

Parent Education Resource Package for Primary Schools

Homework and exams made easy: How to support children's learning at home?

Parent-child Activity

Parent-child Activity 1: Devising a Timetable with Children

Objective: To prepare an effective timetable with your children to help them complete their work more efficiently.

Instructions: With reference to your child's daily habits, interests and the common activities below, fill in specific times, activities and rewards for completion in the form below, to devise a timetable with your child.

Common activities:

Self-care activities	Learning activities	Leisure activities
<ul style="list-style-type: none">• Sleeping• Taking a bath/shower• Getting up• Brushing teeth• Eating breakfast• Eating lunch• Eating afternoon tea• Eating dinner• Changing clothes• Doing housework (e.g.: washing clothes / hanging clothes / sweeping the floor / wiping tables and chairs / washing dishes / cleaning vegetables / cooking)	<ul style="list-style-type: none">• Going to school• Doing homework• Reading time• Studying time• Packing school bags	<ul style="list-style-type: none">• Free time (e.g.: reading a book / watching TV / playing on a mobile phone / drawing / making handcrafts / watching a TV series / listening to music / singing / dancing / exercising)• Family time (e.g.: chatting / telling stories / playing games)• Outings (e.g.: taking or picking up younger siblings to/from school / interest classes / going shopping / watching a movie / going to a park)

Timetable of _____

Time	Activity	✓ after completion	Reward*



Tips:

Lower primary students: Parents can design the timetable for their children, then explain and discuss with them how to allocate the time.

Upper primary students: Parents can design the timetable with their children, implement the timetable after reaching a consensus with them.



Reward* (Recommendation):

Phase 1: Parents can set small rewards based on their children’s interest and cover them up with stickers. Rewards can be revealed after the relevant task is completed.

Phase 2: Let children decide on a reasonable reward. Parents can define and explain the meaning of “reasonable” to children during this process.

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Parent-child Activity 2: Planning and Implementation of Goals with Children

Objective: To provide a framework for planning and implementing goals to help children take steps to achieve their goals.

Instructions: Use the **WOOP** framework to help children set goals, consider the outcomes, anticipate the obstacles they might encounter and devise a plan to achieve their goals. Please note that the established goals must be:

- Specific: Indicate the desired outcomes, the more specific the better
- Measurable: Goals must have measurable indicators
- Achievable: Goals must be within the child's abilities
- Relevant: How will achieving this goal help the child? How will it be helpful to long-term goals?
- Time-bound: It must be completed within a limited time

Step 1: <u>W</u> ish	What is my goal?	
Step 2: <u>O</u> utcomes	What are the positive outcomes after achieving the goal?	

<p>Step 3: Obstacles</p>	<p>What obstacles might I encounter?</p>	
<p>Step 4: Plan</p>	<p>What can I do to overcome these obstacles?</p>	<p>If _____ _____ _____</p> <p>then I will _____ _____ _____</p>



Tips:

1. Parents can set short-term goals with children first, to let children see the results faster, gain self-confidence and a sense of accomplishment.
2. Parents can set reasonable goals for children based on their learning abilities and progress.

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Parent-child Activity

Parent-child Activity 3: Building Colourful Sentence

From: Education Bureau (2020). *Tips for Parents on Supporting Children with Specific Learning Difficulties. (Chinese Version Only)*

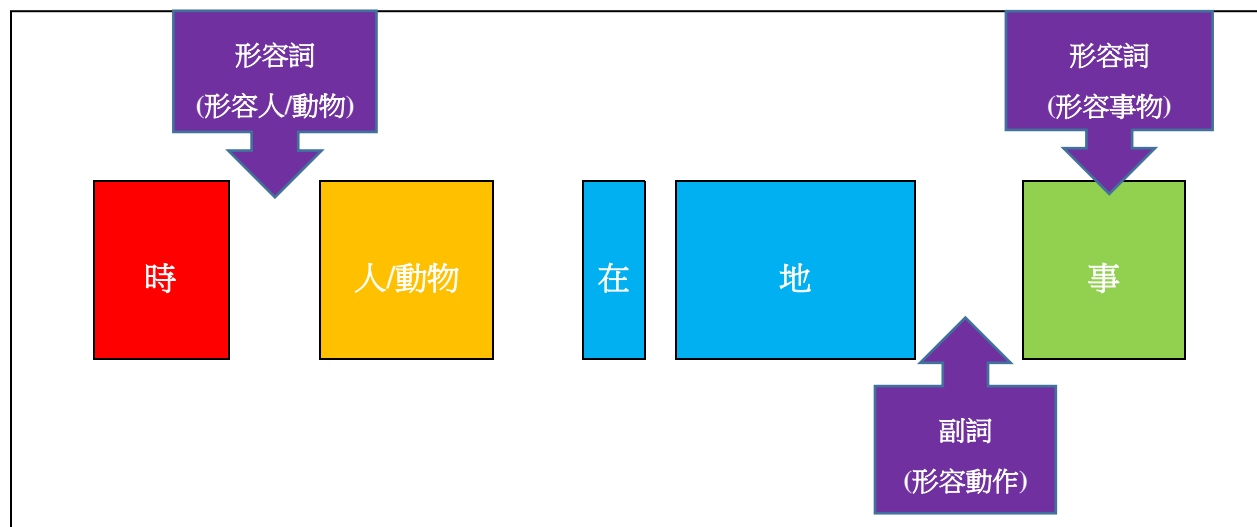
Source:

https://sense.edb.gov.hk/uploads/content/spld/spld_parent_tips_2a.pdf

Objective: To deepen children's understanding of Chinese sentence structures and improve their sentence-making abilities.

Instructions:

1. Parents can first prepare a sentence structure diagram (Chinese Version Only) as shown below:



2. Parents invite their children to think of examples for each category of the word cards. For example, they can write words such as today, weekend, Christmas, etc., on the cards for Time.
3. Parents and children each responsible for one or two categories of the word cards, choose one word card from each category and place it on the sentence structure diagram.
4. After forming a Chinese sentence, parents can read it out loud with their children and modify the sentence as needed. For example: “今天大象在圖書館跳舞。” can be changed to “今天妹妹在圖書館看書。”

5. Parents can encourage more capable children to add adjectives and adverbs in the correct locations of the sentence. For example: “今天妹妹在學校快樂地跳舞。”

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Parent-child Activity

Parent-child Activity 4: Dots and Squares

Source: The Education University of Hong Kong Centre for Child and Family Science (2020).

Parent-child Mini Game: Dots and Squares (Chinese Version Only).

From:

<https://www.youtube.com/watch?v=AjV9kdW4GYc&list=PLLm9G9yMx8Hyxla7HqDhWN0Sdv5UD10Yz>



Demonstration video

Objective: To enhance children's spatial thinking and addition abilities.

Instructions:

1. Draw rows of black dots that can be connected into squares on a piece of paper or use the Dots and Squares board.
2. Parents and children take turns connecting any two points with vertical or horizontal lines.
3. After drawing a line to enclose a square, this square counts as being occupied. After occupying a square, you can keep drawing lines until no more squares can be formed.
4. When no more lines can be drawn, the game ends, and the player who occupies the most squares wins.
5. Once children are familiar with the rules of the game, parents can make the game harder, such as by writing different numbers in the middle of each group of four dots. Any player who occupies a square will then get the points inside the square, the player who has the highest total score wins.

Dots and Squares Board

