Positive Me ☆ Positive Kid

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Positive Education

Having its roots in Positive Psychology, Positive Education focuses on well-being and flourishing that relate to all members of the school community.

The fundamental goal of Positive Psychology is to help people build a flourishing life; or in other words, feeling good and functioning well (Seligman, 2011).

Source:
Positive Education – Positive Psychology

☆ Positive emotions / Interpersonal relationships
☆ Mindfulness / Wellbeing of body, mind and soul
☆ Resilience / Solving problems confidently
☆ Exploration / Positive engagement
☆ Growth mindset / Positive sense of achievement
☆ Personal goals and purpose in life
☆ Understanding of self and others’ character strengths

Source: https://www.positiveeducation.org.hk
Positive Parents

We are positive parents, **how** could we guide our children positively?

☆ **Play education** – Play is a happy language for communication with children
☆ **Catch them right** – Positive reinforcement starts from children’s strengths
☆ **Reflection and appreciation** – Learn to appreciate and solve problems confidently
☆ **3S Positive Strengths** – Nourish children to be healthy and happy individuals
Play Education

Play is a happy language for communication with children

• Playing instead of teaching, take the approach of “playing a game together” instead of “scolding”: Play to learn, learn through play.

• Children develop their social-emotional skills through interactive games. Children naturally “learn” when they “play”; play to learn, learn through play. Through the numerous variations of games, their learning can also be developed in different directions.

• When playing with children, parents not only develop positive parent-child relationship, but can also guide and inspire children, and find out what social skills need to be developed. Play interactive games, enjoy social gains.
Be Positive Exercises

How would parents handle these situations?

Scenario (1)

Every morning, your child greeted the lady at the news-stand whenever he/she walked by. The lady never responded. Some time later, your child stopped saying “Good Morning” to the lady anymore.

“Why is your good habit overcome by other’s bad habit!”
Be Positive Exercises

How would parents handle these situations?
Scenario (2)

“What a pity! Beautiful roses have thorns, it hurts!”

“Interesting! The plant has thorns, but grows beautiful roses!”
Be Positive Exercises

How would parents handle these situations?

Scenario (3)

“It is so troublesome to clean up the table and wash the dishes after dinner.”

“It’s so good to have a chance to do a hand mask!”

“Playtime! Let’s blow. Blow away all the dishes!”
Positive Thinking

What you see in others is a reflection of yourself?
Being optimistic means always look on the bright and beautiful side.

Playing games = Happy = Positive energy
What are the skills and competence required of children and talents in the 21st century?
Factors of Success in the 21st century

Social and emotional skills are more critical to success. Research has shown that non-cognitive skills, such as motivation, sociability, attention, empathy, self-regulation, self-esteem, etc., which are considered less important traditionally, are actually more critical to a person’s success in life than almost anything else.

(Heckman, 2018)
Positive Parents

√ Set reasonable expectations and rules with children
√ Self-acceptance, appreciation, self-confidence, love and care

× Avoid over-training and overscheduling - Fill up and pack the timetable of your child
× Avoid comparison - Compare your child with others
Source: Dr Sylvia Liu, Impact of a play-based social skills programme for high-ability and average-ability primary one students in Hong Kong, 2015
Connect children through play

- **Play**
- **Positive Reinforcement**
- **Parent Training**
- **Point of Breakthrough**
- **Programme**
- **Create opportunities**
- **Innovate games to fit kids’ needs**
- **Reflect and appreciate**
- **Give and help each other**

Playing interactive games face-to-face can foster children’s development of social skills.
Interactive Games → Social-emotional development
Nature of interactive games

Play with rules,
Work with rules.

Source:
Learn to learn

Should parents overschedule their children to learn different kinds of knowledge,
Or should parents help their children learn the skill of **learning how to learn**?

**Do NOT overschedule children’s learning**
Play Education

☆ Play is a happy language for communication with children

☆ Connecting children through play is a habit

☆ Children are born to love playing
Sensory Integration

Captain of Feet

Captain of Eyes

Captain of Ear

Captain of Brain

Captain of Mouth
Five Senses 😊

Listen = Connect to the world

Speak = Open up to the world

Observe = See each other closely

PLAY = Keys to Listening, Speaking & Observing
Learning may not happen only in classrooms, Learning comes naturally through playing.
Research Findings

Playing interactive games can foster peer relationship
1. Children need more play opportunities and environment
2. Children need more play-mates
3. Children do not know what and how to play

Dr. Sylvia Liu, Impact of a play-based social skills programme for high-ability and average-ability primary one students in Hong Kong, 2015.
Definition of a good game

- Fun
- Safe
- Respect
Environment
Opportunities
Play-mates

Children need play environment, opportunities and play-mates.

