



The Church of United Brethren in Christ Social Service Division

# “Fun At Home with Emotion Buddies” Booklet



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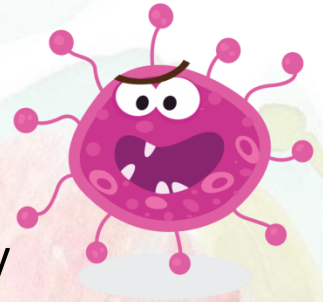
Sponsorship Fund : The Keswick Foundation



# Introduction

The novel coronavirus (COVID-19) has disrupted the normal daily living of Hong Kong people. We are busy in purchasing sanitizers and surgical masks, maintaining hygiene and cleanness of our home, and rearranging daily routine for our kids etc., which could be very stressful and challenging.

Our team has designed a series of fun activities for parents and children to play at home during school suspension. We wish you all to enjoy the bits and pieces of precious parent-child interactions.



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- **Plan the Schedule With Your Child**
- **Fun with "Emotion Buddies"**
- **Storytelling**
- **Cooking Fun**
- **Home Workout**
- **Hug the Nature**
- **Parent-child Activities**
- **Photo Hunt Worksheets**

## Tips:

- Read this booklet with your child
- Observe and Encourage your child to express his/her feelings, which is the first step to learn emotion control



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A regular routine can help stabilize emotions and create a sense of purpose which benefit child's development.

# Schedule Planner

Plan the activities that fit your child's needs, interest, and age.  
Discuss and plan with your child.  
Enrich the activities by adding interactive elements.

Plan the Schedule with Your Child

Let's plan the schedule with your child now!

	DAY.1	DAY.2	DAY.3	DAY.4	DAY.5	
	DAY.6	DAY.7	DAY.8	DAY.9	DAY.10	Reward 
	DAY.11	DAY.12	DAY.13	DAY.14	DAY.15	
	DAY.16	DAY.17	DAY.18	DAY.19	DAY.20	Reward 
	DAY.21	DAY.22	DAY.23	DAY.24	DAY.25	
	DAY.26	DAY.27	DAY.28	DAY.29	DAY.30	Reward 





















Praise and reward your child for completing daily tasks.



# Suggested Schedule



## Plan the Schedule with Your Child

		DAY.1	DAY.2	DAY.3	DAY.4	DAY.5	
		 Home Workout	Parent-child Activities	 Cooking Fun	Parent-child Activities	Storytelling 	
		DAY.6	DAY.7	DAY.8	DAY.9	DAY.10	Reward
		Fun with "Emotion Buddies"	 Parent-child Activities	Cooking Fun	 Parent-child Activities	Storytelling	Hug the Nature 
		DAY.11	DAY.12	DAY.13	DAY.14	DAY.15	
		 Home Workout	Photo Hunt Worksheets	 Cooking Fun	Parent-child Activities	Storytelling 	
		DAY.16	DAY.17	DAY.18	DAY.19	DAY.20	Reward
		Fun with "Emotion Buddies"	 Photo Hunt Worksheets	Cooking Fun	 Parent-child Activities	Storytelling	Hug the Nature 
		DAY.21	DAY.22	DAY.23	DAY.24	DAY.25	
		 Home Workout	Parent-child Activities	 Cooking Fun	Parent-child Activities	Storytelling 	
		DAY.26	DAY.27	DAY.28	DAY.29	DAY.30	Reward
		Fun with "Emotion Buddies"	 Parent-child Activities	Cooking Fun	 Parent-child Activities	Storytelling	Hug the Nature 

# Fun with “Emotion Buddies”



「**Emotion**」 is abstract for 2 to 6-year-old children to understand. However, learning about emotion control is crucial at this stage. Therefore, we have designed 4 “Emotion Buddies” to visualize and elaborate the concept of emotion. They are “Happy Bunny” (**Happiness**), “Upset Pony” (**Sadness**), “Angry Piggy” (**Anger**), and “Panic Lamby” (**Fear**) .

With the help of these buddies, children can observe and identify their own emotions, and express their feelings in correct way.

# Fun with "Emotion Buddies"

## Mini Game(1)

Have a Guess :



**Step1:** Print and cut out the “Emotion Buddies”

**Step2:** Introduce the “Emotion Buddies” to children

**Step3:** Shuffle all buddies and pick one randomly (Not showing to children)

**Step4:** Parent uses facial expressions and body language(non-verbally) to reveal the “Emotion Buddies” that picked for the children to guess.

(For younger children, parents can show all the buddies as a hint. )

**Step5:** Praise the children of their sensible guesses.

# Fun with "Emotion Buddies"

## Mini Game(2)

### Matching Fun :

**Step1:** Take some photos of parents or children (or existing photos) showing emotions of happy, angry, upset and panic.

**Step2:** Blindly shuffle all the photos and "Emotion Buddies" cards

**Step 3:** Flip over the cards and match them with the same emotions.





# Fun with "Emotion Buddies"

## Mini Game(3)

### Naming the Emotion :

**Step1:** Print out and stick the emotion buddies at different corners

**Step2:** Speak out emotions like happy, afraid, sad, angry etc., and invite children to find the corresponding buddies.

**Advance level :** Describe some scenarios (such as thunderstorm, sibling conflict, lost of toys, praise from parents/teachers, etc. ) and invite your children to search what emotion buddies should be .

