Parent Education Resource Package for Primary Schools

Helping children manage their emotions:

How to develop children’s emotional intelligence?  
  
Worksheet on Active Listening Exercise

**Objective:**

To help parents grasp how to use active listening skills to express empathy and support their children when they are affected by negative emotions.

**Activity:**

**Role Play**

1. The instructor will invite parents to play the role of children and express their situation and what they want to say. The instructor will play the role of the parent and demonstrate how to use active listening skills to express empathy.
2. After one to two scenarios are completed under the instructor’s lead, parents will be invited to form groups of two and take turns playing the role of the child and the parent to practise using active listening skills to express empathy.

**Activity Duration:** About 8 minutes

**Instructions:**

1. The process of using active listening skills to express empathy:

* Listen attentively to what your child is saying.
* Use emotion words to describe your child’s emotions.
* Say the reason behind the emotion.

1. To achieve the effect of listening attentively to the child, parents need to:

* Lean forward slightly to maintain eye contact.
* Pay attention to body language and try not to pace around aimlessly or display panicked emotions.
* Try not to criticise or judge the child at this time. Try to understand his/her thoughts and feelings wholeheartedly.
* Try to listen to your child for at least a minute or two each time. Try not to start reprimanding or lecturing him/her before he/she has fully expressed himself/herself.

**Exercise:**

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| Child’s message/scenario | Parents’ responses |
| 1. “I train hard every day for basketball, but I still lost the game!” |  |
| 1. “I spend so much time studying, but my test scores haven’t improved!” |  |
| 1. “If it wasn’t for the traffic jam this morning, the teacher wouldn’t have scolded me for being late.” |  |
| 1. “Why did grandma make me do all the housework and let my little sister watch TV!” |  |
| 1. “Why is my older brother allowed to play video games, when I’m not allowed to? I want to play too!” |  |
| 1. “Traveling is so much fun! I don’t want to go to school! I don’t want the holiday to end!” |  |