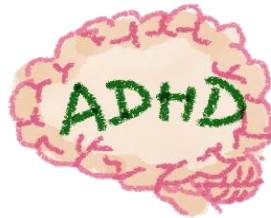


2. Gather for Fun



With the summer vacation approaching, parents start to get busy with planning for your children again. You may wish your children to get close to the nature for relaxation and exposure. Actually, children not only benefit from these activities, **involving them in planning for the activities can also train up their executive skills and problem-solving skills**. Executive skills could be improved through systematic training, and **it is easier for children to master the skills if the training is incorporated into daily activities**. Enhanced executive skills not only improve children’s ability to manage daily life requirements, but also **benefit their learning**. When organizing family activities, do not forget to **involve the elderly members of the family** to express our care and love for them whenever possible.



Develop children's executive skills (e.g. goal setting, planning and prioritizing, time management, flexibility) and problem-solving skills



Involve children in planning schedule of activities







Create success experiences for children, convey respect, foster self-confidence

Let children express their creativity, trying out their thoughts




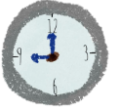






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Example:

Steps	Implementation	Tips
<p>Step 1: Decide the place and activities</p>   	<p>Parents discuss the place to go and activities with your children</p> <p>Guide your children to choose the place and activities:</p> <ol style="list-style-type: none"> 1. Guide your children to think about places they want to go or activities they want to enjoy with family members. Parents could prepare a few places for children to choose from. 2. If your children are unable to decide or cannot think of a place or activity, parents could remind them the place or activities they have shown interest in. 3. When a place or activities are chosen, parents could review with your children whether the activities match with the place, and further guide them to consider different factors when making a decision. e.g. <p>Do you remember the last time you watched TV and told us that you wanted to swim and play with sand on the beach with us?</p>  <p>You planned to play with sand at Inspiration Lake that day, but I'm not sure whether there is a place for sand playing in Inspiration Lake. It's better to search for the information first. If there is no sand to play with at Inspiration Lake, let's reconsider the place again.</p>	<ul style="list-style-type: none"> ● Allow children to consider different factors when making decisions. ● When planning the itinerary, parents should be careful not to make all the decisions alone. You should give children as much space as possible to think and make appropriate choices after considering different factors, and respect their choices when feasible. Avoid turning down your children's suggestions completely.  

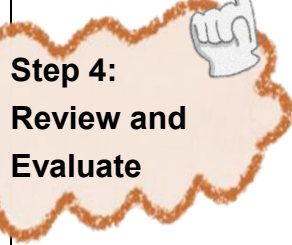
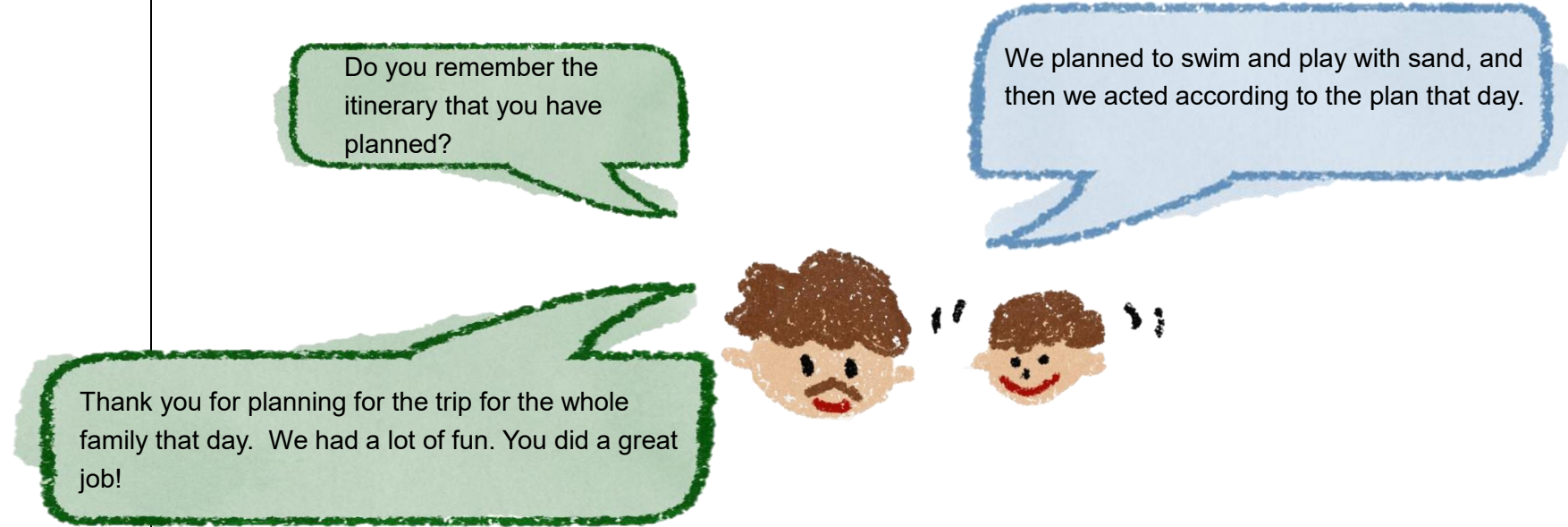
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Steps	Implementation	Tips
<p data-bbox="58 224 279 321">Step 2: Plan the trip</p>   	<p data-bbox="388 162 1249 251">Parents could guide your children to plan for the trip step by step</p> <p data-bbox="388 300 1249 438">Guide your children to recall their past experience of participating in similar activities, and ask them to try to list or draw the main activities, including:</p> <ul data-bbox="388 487 1249 1006" style="list-style-type: none"> <li data-bbox="388 487 1249 568">● Departure time  <li data-bbox="388 584 1249 820">● Transport arrangements - Parents could ask their children to search on the web information to carefully plan for each activity, such as location of stations, walking distance; and find out the estimated time required. <li data-bbox="388 868 1249 1006">● Itinerary - Parents could guide your children to arrange the activities items to form a simplified version of the itinerary.  <ul data-bbox="388 1258 1249 1437" style="list-style-type: none"> <li data-bbox="388 1258 1249 1437">● After the trip is planned, parents could guide your children to re-examine the feasibility, such as whether there is enough time, factors that may affect the itinerary; and the corresponding solutions. 	<ul data-bbox="1270 162 1995 722" style="list-style-type: none"> <li data-bbox="1270 162 1995 349">● Parents' guidance could enable children to put ideas into a workable itinerary, and help create success experience in planning and organization. <li data-bbox="1270 397 1995 722">● Recalling experience of engagement in similar activities could help create images of activities in children's minds, which give help them form some concept of the itinerary. This makes it easier for children to arrange different activities into a coherent itinerary.   <ul data-bbox="1270 1063 1995 1250" style="list-style-type: none"> <li data-bbox="1270 1063 1995 1250">● If you discover that there are problems in the itinerary, don't rush to solve them on yourself, be patient and guide your children to find solutions. 

