

## 《失敗沒關係：從失敗中成長》

又到派試卷的時候，你有甚麼感受？擔憂？緊張？期待？

我們害怕孩子「撞板」，擔心失敗的經驗會令他們落後於人。失敗不一定代表結束，只要善用這個經歷，可以加強子女對自己的認識。

鼓勵家長從了解感受開始，與子女回顧經歷：肯定嘗試，給予支援。透過一同整合學習，幫助子女將所學應用到未來的挑戰中。



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三個方法，陪伴子女從失敗中成長！

- 1. 了解感受**  
聽到你好似對今次嘅考試表現有啲失望，係咪啊？
- 2. 慶祝努力，而不只是結果**  
見到你為咗準備考試，比平日更主動複習，仲制定咗溫習時間表，我好欣賞你嘅努力同嘗試。
- 3. 給予支援，尊重選擇**  
你覺得考試中邊個部分比較有挑戰性啊？  
你想唔想我地一齊搵方法應對？



## Failure is Okay: Growing Through Challenges

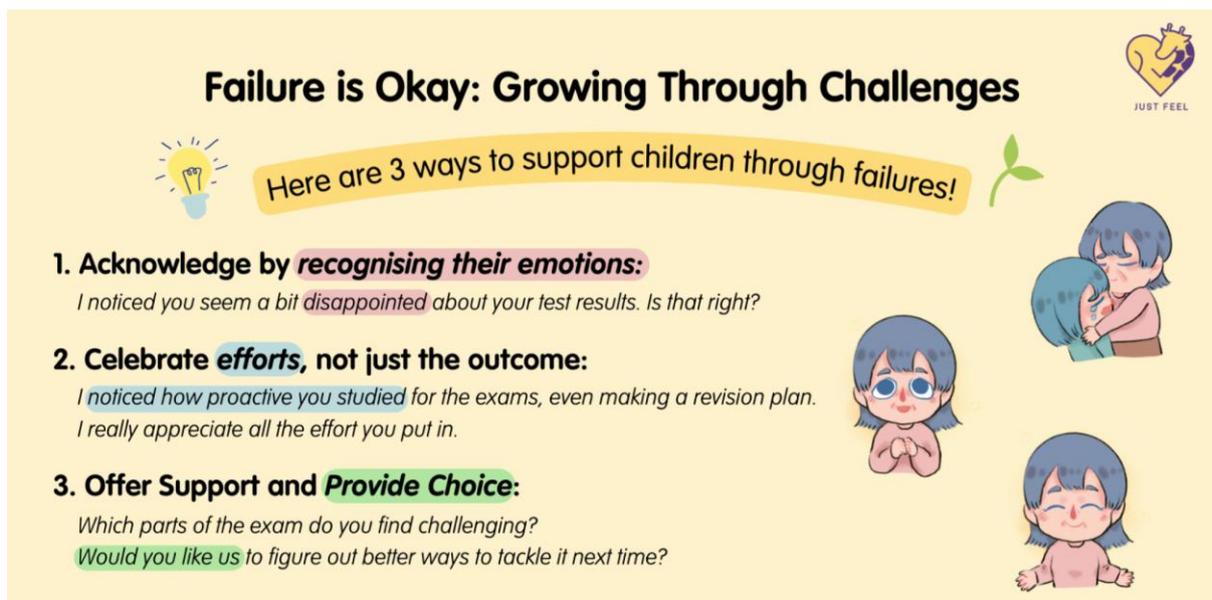
It's that time again—when test papers are handed back. How do you feel?

Worried? Nervous? Or hopeful?

As parents, we often fear children hitting roadblocks. We worry that failure might set them back or make them lose confidence. However, failure doesn't have to be the end of the road. In fact, when approached with the right mindset, we can help children learn more about themselves and grow stronger.

By working through these moments as a team, you can help children gain valuable insights and apply them to future challenges.

Check out the banner for some quick tips! Let's embrace setbacks as opportunities to grow!



**Failure is Okay: Growing Through Challenges** 

 Here are 3 ways to support children through failures! 

- 1. Acknowledge by *recognising their emotions*:**  
*I noticed you seem a bit **disappointed** about your test results. Is that right?*
- 2. Celebrate *efforts*, not just the outcome:**  
*I noticed how proactive you studied for the exams, even making a revision plan.  
I really appreciate all the effort you put in.*
- 3. Offer Support and *Provide Choice*:**  
*Which parts of the exam do you find challenging?  
**Would you like us** to figure out better ways to tackle it next time?*

