

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)



快啲啦!

返咗學成個月你都唔記得㗎!

以上的說話是家長你的心聲嗎？  
這些心聲提示我們身心所需要的，可能是：

<b>休息</b> Rest	<b>學習</b> Learning	<b>合作</b> Cooperation	<b>效能</b> Efficacy
<b>和諧</b> Harmony	<b>關心</b> Care	<b>自主</b> Autonomy	<b>其他</b> Others

最近的你，  
需要甚麼來提升你的身心健康？

關注我們的社交媒體，了解更多：  
觀看短片，了解本計劃：

各位家長好!

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！

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**  
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)

<p>此時，正感覺得心臟就像被刀割傷了一樣疼，亂想終於忍不住流出來了。</p> <p>志軒不知道所帶，這正正感，你不覺發現，正當卻愈發愈痛苦。</p> <p><b>社交情意教育課</b></p>	<p><b>班級經營課</b></p>
<p><b>課堂工具配套</b></p>	<p><b>溝通互動工具</b></p>



(English version)



**Connection Before Solution**

Follow us on social media to learn more:

Watch the clip to learn about our programme:

JUST FEEL

Hurry up!

It's been a month of school! How did you forget about this homework?

Have these thoughts ever crossed your mind? These thoughts remind us of what our mind and body might truly need.

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What do you need recently to boost your physical and mental well-being?

**Dear Parents,**

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

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.

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.

However, Iris was still thinking about a happy memory from recently...

Mommy is usually very busy with work, but last week she finally had time to take me to the park. We played lots of games together and I was so happy!

**Social Emotional Learning Curriculum**



**Relationship Building Curriculum**



**Curriculum Materials**



**Communication Tools**