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Steps	Implementation	Tips
<p>Step 3: Prepare necessary items</p> 	<p>Parents could ask children to list the items needed for the activities in words or pictures one to two days before the trip, for example:</p> <ul style="list-style-type: none"> ● Ball game – beach ball ● Sand play – sand playing toys ● Swim – swimsuit, towel, swimming goggles, body cleansers ● Others – beach mat, food and drinks, sunglasses   <p>Then, parents could check with your children whether these items are available at home, and then pack them in suitable bags.</p> 	<p>Parents could guide your children to think about materials that need to be prepared in four categories:</p> <ol style="list-style-type: none"> 1. What do you expect to do that day? (Answer: Sand playing and swimming) 2. What clothes do you wear for sand playing and swimming? (Answer: Swimsuit and goggles) 3. What items do you need when changing clothes after swimming? (Answer: Towels and body cleansers) <p>Clothing</p> <ol style="list-style-type: none"> 1. No one will prepare water, lunch and snacks for you when you go out for fun. What do you need to prepare? (Answer: Food, snacks, drinks) <p>Food</p> <ol style="list-style-type: none"> 1. How do you expect the weather and environment of that day? (Answer: The sun is shining and there is sand everywhere) 2. What do you need to prepare in this weather and environment? (Answer: Beach mats, sunglasses) 3. What do you want to do that day? (Answer: Sand playing and swimming) 4. What things do you need for these activities? (Answer: sand playing toys) <p>Activities</p> <p>Transport</p> <ol style="list-style-type: none"> 1. How do you expect to get to the beach that day? (Answer: Take the MTR) 2. What do you need to take the MTR? (Answer: A value-added Octopus card)

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Steps	Content
 <p>Step 4: Review and Evaluate</p>	<p>After the trip, parents could review and evaluate it with your children. Take this opportunity to express appreciation to what your children have done well before and during the trip, and understand their feelings and what have been learnt in the process.</p> <p>Parents could use "REP" to review and evaluate with your children through chatting.</p> <p><u>R (Review) Look back at the goals your children have set before</u></p>  <p>The illustration shows a family conversation. A green speech bubble from the parent asks, "Do you remember the itinerary that you have planned?". A blue speech bubble from the child responds, "We planned to swim and play with sand, and then we acted according to the plan that day." A larger green speech bubble from the parent says, "Thank you for planning for the trip for the whole family that day. We had a lot of fun. You did a great job!". In the center, there are two cartoon heads: a man with a beard and a child, both smiling.</p>

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E(Evaluate) Review factors contributing to the success/failure of the plan, the difficulties encountered and what they have learnt

How do you think about your own performance?

I appreciate that you tried your best to follow the schedule. But when we have outings, there is a real chance that there will be delay in the traffic leading to delays in the subsequent activities. When you plan your trip next time, is there anything that can help?

I tried to follow the schedule, yet the time spent on transport was outside my expectation. Therefore, we could not follow the time as we scheduled and went home late. We missed the TV program.

I will build in extra time as buffer for possible accidents, set off or leave earlier. Also I will choose transportation with a lower chance of delay.



P(Planning) Parents could guide their children to set clear goals and make specific plans to achieve them

If you were asked to plan for a trip again, what would you pay attention to?

What a great idea! I appreciate that you can make good plans.

I will pay attention to time management and reserve an extra 10 minutes for buffer between activities for possible accidents.