#### Emotion Wordings



Happy 、 Joy 、 Surprised 、  
Excited



Sad 、 Unhappy



Scared 、 Afraid 、 Worry



Angry 、 Mad 、 Furious

# Storytelling Time



**Hello everybody ! We are emotion buddies !**

**I want to share some stories with you and invite you to play the interesting games after reading the books.**

**Please follow our Facebook and read more stories!**



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# Picture Book(1)



## What is picture book ?

- Picture book consists of beautiful illustrations and simple words / sentences

## Benefits of picture book

- Building Language Skills
- Stimulate imagination
- Boost positive thinking and reflection

# Picture Book(2)

Age Stage	Tips for choosing picture books	Suggested Picture book
Aged 2 - 3	<p><b><u>Picture book with a storyline</u></b></p> <ul style="list-style-type: none"><li>• Show the pictures and read the simple sentences</li><li>• Ask simple questions</li><li>• Learn empathy by exploring the basic emotions</li></ul>	No David
Aged 4 - 6	<p><b><u>Picture book with more vocabulary words</u></b></p> <ul style="list-style-type: none"><li>• Structured stories</li><li>• Share more feelings/ ideas on different topics</li><li>• Encourage more conversations between you and your child</li><li>• Learn more words from the story</li></ul>	When Sophie gets angry Guess how much I love you



# Tips on Story Telling



## Select a suitable environment and time

- Good mental state and a comfortable environment can enhance the reading atmosphere

## Preread the story book

- Apart from the story content, it is better to understand the key message of the story first, then you can tell the story fluently

## Enrich the story

- Vision stimulation :Facial expressions, use of puppets
- Auditory stimulation: tone and rhythm
- Tactile stimulation: body movement and body touch

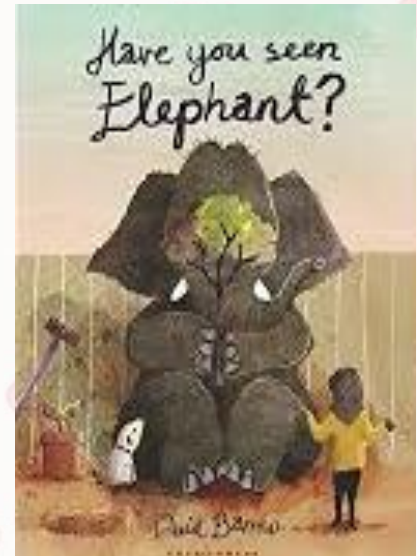
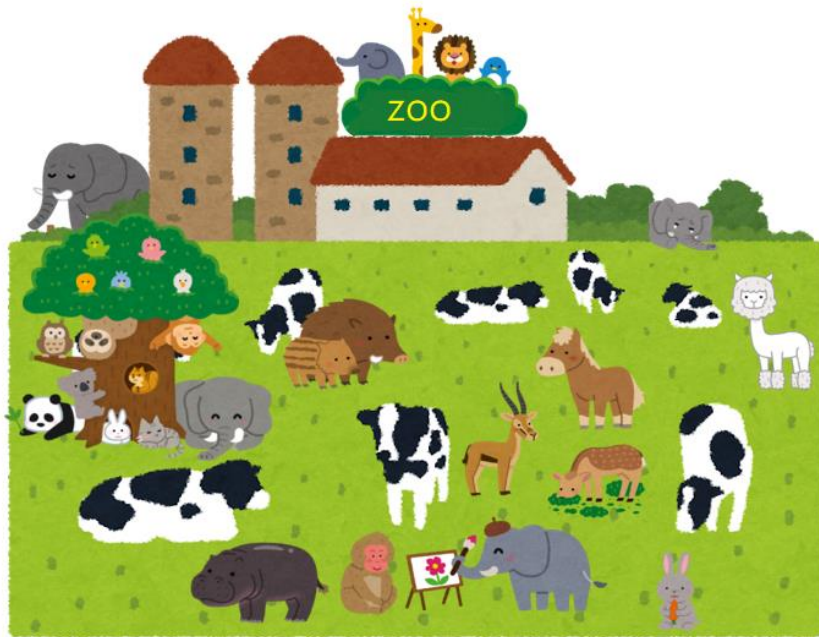


## Enjoy the precious moment

- Enjoy the reading time is more important than the skills

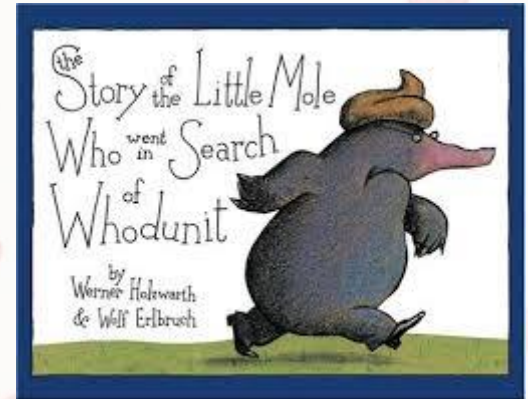
# Storytelling(1) : Have you seen Elephant?

Hello, I am an elephant. I want to play hide and seek with you, can you find me?  
(Please circle all the elephants below)



# Storytelling(2) : The Story of the Little Mole Who Went in Search of Whodunit

1. Hello, have you poo today ? Can you draw your poo poo below ?

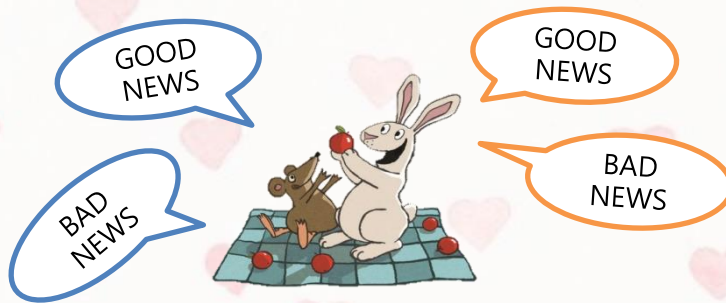


2. According to the shape of your poo poo, what can you eat or drink to make you healthier? ( Please circle it )



# Storytelling (3) : Good News, Bad News

1. What do the rabbit and mouse always say ?  
(Please colour what you select)



2. When you get some bad news or sad news, what will you do ?  
(Please circle your options)



Flowing tantrums



Share with your family



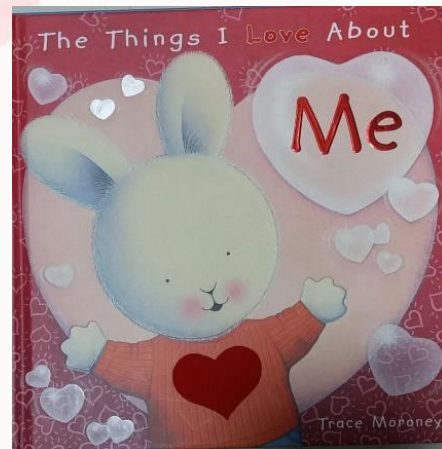
Take a deep breath



# Storytelling (4) : The Things I Love About Me

A positive attitude is simply the inclination to generally be in an optimistic, hopeful state of mind.

