

## USING THIS GUIDE

Here are some tips for parents to facilitate conversations with your child when using our educational packages.



### **Tip #1: Create a Conducive Environment**

Insightful conversations need not be forced - they can take place in a casual and comfortable setting.

- **Be distraction-free.** Switch off the TV, put aside the devices.
- **Be opportunistic.** Seize opportunities during common mealtimes, after the evening news, upon receiving relevant articles on the family chat.
- **Be comfortable.** Find a comfortable location (e.g. living room, bedroom).

### **Tip #2: Listen without Judgement**

A huge part of a conversation is to listen. Giving your children the space to share their thoughts and feelings makes them feel heard and respected.

- **Be open.** Listen to understand, even when you disagree – this opens up depth in your conversations beyond merely agreeing/disagreeing.
- **Be attentive.** Focus on what is being said.
- **Be curious.** Don't assume. Ask questions to find out more.
  - "What do you mean by...?"
  - "Can you explain to me...?"

### **Tip #3: Difficult Question? Let's Explore Together.**

You don't have to have all the answers - Let's explore together!

- **Be upfront.** Acknowledge that you don't have an answer.
- **Be inviting.** Be a role model and invite your child to explore it together.
  - "Here are my thoughts on this issue. What do you think?"
- **Be patient.** It might take time to understand and to form an perspective. Give you and your child the time to ponder about it.

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### **Extra Tips: Alternative Facilitation Methods**

#### **1. Draw it**

Grab some markers and paper and draw how you think/feel.

- Use emojis, symbols, colours etc

#### **2. Number Line**

From a scale of 1 to 10, how strongly do you feel about...?

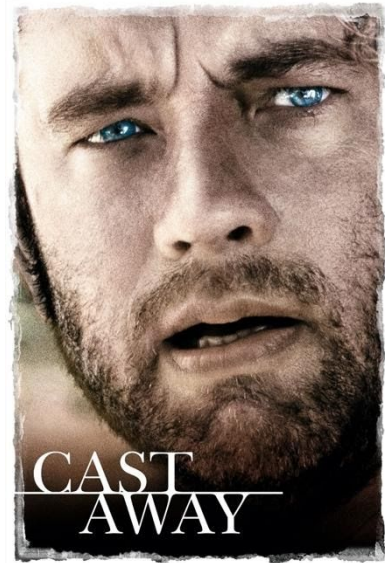
- Brings out spectrum of opinions



## For the older ones:

### Cast Away (2000)

Obsessively punctual FedEx executive Chuck Noland (Tom Hanks) is en route to an assignment in Malaysia when his plane crashes over the Pacific Ocean during a storm. The sole survivor of the flight, Chuck washes ashore on a deserted island. When his efforts to sail away and contact help fail, Chuck learns how to survive on the island, where he remains for years, accompanied by only his handmade volleyball friend, Wilson. Will Chuck ever return to civilization and reunite with his loved ones?



## Discussion Question:

1. The character in this movie was isolated for a long period of time. What are the challenges of isolation?
2. During this circuit breaker period, we are away from our friends and family members of different households – how do you feel about this? How do you think your friends and family members are coping?
3. How can we support our friends and family members, even when we are physically away from them?