

你想要哪件法寶幫你準備考試?

輕鬆備戰的風格分析!!



1 望遠鏡



2 目標板



3 行動紙牌



4 竹蜻蜓



5 攬攬咕啞



6 打氣棒

選 1 的你 :

成長心態，向前看

- ♡ 與其耿耿於懷，不如努力改進
- ♡ 鼓勵自己，盡力無悔

選 2 的你 :

小目標、大動力

- ♡ 為自己訂立小目標，動力會更大
- ♡ 溫完兩課，獎自己食啲小食

選 3 的你 :

先易後難

- ♡ 寫低有咩要做
- ♡ 做咗易嘅先

選 4 的你 :

腦袋放空 Chill—Chill

- ♡ 溫書溫到腦閉塞，不如Chill—Chill
- ♡ 跑步、伸展、聽音樂都得

選 5 的你 :

愛錫自己

- ♡ 一定要瞓夠
- ♡ 定時飲飲食食

選 6 的你 :

加油好Buddies

- ♡ 同朋友互相send打氣msg
- ♡ 家常便飯暖人心

誰偷走了我的溫書時間, # 進度不似預期, # 溫極都唔入腦點算好

考試期間



我想關心和鼓勵子女
可以怎樣做



肯定的說話：

- ♡ 「我好欣賞你為考試努力預備！」
- ♡ 「我見到你有認真做練習題目。」



適當的身體語言：

- ♡ 給子女一個擁抱、微笑，或輕拍子女的背部、手臂或肩膀



窩心支持：

- ♡ 煮子女喜歡的餸菜
- ♡ 送子女需要的用品、文具給他/她



陪伴同在：

- ♡ 抽時間與子女一起做一些有益身心的活動



Take a **quiz** to discover your needs in exam preparation

Which **tool** will you choose to prepare for your exams?



1 TELESCOPE



2 DARTBOARD



3 ACTION CARD



4 FLYING HAT



5 PLUSH CUSHION



6 THUNDERSTICKS

1. TELESCOPE

LOOK AHEAD

- ♡ Overcome hurdles with a growth mindset
- ♡ Engage in positive self-talk: "Do my best and no regrets"

2. DARTBOARD

SET SMALL GOALS

- ♡ Start with small goals which will make you motivated to achieve
- ♡ Reward yourself with treats when you achieve your goals

3. ACTION CARD

START EASY

- ♡ Make a To-Do list
- ♡ Do the easy one first

4. FLYING HAT

TAKE BREAKS

- ♡ Schedule short breaks to unwind
- ♡ Engage in relaxing activities like deep breathing, stretching, or listening to music

5. PLUSH CUSHION

TAKE CARE OF YOURSELF

- ♡ Have adequate sleep
- ♡ Have a healthy diet

6. THUNDERSTICKS

HAVE SUPPORT BUDDIES

- ♡ You'll never walk alone. Stay connected with friends
- ♡ A family meal warms your heart

StudyTips, # MentalHealth, # Wellbeing



Supporting Children During Exams



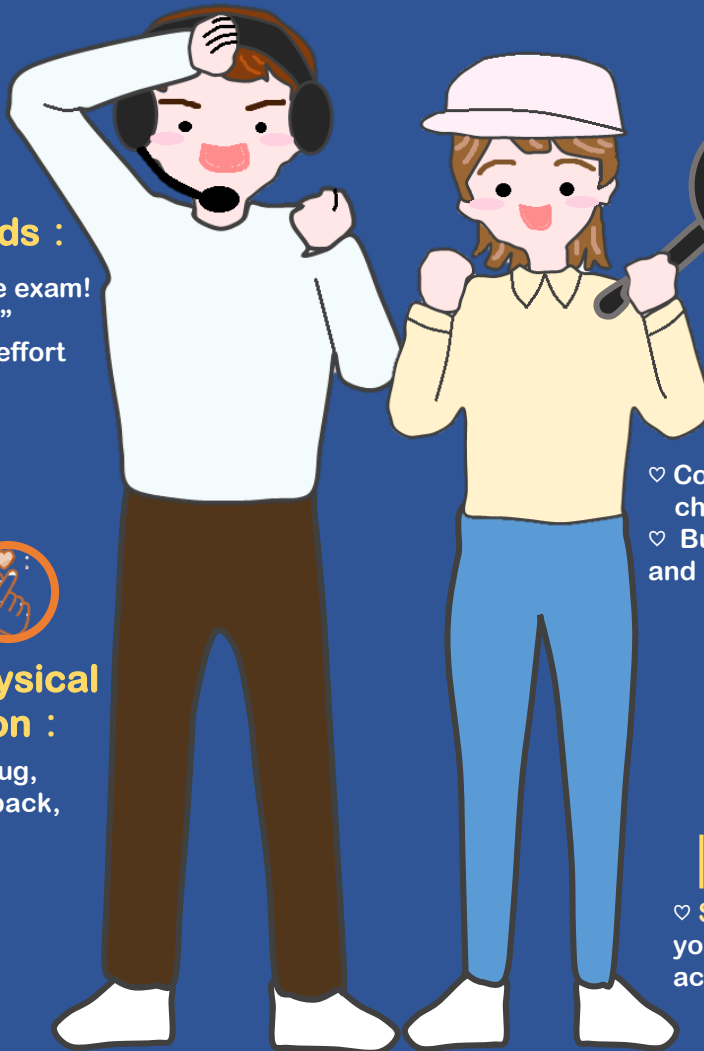
Affirmative Words :

- ♡ “You work hard for the exam! I really appreciate that!”
- ♡ “I see that you’ve put effort when you are doing the revision.”



Appropriate Physical Communication :

- ♡ Give your child a hug, smile, or pat his/her back, arms or shoulders



Warm-hearted Support :

- ♡ Cook the dishes that your child like
- ♡ Buy your child the supplies and stationery that he/she needs



Dedicated Time :

- ♡ Spend quality time with your child. Do some healthy activities together