Which elements you love yourself most?  
Please colour the heart:



Smile

Face

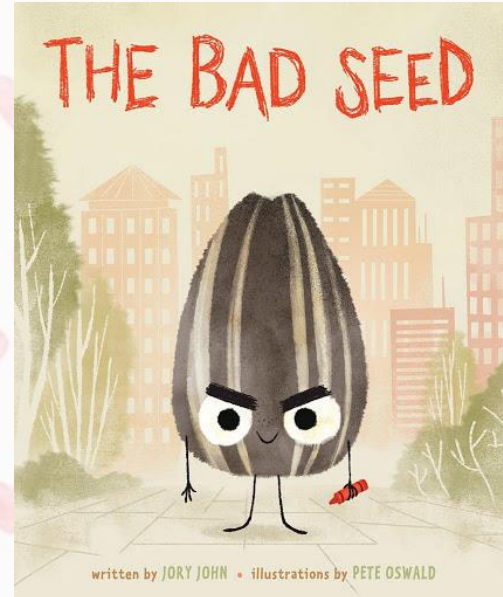
Character

mind

# Storytelling (5) : The Bad Seed

Opps!! There is something wrong in the party.

Please circle the good behaviors and cross out the bad behaviors

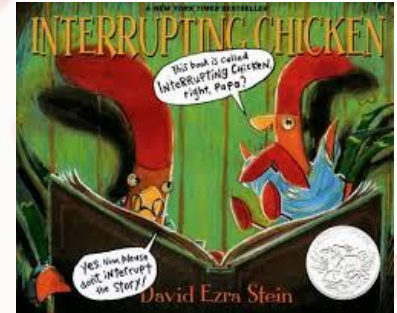


# Storytelling (6) : Interrupting Chicken

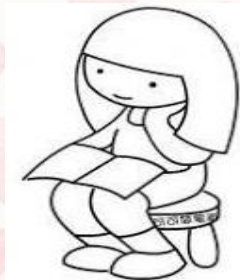
## 1. Do you have a storytelling time before sleep?

☐ Yes, the book title is \_\_\_\_\_.

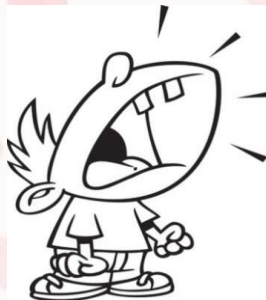
☐ No, but I will invite my parents to read a story with me.



## 2. When your mother is chatting with others, but you want to tell her something, what will you do ? (Please colour your option.)



Just wait,  
remember  
what you  
want to say  
and tell your  
mother later



Just  
interrupt  
your mother

# Cooking Fun



Happiness comes from cooking. Cooking with children is a great way to teach life skills, to empower the child and to spend valuable time together.



# The Tips for enjoying cooking with kids



The aims of cooking with kids is **to educate** and to **build characters**

## To Educate:

- Learn the **source and nutrition** of food and **to treasure** the food we have
- Promote **cognitive development** such as to organize the work step-by-step and develop their **fine motor skills**.

## To Build Characters:

- Find out their positive characters and strengths, then **appreciate** their effort and **praise** them. This can build up their **confidence** and **independence**.

## Friendly reminder:

- Before we start cooking, parents can **set the rules** and clarify the expectations. They may **bear the consequences** if they break the rules.

# Cooking Fun(1)

## Yummy Pizza Toast



Scan the code and  
watch the video

Ingredients : Bread 3 slices      Sausage 1 pieces      Pineapple 2 slices  
Tomato sauce, Mushrooms, corns and chopped cheese

Directions :

1. Preheat the oven to 150°C.
2. Cut and divide the bread into 4 pieces.
3. Cut the sausage and pineapple into dice.
4. Spread the tomato sauce over each slice of bread and add toppings like corn and cheese.
5. Bake at 150°C for 8-10 minutes .



# Cooking Fun(2)

## Rainbow Jelly

Ingredients : Jelly powder (different flavors)  
Gelatin powder  
Hot water  
Condensed milk

Directions :

1. Melt 4 flavors of jelly powder with 250ml boiling water respectively, stir until dissolved. Cool down and refrigerate.
2. Cut the jelly into small pieces and pour into a big container.
3. Mix 1 teaspoon of gelatin powder(about 15g) with warm water (about 100ml) until dissolved. Add hot water(450ml) and condensed milk(250ml).
4. Mix the milk mixture(Step 3)over the jelly and refrigerate until firm. Then cut it into small dices.



Scan the code and  
watch the video

4 boxes  
1 teaspoon  
around 1500 ml  
250ml



# Cooking Fun(3)

## Crispy Palmier



Scan the code and  
watch the video

Ingredients : Frozen puff pastry (24cmX24cm) 1 sheet  
White sugar 1/4 cup  
Cocoa powder , Unsalted butter little

Directions :

1. Thaw the puff pastry, if frozen.
2. Preheat the oven to 180 °C
3. Sprinkle a flat work surface with sugar, unfold the puff pastry over sugar and/or cocoa powder .
4. Sprinkle sugar evenly over pastry.
5. Start with a long edge of the pastry, roll it tightly to the middle. Repeat with the opposite edge. Press gently so the two rolled edges stay together.
6. Cut the pastry into ½ inch slices. Brush them with melted butter.
7. Bake in preheated oven for 15 minutes, until it turns golden and crisp.



