for 10 seconds. One, two, three, four, five, six, seven, eight, nine, ten. Relax slowly and let your face return to normal.