

《你今日欣賞咗未？》

今天是久違的運動會，孩子們都在各自的崗位上努力，你有看見他們的嘗試嗎？

可能你會想「勝出比賽才值得欣賞！」「讚得多會寵壞孩子！」但欣賞子女不一定會令他們自滿，反而可以促進他們持續學習，面對成果不自滿，面對挫折不放棄。

鼓勵大家欣賞子女在過程中的「嘗試」、「努力」和「進步」，而非成敗得失，讓子女看見嘗試的樂趣，願意繼續探索。



Journey of Triumph: Celebrating Efforts, Progress, and Growth!

Today is the long-awaited sports day, and the children are giving it their all in their various events. Did you notice their efforts and attempts?

We often think ‘only winning matters’ or ‘too much praise will spoil them’. However, appreciating our kids won’t necessarily make them complacent – it can encourage continued learning. It helps them stay upbeat about outcomes and persevering through setbacks.

Instead of focusing on just the results, let’s try appreciating our children’s efforts, attempts, and progress. This allows them to see the fun in trying and exploring more.

Focusing on the journey, not just the destination, to build resilience and lifelong enthusiasm for learning and challenges.