# Cooking Fun(4)

## Serradura Pudding



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watch the video

Ingredients : Maria /Oreo cookies 70 g      Whipping cream 200 ml  
Vanilla extract 1/2 teaspoon      Condensed milk 35 g

Directions :

1. Grind the Maria/Oreo cookies into a fine crumble.
2. Beat the whipping cream until it forms stiff peak, add in condensed milk and vanilla extract. Then, continue stirring until the mixture reaches a smooth and even consistency.
3. Add a layer of crumble biscuit into a serving glass and add in layer of whipped cream, repeat a few layers.
4. Refrigerate for a few hours to chill and its ready to serve.





# Cooking Fun(5)

## Cheese Mochi Balls



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watch the video

Ingredients :	Egg	1	Milk	70g
	Glutinous rice flour	110g	Tapioca flour	30g
	Cheese powder	30g	Grated Cheese	50g
	Unsalted butter	40g	Salt	little

### Directions :

1. Preheat the oven to 180°C
2. Mix glutinous rice flour, tapioca flour and grated cheese together. Add in melted butter, egg and milk, mix well to form a dough. (If the dough is too wet, add some more glutinous rice flour; if too dry, add some more milk)
3. Divide the dough into 24 small pieces, roll into balls and place on a baking sheet.
4. Bake in a preheated 180°C oven for 18-20 minutes.



# Cooking Fun(6)

## Beancurd Pudding



Scan the code and  
watch the video


Ingredients : Soy milk 500ml Water 1 tablespoon  
Gypsum powder (edible) 1/2 teaspoon  
Cornstarch 1/2 teaspoon

Directions :


1. Stir and melt gypsum powder and cornstarch with water.
2. Boil the soy milk with medium heat.
3. Pour the boiled soy milk from about a foot height into the mixture in Step 1.  
(Stir the mixture in Step 1 before pouring)
4. Cover the mixture in Step 3 with a clean paper towel and a lid for 30 minutes.
5. Add 2 to 3 tablespoons syrup and serve.



# Exercise at Home



Oh...I have stayed at home for a long period of time. I want to do some exercises such as playing football and basketball etc.



You may do exercise at home. Let' s invite you and your family to do exercise together. Please follow me !

## Some tips for doing exercise at home :

1. Clear up the surroundings and place a mat to ensure safety.
2. Warm up before doing exercise and cool down afterwards to protect yourself from injuries.
3. Exercise within your limit, please stop if you feel unwell.
4. If there is dizziness, shortness of breath, chest pain, nausea or vomiting, or muscle and joint pain during exercise, stop the activity and seek medical advice as soon as possible.

# Exercise at Home (1)

## Parent-child Aerobics



Small feet step on big feet  
Dance together



Crawl and  
pass through



Push towards

Please follow our facebook,  
more Parent-child aerobics can be found !

# Exercise at Home(2)

## Challenge of Balancing

1<sup>st</sup>  
Round



2<sup>nd</sup>  
Round



3<sup>rd</sup>  
Round



- 1) Stand on one leg for 5-10 seconds
- \*Repeat the exercise for the other leg

- 1) Stand on one leg, and
  - 2) keep your hands open for 5-10 seconds
- \*Repeat the exercise for the other leg

- 1) Stand on one leg, and
  - 2) keep your hands open, and
  - 3) put a soft toy top of your head and walk forward
- \*Repeat the exercise for the other leg

Please follow our facebook,  
more challenges can be found !



# Exercise at Home(3)

## Challenge of Muscles and Strength

1<sup>st</sup>  
Round



**Jenga:** three-point- support with a hand and knees, use the free hand to build Jenga

2<sup>nd</sup>  
Round



**Weightlifting:** hold a bottle of water in each hand, lift it up and down slowly

3<sup>rd</sup>  
Round



**Walking animals:** act as different animals hop forward and backward

Please follow our facebook,  
more challenges can be found !

# Hug the nature



I have finished all  
my homework,  
what can I do ?

There are lots of beautiful trails  
in Hong Kong. Let me show you  
some ideas, so that you embrace  
the nature with your family  
members !



## **Friendly reminders while hiking :**

1. Keep personal hygiene i.e. wear face mask and wash hands
2. Keep social distancing
3. Keep the environment clean. No littering!

# Hug the nature

## New Territories - Ho Pui Reservoir



Route of hiking : Ho Pui Tsuen > Ho Pui Campsite > HKFYG Organic Farm>

Ho Pui Reservoir > Ho Pui Reservoir Family Walk (backtracking)

Total length : around 5km

Time required : around 2 hour ( excluded photo taking )

Difficulty : ★☆☆☆☆

Transport : take the MTR to Kam Sheung Road,

then take the minibus 71 to Ho Pui Tsuen (Terminal)





# Hug the nature

## Kowloon- Little Hawaii Falls



Route of hiking : Wilson Trail Section No3 > Little Hawaii Trail >

Tseung Kwan O Villange > Metro City Plaza II

Total length : around 2.8km

Time required : around 1.5hour ( included photo taking )

Difficulty : ★☆☆☆

Transport : take the MTR to Diamond Hill Station , then take  
the bus 91,92,91M,91P,96R to to Tseng Lan Shue Station

# Hug the nature

## Hong Kong Island- Lung Fu Shan



Route of hiking : Victoria Peak> Lugard Road > Hatton Road > Lung Fu Shan

Country Park> Pinewood Battery> Hong Kong University

Total length : around 4.5 km

Time required : around 2.5 hour (included photo taking)

Difficulty : ★☆☆☆☆

Transport : take the MTR to Admiralty Station, then take  
the bus 15or X15 to the Peak





# Parent-child Activities

Coronavirus looks terrible. I am afraid of being infected. I better stay at home !



