

國民學校
KWOK MAN SCHOOL

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Address: 30 Kwok Man Road Cheung Chau

28th March, 2025

Parent Education: 3-Session Parent-Child Program

Dear Parents/Guardians,

To promote parent-child relationships and communication, the school will hold a 3-session parent-child program in May 2025. Each session will incorporate parent education through interactive parent-child games, practice time, and sharing sessions in a relaxed and engaging manner. A parent-child art therapy workshop will also be included to enhance mental and physical well-being, combining education with entertainment. The program details are as follows:

Date	Parent Education Topics (approximately 1 hour each)	Wellness Art Workshops (approximately 1 hour per session)
3 rd May (Saturday)	<u>Appreciation and Praise</u> By recognizing the 24 character strengths, parents can understand and appreciate their children's unique strengths. Additionally, parents can also learn strategies to appreciate their children and connect to their inner strengths.	<u>Alcohol Ink Wooden Box DIY and Zentangle Experience</u> Through the cocreation of the alcohol ink small wooden box and Zentangle painting among parents and children, they can live in present and slow down the pace; unleash their creativity and think out of the box; appreciate themselves and others, which can promote parent-child relationships.
17 th May (Saturday)	<u>Encouragement Instead of Criticism</u> Learn to use proactive encouragement techniques to respond to their children's good news in order to help build a positive parent-child relationship.	<u>Five Senses Aroma Stone DIY</u> Let parents and children work together to make a unique aroma stone, and learn how to soothe emotions and relieve stress through the five senses grounding technique, as well as enhancing the parent-child interaction.
24 th May (Saturday)	<u>The Art of Language</u> Parents can learn effective ways to deal with their children's inappropriate behavior, making it easier for their children to accept their advice and avoid damaging their relationship.	<u>Stained Glass Painting - Thanksgiving Night Light DIY</u> Through creating colorful stained glass painting - thanksgiving night light, children can express their sincere gratitude to the caregivers. Meanwhile, the process can facilitate the participants to live in present, relieve stress and relax; enhancing their creativity and promoting parent-child relationships at the same time.
Time:	15:00-17:00	
Location:	1/F Activity Room	
Target Participants and Quota:	15 pairs of parents and children from Primary 1 to 6	
Language :	Cantonese	
Co-organizer	GPS EDUCATION CENTRE	



Mr. Lo Wan Kai (Supervisor)
Ms. Kwok Yuen Ki (Principal)

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Circular No. 215E/24

(Reply Slip)

(Applicable to the whole school)

I *agree / do not agree to participate in the Parent Education: 3-Session Parent-Child Program.

** 3rd May 17th May 24th May

*Please cross out the inapplicable option

**Please tick the applicable options (You may select multiple days)

Signature of Parent

:

Date

:
