

《親子關係由每日五分鐘開始》

下學期開始了，你的感覺如何？有機會聆聽子女的股份嗎？

在匆忙的生活中，我們容易忽略彼此的感受。

邀請大家從今天開始，每天花五分鐘問一問自己和子女：「你今日嘅心情如何？經歷咗咩事？」

如果你願意，也可以了解感受背後的原因，增進我們對彼此的了解！

讓我們由每日五分鐘開始，嘗試了解你身邊的人，建立真誠的交流。

親子關係由每日五分鐘開始

1 問一問自己
「你今日覺得滿足嗎？
經歷咗咩事啊？」

2 嘗試了解感受背後的原因
「啊仔主動拖住我，
我覺得好窩心！」

JUST FEEL

5-Minute Magic: Strengthening Parent-Child Connections!

How has your second term of school been? Have you had any chance to catch up with your kids and listen to their stories?

Amidst our busy lives, we often overlook each other's feeling.

JUST FEEL invites you to dedicate just 5 minutes every day, starting today, to ask ourselves and our little ones, 'How do you feel today? What have you been through?'

And if you are willing, delve deeper into what is behind our feelings, fostering a greater understanding for one another!

So, let's kick off this daily five-minute ritual, diving into the lives of those around us, and building genuine connections.



5-Minute Magic:
Strengthening Parent-Child Connection!

1 Ask ourselves
Are you feeling satisfied today?
What experiences have you had?

2 Delve deeper into what is behind our feelings
My son held my hand,
and I felt heartwarming.

JUST FEEL

The graphic features a light blue background with orange starburst icons. On the left, a cartoon giraffe with a yellow and red striped scarf looks towards the right. On the right, there is a red mailbox on a wooden post next to a green tree. The text is arranged in two rounded rectangular boxes, one for each step.