Yes, I share the same feeling with you. However, we can protect ourselves by washing hands, wearing mask, and avoiding from crowds etc. Besides, we can DIY toys and play games with Mum and Dad at home as well. Let's have fun!

# Tips for Parent-child Activities

Please be reminded that having FUN is the utmost concern of playing games. Though we can learn to follow rules, take turns, teamwork, facing win or lose etc. In games, playing happily together is the precondition.

## Learn to be more patience

Children are often impatience. The best way to practice patience is to make your children learn to wait. Psychologists show that waiting for things actually makes us happier in the long run and helps us to develop the ability to delay gratification.

When your child requests an immediate response, you can suggest to do counting, starting from 1-5:

Parent: "You can have it, but please wait for 5 seconds, let's count together(count with fingers)."

Compliment your child afterwards: "Thank your for waiting."

Practice makes perfect! Your children will begin to gain more patience as we practice.



1,2,3,4,5,6,  
7,8,9,10.....



# Parent-child Activities (1)

## DIY Toys - Ball Blitz



Scan the code and  
watch the video

**Materials :** Paper/Plastic cup 1      String 1 (about 40cm)  
Aluminum foil 1 piece (about 25cm x25cm)



### Directions :

1. Poke a hole at the bottom of a cup
2. Pass a string through the hole, then tie a knot inside the cup
3. Wrap the string (other side) with a piece of aluminum foil to make a ball

### How to play:

1. Toss the ball into the cup 10 times, the quickest wins
2. Toss the ball into the cup within 30secs as many times as you can,  
whoever toss the most wins



# Parent-child activities (2)

## DIY Toys – Angry volcano

**Materials** : Disposal container (Aluminum foil container/Shoe box )

Baking soda, Vinegar, Clay, Paper cup, Plastic tablecloth

### Direction:

1. Place a plastic tablecloth
2. Use clay to stick the cup at the center of the aluminum foil container
3. Fill the surroundings of the cup with clay to make it looks like a volcano
4. Add some baking soda and some vinegar into the cup. Chemical reaction makes it looks like the lava spurts out from the volcano.





# Parent-child Activities (3)

## DIY Toys – Play in the dark



Scan the code and  
watch the video

**Materials** : Long cylinder(with a clear plastic lid) 1 ~25cm(H)  
Transparency/Clear plastic sealing bag 1 piece  
Wrapping paper, Stickers, Color markers



### Directions :

1. Cut the bottom of the long cylinder, and decorate it with wrapping paper and stickers.
2. Draw some circles(same size as long cylinder) on the transparency, and cut it out.
3. Draw pictures on the circle transparencies(anything you like) with markers
4. Put the circle transparencies on the plastic lid, and fix it onto the long cylinder.
5. Turn off the light, and project the pictures with a flashlight



# Parent-child Activities (4)

## DIY Toys – Spotlight Fun Fun Fun

**Materials :** Clear File Folder(A4)/Clear sealing bag 1 piece  
Black Paper (A4) 1 piece  
White Paper (A4) 1 piece  
Color markers



### Directions :

1. Draw a spotlight on a white paper, then cut it out.
2. Draw on the clear file with colour markers.
3. Put a piece of black paper(A4) inside the folder.
4. Put the paper spotlight inside the folder (on top of the black paper).
5. Search the picture by moving the paper spotlight.



# Parent-child activities (5)

## DIY Toys – Attention: Get Set Go

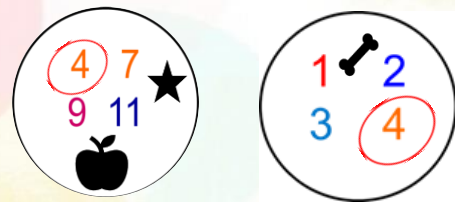


Scan the code and  
watch the **video**

**Materials** : Scissors, White paper, Numbers Foam Stickers,  
Color pens, Pencil

### Directions :

1. Use a pencil to draw 13 circles with a diameter of 12cm
2. Cut all circles out
3. Stick the number foam stickers on the circle, if you do not have number foam stickers, you may use color pens to draw some .
4. The numbers on each card must follow the sequence of picture showing on the right.( It is suggested to have the same color with same numbering)



### How to play :

Place one card in the middle. Each player takes turn to flip one of their cards.

All players race to find the matching number between two cards. The fastest one wins!

It is definitely an attention lifting activity!

# Parent-child activities (6)

## DIY Toys – Whack the Panic Lamby

Materials : Paper box

1 ~30cm(H) x 25cm(W) x 8cm (D)

Paper cup

2

Wooden chopsticks

1 pair

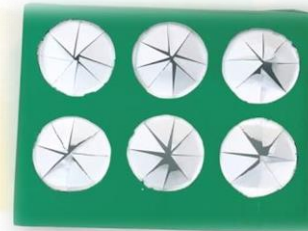
Directions :

1. Cut the bottom and a long side of the paper box.
2. Draw 6 circles on the box and then cut it out.
3. Cover 6 circles with white paper and stick it (on the inner side of the box)
4. Cut 6 circles with a star pattern
5. Poke 2 holes on the opposite sides of each paper cup, pass a chopstick through the 2 holes. One will be a hammer, and the other one will be Panic Lamby(or other cartoons you like)

How to play :

One player holds the hammer and try to whack the Panic Lamby.

Another player plays the Panic Lamby to escape from the hammer.





# Parent-child Activities (7)

## DIY Toys – Tic-Tac-Toe

Materials:	Paper reel	3	Ice cream sticks	5	Color paper	2
	Plastic spoon	1	Rubber band	4		
	Scissors	1	Double-coating tape	1		



### Directions :

1. Cut each paper reel into 3 equal pieces , then make a 3X3 grid
2. Make 5 paper balls from color papers
3. Make a catapult by using rubber band and ice cream sticks

### How to play:

Put a paper ball on the catapult and shoot at the 9 grids.  
Then enjoy the game of tic-tac-toe.





