

# 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 a 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

## DESCRIPTION

On 21 April 2020, the circuit breaker period was extended for another month, ending on 1 June 2020. That also came along with tighter measures on social distancing at malls and markets, as well as trimming of essential services, leaving some lamenting their source of comfort items like bubble tea and cake.

It is indeed challenging to be staying home for 2 months with very limited social contact with friends and family members outside of the households, and not being able to engage in activities that used to be a routine e.g. playing team sports, going to the cinema etc. In face of all these challenges, it is ever more important to take care of our personal well-being. Only when we are fit and healthy can we be a better support to our friends and family during this trying period.

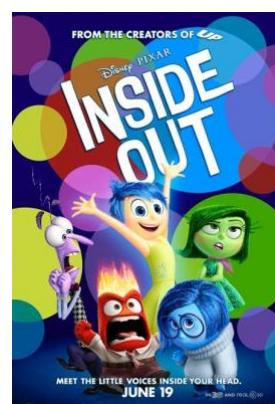
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### For the Young Ones:

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!

#### Inside Out (2015)

Riley is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco. Riley's emotions – led by Joy – try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear and Disgust!



#### Follow-up Activity: Inside Out Mood Board

Set up a physical mood board with the 5 core emotions/Inside Out characters – Joy, Sadness, Anger, Fear and Disgust.

Use this as a check-in with the younger ones on how they are feeling each day, or about a specific event. Parents can then have a discussion about their emotions and teach them how to manage them, e.g.

- Why are you feeling this way? What is making you happy/sad/other emotions?
- Can you describe to me how angry/other emotions feel like in your body? (e.g. Anger makes my face feel hot, sadness makes my heart feel heavy, disgust makes my stomach turn)
- What do you need to help you feel better? (e.g. quiet time? Play/reading time? Call a friend?)

You may find an excellent Inside Out Mood Board idea [here](#), or via <https://eighteen25.com/inside-out-mood-board/>

## For the Older Ones:

### Focus Personality Type – Plant Your Personal Flower

This is a personality test by Forest, a productivity app that helps users put down their phones and focus on the more important things in life.

*One weekend afternoon, you received a bag of mysterious seeds from your friend. “As we stay focused, the seeds will grow and eventually reflect your true nature”*

Through the choices that one makes in this quiz, it will give a profile for your focus personality type, as well as the personality type of your best study buddy. Have fun exploring the different focus personality types in your family and see if the profile is true for you!

You may access the quiz [here](#) or via [forest-mt.seekrtech.com](http://forest-mt.seekrtech.com)  
(works on mobile only)



## Discussion Question:

1. What is your focus personality type? How accurate do you think it is?
2. What do you need from the family to support your focus? (Parents can also share their needs with the child)
3. Our well-being affects our ability to study/work and to manage our relationships with others. How have you been keeping yourself healthy, be it physically, socially/emotionally and intellectually?
  - a. Alternatively, work through the “Your Personal Well-being” worksheet as a family!