When every learning becomes interesting, children naturally have the motivation to explore everything.

When children explore, they have to know how to play safely and play with respect.
Environment
Opportunities
Play-mates

Children display their characteristics, strengths and weaknesses during playing, especially their social-emotional competencies. Parents can communicate with children through playing games and facilitate their growth in different capacities.

Observe responses
Fit the age group
Individual differences
Father of Positive Psychology Martin Seligman pointed out that:
☆ Individuals who can excel their strengths on work, family, life and leisure time, they can feel authentic happiness and well-being more easily.
☆ You must first be able to appreciate yourself before you can appreciate others’ strengths
☆ Building up positive life, catch, appreciate and develop your strengths

Source: [https://www.authentichappiness.sas.upenn.edu/](https://www.authentichappiness.sas.upenn.edu/)
Six virtues:
Wisdom and knowledge, Courage, Humanity, Justice, Temperance, Transcendence

Extend to 24 specific and measurable character strengths
Interactive Games

During playing

Catch the moments of doing right

Facilitate Reflection

After playing

- Positive reinforcement
- Enjoy playing
- Appreciate the process
Positive Captain

Learn to learn in the appropriate direction

During the learning process

• Catch them right – identify individual strengths
• Reflect and appreciate
• Be curious to explore (Eye/Ear)
• Think before asking questions (Mouth)

• Listen to consolidate and then ask focused questions
• Take a deep breath to calm down and reflect (Nose)
• Physical coordination (Limbs)
• Touch and feelings (Feelings)
Parent-child rapport helps children’s emotional development

2017

“Hong Kong Primary School Students' Depression Survey” - Baptist Oi Kwan Social Service Social Service

• 17.6% of primary school students are depressed. Higher risk of depression for children who are alienated from their parents
• Parent-child emotional attachment and bonding can prevent depression in children

Source of information: (Chinese version only)
Electronic Devices are Hazardous to Health

The Department of Health’s (DH) Report on Health Effects of Use of Internet and Electronic Screen Products (2014.7.8)

Seminar on Public Health Issues of Excessive Use of Internet, Computers, Smartphones and Similar Electronic Devices (2016.9.9)
https://www.info.gov.hk/gia/general/201609/09/P2016090800716.htm?fontSize=1

WHO Meeting to Review Public Health Implications of Excessive Use of Internet and Electronic Devices (2016.9.9) https://www.info.gov.hk/gia/general/201609/06/P2016090600286.htm?fontSize=1

Mobile Phone (Radiofrequency Electromagnetic Fields) and Health
https://www.chp.gov.hk/en/healthtopics/content/460/23269.html

Healthy Use of Internets and Electronic Screen Products
2018
HKU Jockey Club “Play n Gain” Project
Games can be played any time, anywhere and with anybody. It should be integrated into teaching and daily life. Games can cultivate children’s learning initiation, foster their social interactive skills and social emotional development

2017
HKU “NO PLAY NO GAIN” Kindergarten Social Emotional Learning Project
Researches indicated that children’s play skills and social competencies can be enhanced through group games
Positive parents guide children to stay positive

**3S Positive strengths**

- **Self-capability**: I can do it myself
- **Social competence**: Together everyone achieves more
- **Social contribution**: Give and help each other
Play Education

• Everything can be a game as long as it is enjoyable to play with you
• Facilitate appreciation and reflection
• Achieve educating through playing
• Develop 3S positive strengths from early childhood
Positive kid (3S)
Self-capability
Self-management, self-control, emotional self-regulation, self-confidence, self-reliance

★ I can do it myself
Positive kid (3S)
Social competence
Initiating Social Interaction/ Maintenance Skills/
Developing Friendship/ Communication Skills/
Empathy/ Solving Conflict/ Executive Function/
Interacting with Environment

☆ Together everyone achieves more
Create co-experience together

The first task that you accomplish with your father/mother.