# Parent-child activities (8)

## DIY Toys – Shooting Basketball

<b>Materials</b> : A4 paper box cover/ shoe box	2	Ping Pong	4-5
Color paper, tape, color pen	few	Plastic cup	4-5

### Directions :

1. Draw a basketball hoop on the paper and stick the paper on the box ; or draw directly onto the shoe box
2. Stick 2 box covers or shoe boxes to make a basketball hoop with slight slope
3. Write the marks on different cups

### How to play:

Shoot the ping pong at the goal and let the ping pong drop into different cups, and count the points you get.



# Parent-child activities (9)

## DIY Crafts – Calm down Bottle

**Materials :** Clear glue , Glitter , Water, Clear screwed capped bottle

### **Directions :**

1. Fill the bottle up to 70% full of water
2. Fill the remaining 30% with clear glue
3. Shake it until bubbles coming out
4. Add some glitter gently. Shake it again.

### **How to use :**

When your child feels angry, we can...

- a) State and reflect your child's feelings/emotions
- b) Shake the clam down bottle and watch it together with deep breaths(~2-3mins)
- c) Give a hug when your child calms down
- d) Discuss with your child what had happened that bothering him/her.
- e) Assist your child to name those feelings and brainstorm appropriate ways to manage them when happen again.

For your reference,  
to scan the code and  
watch the  
demonstration

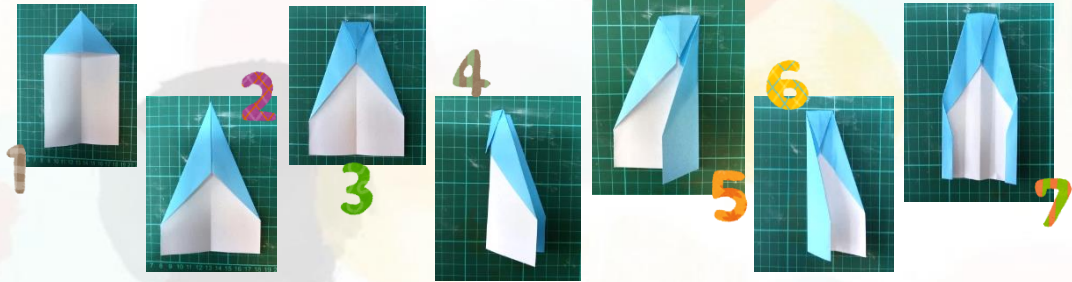


# Parent-child activities (10)

## DIY Crafts – Origami

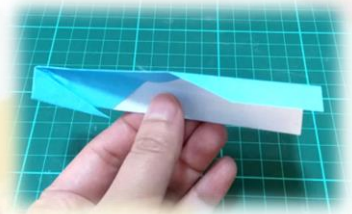
**Materials** : a piece of rectangular paper

**Directions** :



**What can achieve :**

- 1) Enhance your fine motor skills
- 2) Learn the basic mathematical concepts (shapes, symmetry etc.)



**You made it!**

# A Little Detective Game



The Church of United Brethren in Christ Social Service Division  
Joyful Start: Pre-Primary Institutions Social Work Service



3



4



2



2



1



1

## Can you find them all?

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# A Little Detective Game



The Church of United Brethren in Christ Social Service Division  
Joyful Start: Pre-Primary Institutions Social Work Service



2



1



2



2



1



## Can you find them all?

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# A Little Detective Game



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Joyful Start: Pre-Primary Institutions Social Work Service



2



2



1



2



1



1

## Can you find them all?

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# A Little Detective Game



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2



1



6



1



1



2

## Can you find them all?

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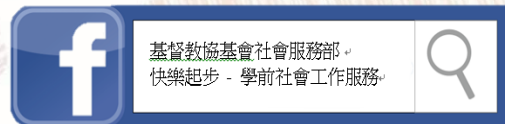


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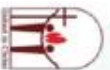
# Please follow our Facebook Page for more games and activities



**Joyful Start**  
**Pre-Primary Institutions Social Work Service**



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# Photo-Hunt Worksheets



Joyful Start

Pre-Primary Institutions Social Work Service





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Find and circle 5 differences between two pictures.



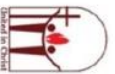




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**Find and circle 5 differences between two pictures.**





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Find and circle 5 differences between two pictures.



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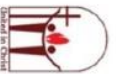
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**Let's count the fishes and write the numbers down below.**



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**Let's count the things and write the numbers down below.**



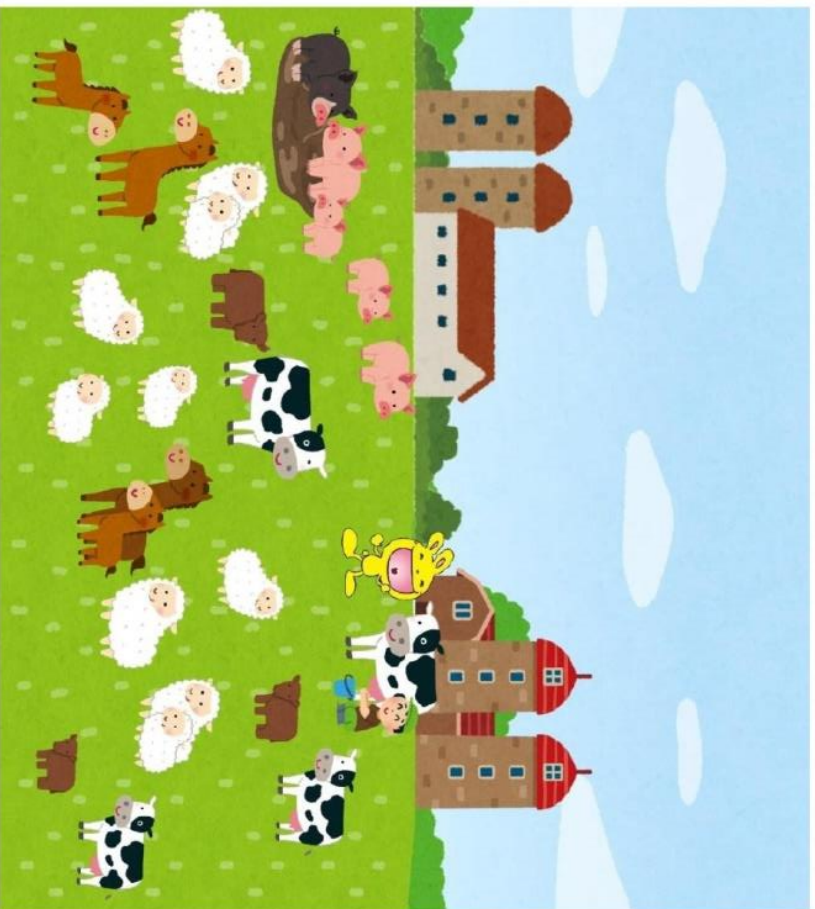
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**Let's count the animals and write the numbers down below.**



