學校今日派發了「JUST FEEL(感講)開學家長信」給學生帶回家中,希望藉此關心家長之餘,更讓家長了解感講的工作和理念,並與家長一起努力,為學生建立有安全感及同理心的成長環境。

(中文版)





我們是學校的合作夥伴 —— JUST FEEL 感講! 自 2018 年起與超過 36 間學校合作,推動同理心校園文化。

感講持續與 貴校合作,透過課程、工具、教師及家長培訓,促進師生及親子關係,提升學生身心靈健康!



班級經營課



課堂工具配套



溝通互動工具

家長的參與對提升學生身心靈健康尤其重要。

鼓勵家長多關顧自己,擁有健康平穩的身心,才能陪伴子女在多變、不穩的環境成長。

邀請你每天給予自己5分鐘,按以下步驟照顧自己:

察覺身心感受

身體有甚麼感覺?出現過哪些強烈的感受?

察覺需要

1

2

3

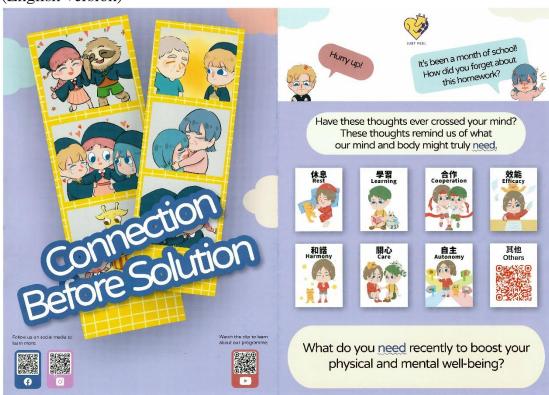
你需要甚麼來回應以上的感受?

回應需要

用一個行動滿足你其中的需要,行動大小不拘 (例如:放空五分鐘、聽一首喜歡的歌、與朋友聊天)



(English version)





We are JUST FEEL, a partnering organisation of the school. Since 2018, we have collaborated with over 36 schools to promote a compassionate school culture.

This year, we are partnering with your child's school to enhance teacher-student and parent-child relationships and improve students' emotional well-being through our curriculum, tools, and training for teachers and parents.



Social Emotional Learning Curriculum



1

2

3

Relationship Building Curriculum



Curriculum Materials



Communication Tools

Your participation really matters on this journey. We invite you to get involved as we support your child's emotional well-being.

We encourage you to make self-care a priority, allowing us to help our kids navigate these uncertain times.

We invite you to practise this 5-minute self-care routine every day:

Check In With Your Body

How is your body feeling today? What emotions have really stood out lately?

Identify Your Needs

What do you need to address these feelings?

Respond to Your Needs

Do something big or small to fulfill your needs, such as taking a five-minute break, listening to a favourite song, or chatting with a friend.

