

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.

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

Transiting into Circuit Breaker (Parents' Guide)

DESCRIPTION

The COVID-19 pandemic and the accompanying public health measures has caused immense disruptions to the daily lives of people worldwide, affecting economic, social, familial and personal lives. Even so, there are certain communities of people who are harder hit than others, with the most recent being the migrant worker community.

For those of us who have managed to cope well in today's climate and are able to take good care of ourselves and our loved ones, how can we start looking out for those around us – to support them in navigating through this crisis, to be a source of emotional and social support, to tangibly provide the necessary support? All these so that we do not forget those who need help so that we can get through this pandemic together.

For all members of the family:

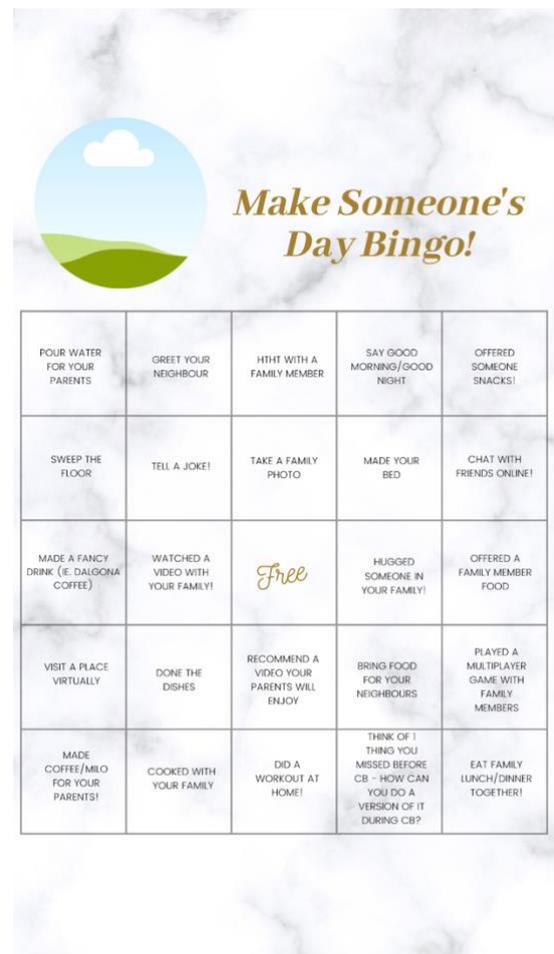
Family Activity: Activity Bingo

The immediate communities to whom we can provide care and support in this season are our family and neighbours. For every member of the family, look out for simple acts of kindness that can make someone's day brighter!

You may do up a Bingo sheet capturing the simple ideas. For the social media savvy ones, this could be issued as a 24-hour challenge!

Discussion Question:

1. How did you feel when embarking on the simple acts of kindness?
2. Were you a recipient of anyone's kindness? How does that feel?
3. What are some acts of kindness we can also do for strangers, now and in the post-COVID times?



For the Young Ones:

Organise a movie night for the family – huddle in front of the television/screen, make yourselves comfortable, grab some chips/popcorn and drinks and enjoy a movie as a family!

Beauty and the Beast (2017)

Though Beast is a prince under a curse, the villagers saw him as a monster. Only Belle, a young and courageous woman, was willing to know the Beast for the person that he is.

Alternative: the original animated movie Beauty and the Beast (1991)

Discussion Question:

1. Who do you like more? Belle or Gaston? Why?
2. Are there any friends/classmates you have who are very different from you? How?
3. How can we be kinder and more respectful towards people who are different from us?



For the Older Ones:

Wonder (2017)

August Pullman is a 9 year old boy born with facial deformities. He enters middle school and learns how to deal with the bullying and stares with the support of family and new-found friends.

Discussion Question:

1. August Pullman was mocked and ostracised for being different from the rest. Have you witnessed similar incidents like this?
2. How did you respond to it? Did anyone intervene?
3. There are groups of people who make critical remarks about the migrant workers' hygiene and living habits. In the earlier stages, we witness people ostracising Chinese people, both overseas and in Singapore, telling them to go back to their "virus country". What do you think of all these behaviours, and how do you think we can respond positively?