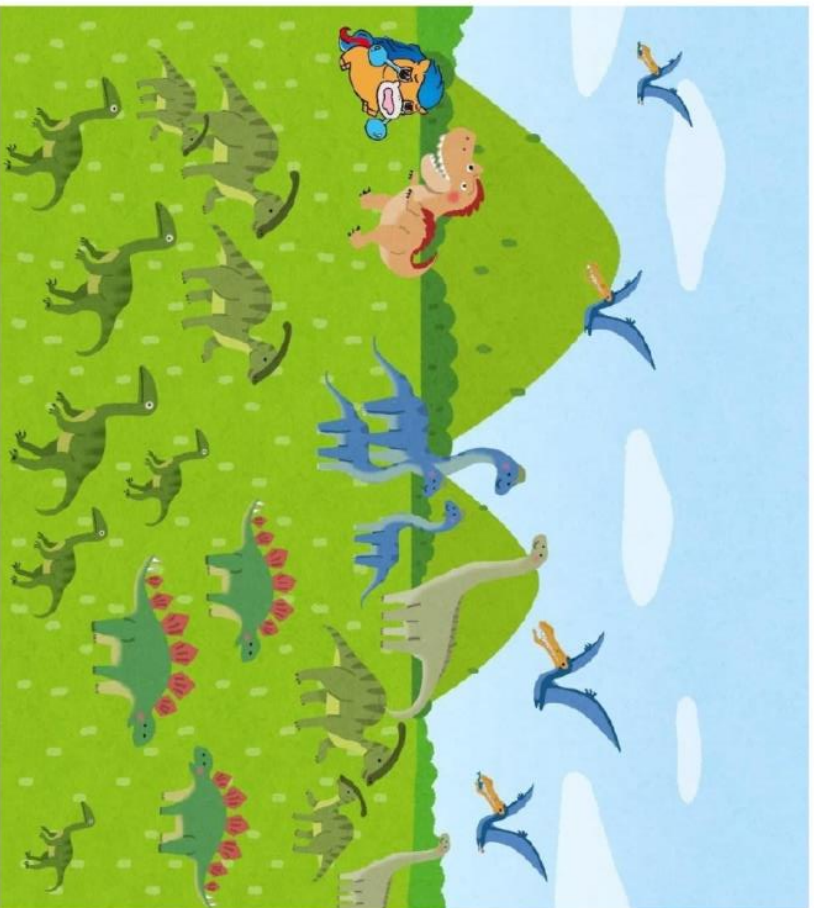
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**Let's count the dinosaurs and write the numbers down below.**



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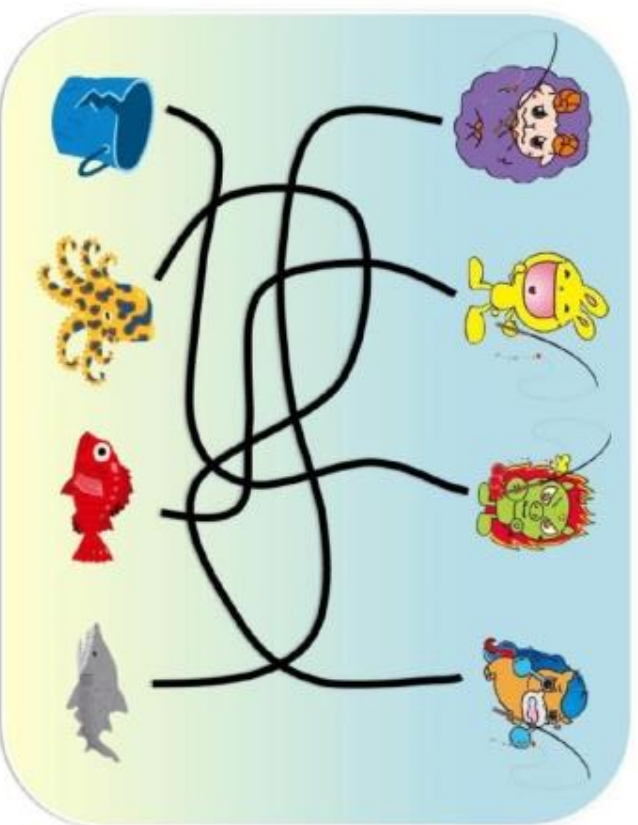


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The emotion buddies went fishing.

Let's see what they got!

Please follow the lines and find out what they got.



