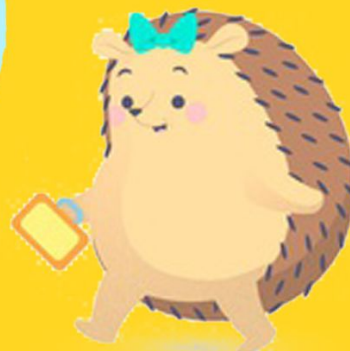




KWOK MAN SCHOOL
2020-2021
THE LITTLE BOOKLET
OF
HAPPY LEARNING

By Miss Cheung Nok Ching
School Social Worker



Feeling a little worried about returning to school...

- Daily routine suddenly change
 - Don't want to get up and go to school
 - Can't play computer games all day anymore
 - Stress from homework and school work
- Scared of having zoom lesson
- And many other things...

When things in our lives are changing,
We can all be affected by stress or feel worried.

Different feelings and reactions



Excited



Sad



Worried



Eager



Nervous



Calm

We can all experience different changes in our mood.
Let's return to our school work slowly together,
accepting these feelings and adjusting to them.



The '3A' Tips

Help us to understand our feelings

AWARENESS

Be aware of your own feelings

Happy? Sad? Excited?

ACCEPTANCE

Accept that you have different feelings

These feelings are completely normal!

ACTION

Take action to manage negative feelings

When you're feeling sad, talk to someone!

Ways to relieve stress



Talk to someone



Exercise



Watch TV



Rest/ Take a nap



Listen to music



Eat

There are many ways to relieve stress.

The most important thing is to find a way that works to you.

Make a timetable just for you

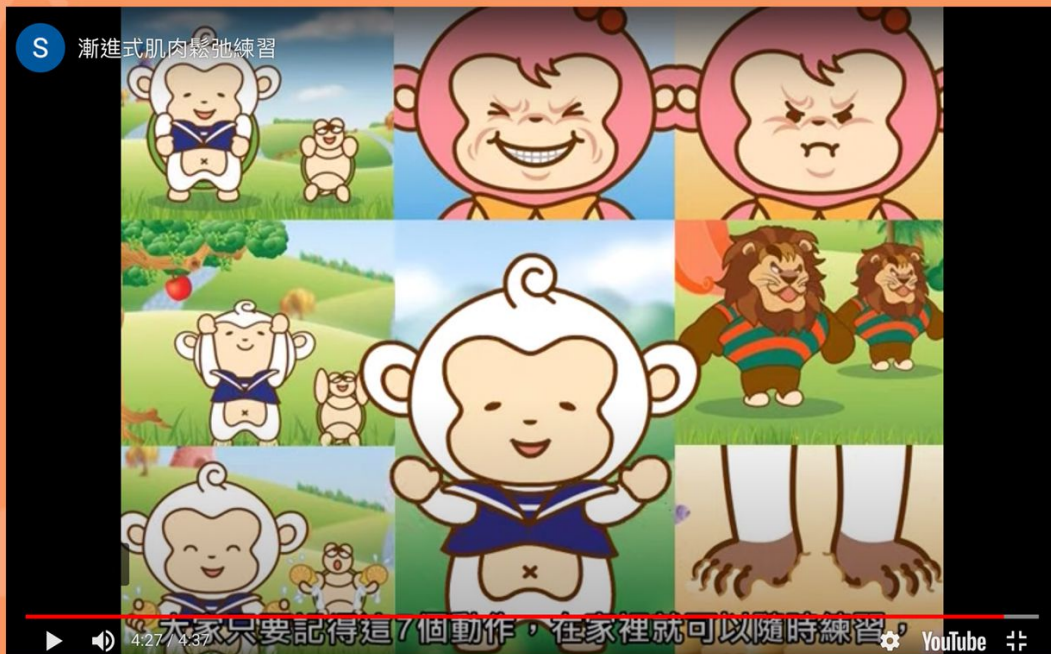
Time	Activity
8:45-9:00	Get up and wash
9:00-9:30	Have breakfast
9:30-12:15	Do online lesson
12:15-1:15	Have lunch
?	Rest
?	Do exercise
?	?
?	?
10:00	Go to bed

Plan out a timetable for each day.
Develop a healthy routine.
Get ready to return to school.

