主題：積極陪同孩子建立情緒健康基礎

A. 內容撮要

1. **以理解與接納為先**
   - 先標示與接納情緒（例：「我見到你而家好生氣，可以講講發生了甚麼嗎？」）
   - 讓孩子感到被理解，學會用語言表達內心狀態

2. **教導基礎情緒調節：**
   - 深呼吸、慢數一至十、暫時抽離高壓情境
   - 先降溫再思考，減少衝動與失控行為

3. **系統培養社交技能：**
   - 主動問候與禮貌用語；輪流傾聽與回應
   - 以「我訊息」表達需要與界線
   - 衝突時尋找雙贏或可接受的妥協

4. **透過角色扮演進行實戰練習：**
   - 模擬同儕爭執、向老師求助等情境
   - 把抽象原則變成可練習的具體行為，提升自信

5. **擴展多元社交場景：**
   - 參與課外活動、社區服務、興趣小組
   - 在不同文化與規範中練習表達、合作與尊重

6. **建立積極的家庭互動：**
   - 固定高質素共處時段，一起做家務與規劃周末
   - 日常中示範尊重、分工與合作，增強歸屬感

7. **規劃家庭遊戲時間：**
   - 選擇需合作或策略分工的遊戲
   - 體會團隊精神、情緒自控與公平競爭，遷移到校園

8. **定期舉行家庭會議：**
   - 每位成員可表達、提案與討論規則與期望
   - 練習協商、解難與承擔責任

9. **以關係為根基、技巧為工具：**
   - 穩定的理解與陪伴是後盾
   - 配合具體技巧與持續練習，強化情緒韌性與社交自信

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B. 家長反思題：

1. 當孩子情緒強烈時，我是否先接納與命名感受，還是急於糾正與解決？下次我可以如何多給 5 秒做「先共情後介入」？
2. 這週我為孩子創造了哪三個社交練習機會（家中／學校／社區）？哪些有效、哪些需調整，我下週會怎樣優化？

Subject: Actively Supporting Children in Building a Strong Emotional Foundation

A. Content Summary:

1. **Start with understanding and acceptance:**

- First name and accept the emotion (e.g., “I see you are very angry now. Can you tell me what happened?”)
- Help the child feel understood, and learn to use words to express inner feelings

2. **Teach basic emotion regulation:**

- Deep breathing, slowly count 1 to 10, step away from high-stress moments
- Cool down first, then think; reduce impulsive and out-of-control behavior

3. **Build social skills step by step:**

- Greet others and use polite words; take turns to listen and respond
- Use “I-messages” to express needs and boundaries
- In conflicts, look for win-win or acceptable compromise

4. **Practice with role-play:**

- Act out peer arguments, asking teachers for help, etc.
- Turn abstract rules into actions you can practice; boost confidence

5. **Expand varied social settings:**

- Join extracurriculars, community service, interest clubs
- In different cultures and rules, practice expression, teamwork, and respect

6. **Build positive family interactions:**

- Set fixed high-quality time; do chores and plan weekends together
- Model respect, division of work, and cooperation in daily life; increase belonging

7. **Plan family game time:**

- Choose games that need teamwork or strategy and roles
- Learn team spirit, emotion control, and fair play; bring these to school

8. **Hold regular family meetings:**

- Each member can share, propose, and discuss rules and expectations
- Practice negotiation, problem-solving, and taking responsibility

9. **Relationship as the base, skills as tools:**

- Steady understanding and companionship are the backbone
- With clear skills and ongoing practice, build emotional resilience and social confidence

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B. Parent Reflection Questions:

1. When my child has strong emotions, do I first accept and name the feeling, or do I rush to correct and fix? Next time, how can I give 5 more seconds to "empathize first, then step in"?
2. This week, what three social practice opportunities did I create for my child (at home/at school/in the community)? Which ones worked, which need changes, and how will I improve next week?