Cook a meal/dessert together
Complete a task together

Measure the achievement
Celebrate the success
Reflect the process

Social Competence

Able to get along with parents=
Parent-child relationship
Able to get along with teachers=
Teacher-student relationship
Able to get along with others=
Interpersonal relationship
Play manifests interactive communication

**Board games**
- Learn the social rules and rhythm of collaborative play

**EQ games**
- Nothing absolute
- Emotion trash can
- Situational play (role play + exchange role)

**Opposite games**
- Lose = Win
- Win = Lose
- Win if one does not get angry when losing
- Paper, scissors and stone
- Wind blowing game
Positive kid (3S)
Social contribution
Civic morality, citizenship, social responsibility

☆ Give and help each other
Start from doing housework

Colour management – Tidy up books according to colour codes
Tidy up after use

“When I see my child can fetch his own toys, I believe that he can put it back all by himself.”

Source: 親子五常法家長手冊
Harvard Medical School: “Do household chores” builds up a better future!

2016

• A study of 80 years finds that kids who do chores grow up to be more successful adults.

• In the Harvard Grant Study, an longitudinal study from 1938 to present, researchers identified two things that people need in order to be happy and successful, based on the experience of over 700 high-achievers who were part of the study, including graduates of Harvard University -- love and work ethics, which comes from having done chores as a kid.

Source:

Kids who do chores are more successful adults
How to guide kids to learn?

3 steps of training

I demonstrate once
You follow so
You repeat (Point out the right parts and adjust the parts that need improvement)
The Best

I am the best

A group of parents are showing off their children:

• My kid is good, he always plays “Monopoly”, he is going to grow up as a banker.
• My kid is better, he always plays toy aeroplane, he is going to grow up as a pilot.
• My kid is the best, he always “consults” the doctors, he is going to grow up as a doctor.
Love me the most

• My parents need to work, they teach me how to cook so that I can cook for myself, in case they are busy.

• My parents also need to work, they leave me some money so that I can buy food for myself, in case they are busy.

• My parents also need to work, they register food delivery services with their credit card so that I can order food at home without going out.
Let me grow up

Child:

“Daddy, Mami,
Please do not bring me up like treating PETS, I don’t need over pampering. Teach me how to take care of myself, when I grow up, I will be able to take care of you too.”
Even though your child wins at the starting line, what capabilities does he/she need so as not to lose at the end?
Play education

Play is a happy language to communicate with children

Connect your child with interactive games

☆ Be humorous, be imaginative, be happy

Prevention is better than cure
Catch them right – Identify individual strengths
Start with the strengths of the child

Reflection and Appreciation
Enjoy the happy moments and make things even more enjoyable
Positive parents guide children to stay positive

Equip children with **3S** positive strengths

★ **Self-capability**  I can do it myself

★ **Social competence**  Together everyone achieves more

★ **Social contribution**  Give and help each other
Parent-child Tips

☆ Play anytime, anywhere with anyone
☆ Adopt any topics relating to daily life
☆ Use any materials for daily play
Rainbow Breathing

Deep breathing
Calmness

Explore the rainbow colours
Happy Moments
Parents’ Education Talks 2019/20

Positive Me Positive Kid
2019.12.15

Speaker: Dr Sylvia Liu
Faculty of Education, The University of Hong Kong

Positive Parents Guide Children to Stay Positive

Means
1. Play education - Play is a language
2. Catch them right - Identify individual strengths
3. Reflection and appreciation – Enjoy the happy moments and make things even more enjoyable

Aims
Build up 3S positive strengths, be healthy and happy individuals

3S for Positive Children

Self-capability
I can do it myself

Social competence
Together everyone achieves more

Social contribution
Give and help each other

For more information:
- HKU Faculty of Education
- Jockey Club “Play n Gain” Project
For more information...

Faculty of Education,
The University of Hong Kong

https://web.edu.hku.hk/event/parent-seminars
For more information...

Jockey Club “Plan n Gain” Project

https://www.jcplayngain.edu.hku.hk/
References

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- 譚淑玲 (2006) 親子五常法家長手冊。香港: 博益出版。
- 廖秀卿 (2010) 兒童學管理．學管理兒童。香港：平衡智能。
- 賽馬會「玩學相長」社交情緒學習計劃由幼稚園至社會推廣 [https://www.jcplayngain.edu.hku.hk/](https://www.jcplayngain.edu.hku.hk/)
Thank you!