Tips for parents

Ways to relax your muscle

Relaxing your muscles can help to relieve feelings of anxiety and stress. It will become easier to relax your muscles in future and cope in stressful situations, leading to your body and mind feeling calmer.



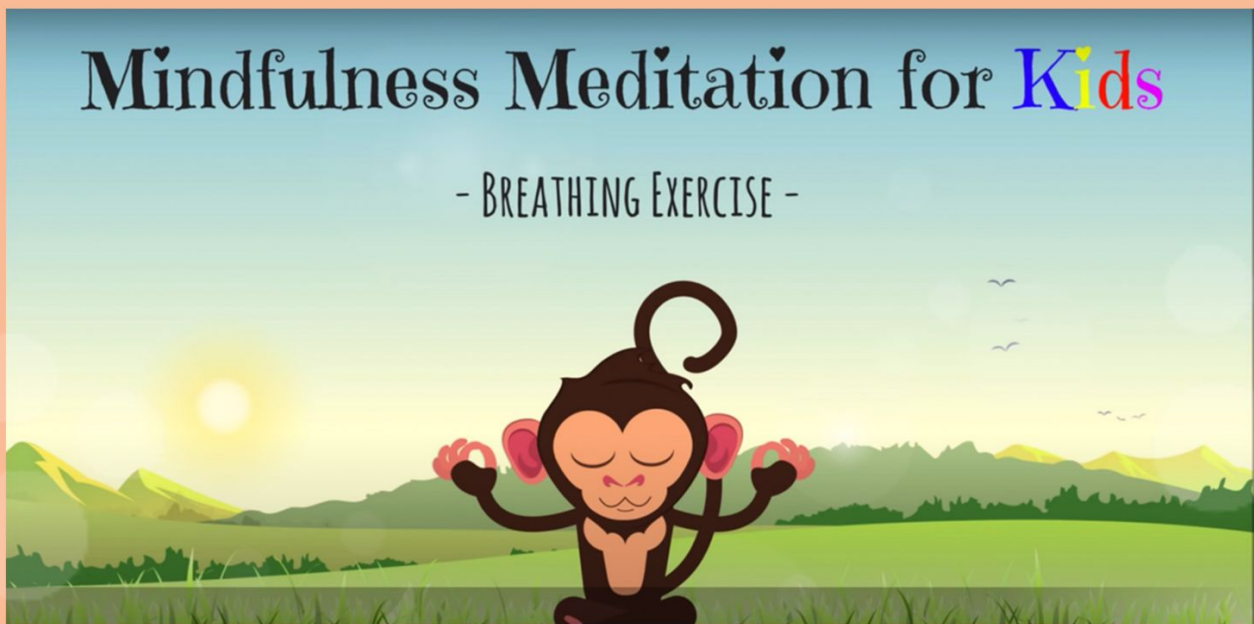
Parents can help their children to scan QR code, and watch the video together with them.



Tips for parents

Mindfulness

Mindfulness is a way of helping us to connect with our thoughts and feelings. In this way, we can be more aware of what we are thinking and feeling, manage our own responses and thereby improve our psychological health.



Parents can help their children to scan QR code, and watch the video together with them.



Happy Seven Formular

1 Be grateful for what you have

2 Live a healthy life 

3 Enjoy the small things 

4 Have positive thinking 

5 Care for other people 

6 Be forgiving 

7 Support from friends and family 

If you need a talk

During the days you are studying at home:

You can call your teachers or Miss Cheung

PHONE: 29810432

or

Scan this QR code and
fill our the form



After we return to normal lessons at school:

You can find a teacher or Miss Cheung
and speak to them directly.



We are all here for you and happy to listen