

How Can I Better Support My Child This Year?

Try me!

Are you wondering how your child is coping and how stressed they are in school?

Here's a short activity that you can do together with your child, to help identify areas where they might need more support and create an action plan for the year ahead.



In 2021, **~6000** parents & students did this activity together, especially our Primary 5 and 6 students and their parents.

90% WOULD RECOMMEND
the activity to other parents

20% said it should be
COMPULSORY

It's now your turn!

JUST 3 SIMPLE PARTS!

1. Start-of-year Check-in

REFLECT TOGETHER, MAKE AN ACTION PLAN
(WISH, OUTCOME, OBSTACLE, PLAN),
STICK YOUR PLAN UP SOMEWHERE VISIBLE!



2. Mid-Year Check-in

REFLECT TOGETHER,
PLAN FOR THE JUNE HOLIDAYS USING
A FUN BINGO GAME!



3. End-of-Year Check-in

REFLECT TOGETHER,
WRITE A NOTE OF GRATITUDE,
FIND OUT HOW MUCH SLEEP ANIMALS GET &
TALK ABOUT THE KIND OF CONVERSATIONS YOU HAVE!



This activity will benefit parents
who want to communicate deeper
with their children.

It should be
implemented right from p1!

- PARENTS OF P5 & P6 STUDENTS

Brought to you by MOE Communications and Engagement Group

Got feedback?
Let us know at this [link](#).

