

《感受無分對錯——把悲傷化作養分》

「好小事啫，唔好喊啦！」孩子難過時，我們可能會藉此安撫他們，卻發現不太有效。面對負面感受，孩子和大家一樣，會感到迷惘和不知所措。

鼓勵家長藉此陪伴子女認識這些感受，學習與它們相處。

感受無分對錯——傷心、生氣、妒忌，都是正常的。只要給孩子多一點耐性和時間，陪伴他們學習，這些感受都能化作成長的養分呢！

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學習面對負面感受的三個嘗試：

- 1. 察覺身心感覺**
如：身體疼痛？緊張？心跳、呼吸的速度和強度
- 2. 了解引發感覺的原因**
- 3. 找出平靜的方法**
與人傾訴
深呼吸
寫日記

JUST FEEL

No Right or Wrong — Grow from Sadness

"It's nothing, don't cry!" When children are upset, we may try to comfort them this way, but it's often not very effective.

Facing negative emotions, children, just like us, can feel lost and unsure.

We encourage parents to use these moments to help kids explore and cope with their feelings.

There are no right or wrong feelings - sadness, anger, envy, they're all normal. When children are accompanied with patience and guidance, their feelings can be valuable in nurturing growth!

No Right or Wrong — Grow from Sadness

3 Ways to Help Your Child Handle Negative Emotions

1. Notice Physical Sensations & Feelings

Feeling tense or in pain? Heart racing?
Breathing feels different?

2. Understand the Cause: what triggered these feelings?

3. Find Ways to Regulate Emotions

Talking to someone you trust

Journalling

Deep breathing

JUST FEEL

The infographic features a blue and orange color scheme. It includes three cartoon illustrations of a girl with blue hair and a black hood. In the first step, she is holding her hands together. In the second step, she is holding a red heart. In the third step, she is sitting at a desk writing in a notebook. A small logo in the top right corner shows a yellow heart with a crown and the text 'JUST FEEL'.