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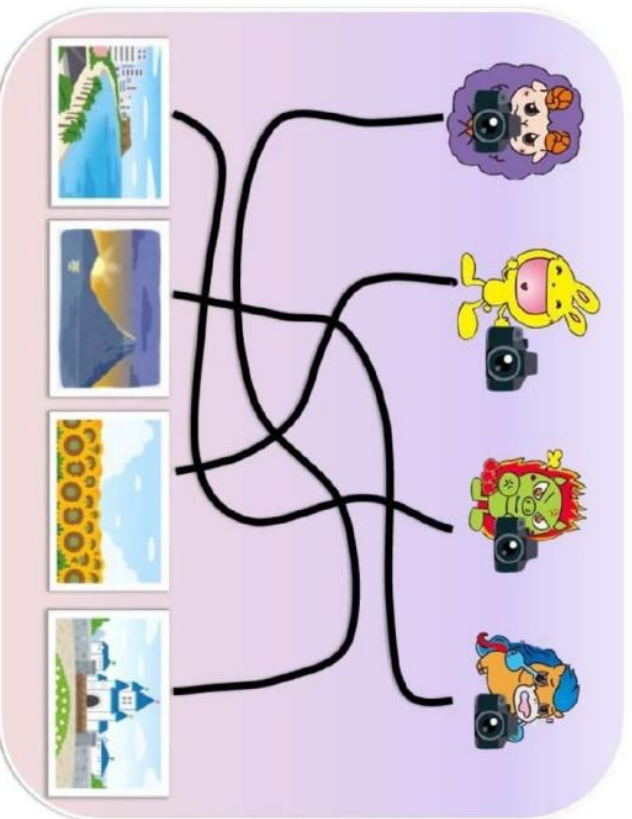


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The emotion buddies visited a lot of places.

Let's see where they went!

Please follow the lines and find out where they went.



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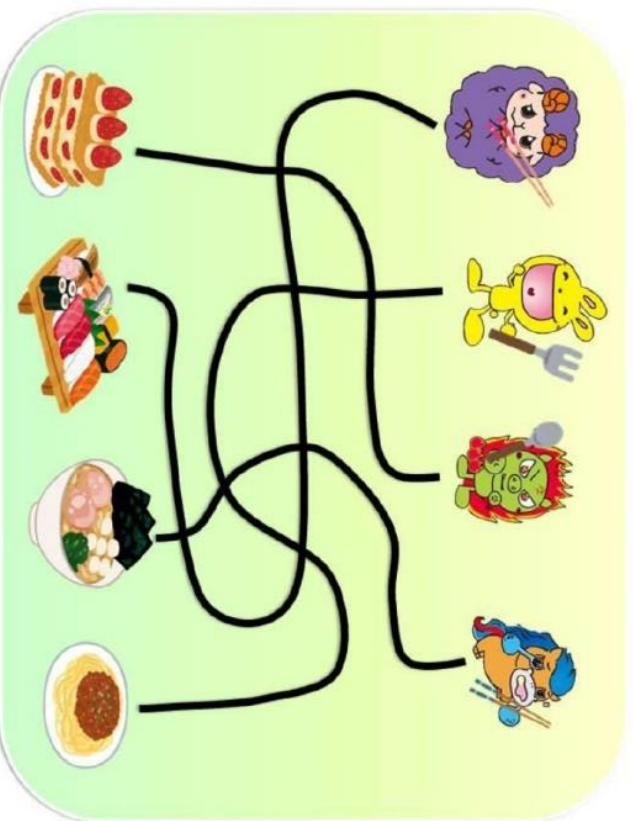


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The emotion buddies are so hungry.

Let's see what are their favourite food!

Please follow the lines and find out their favourite food.

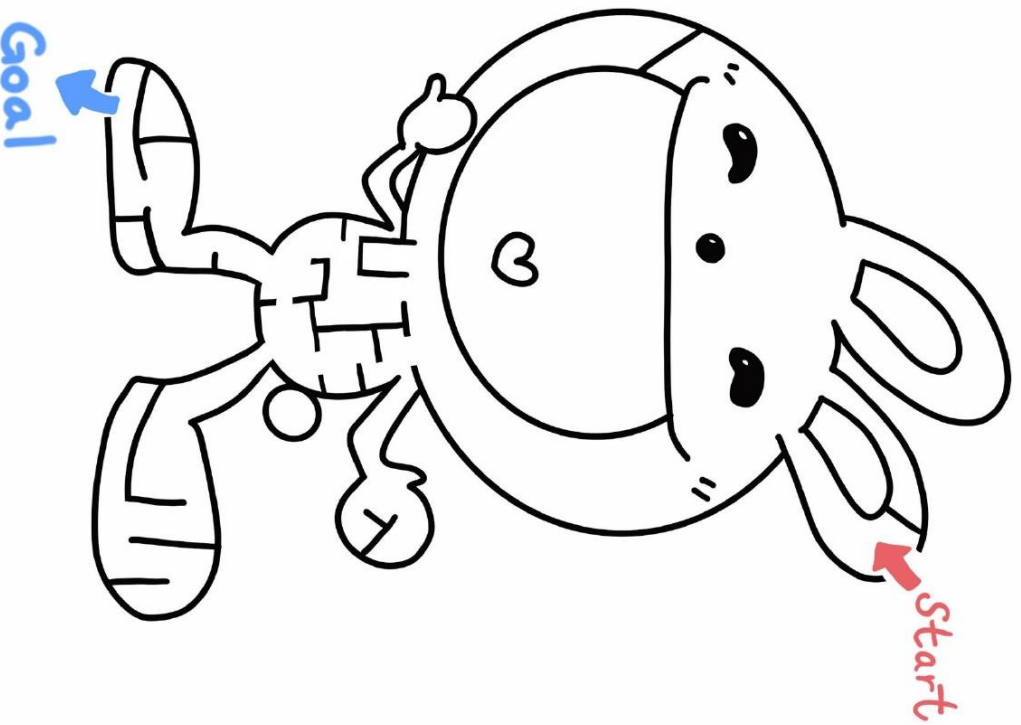


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Please help Happy Bunny to help its friends.

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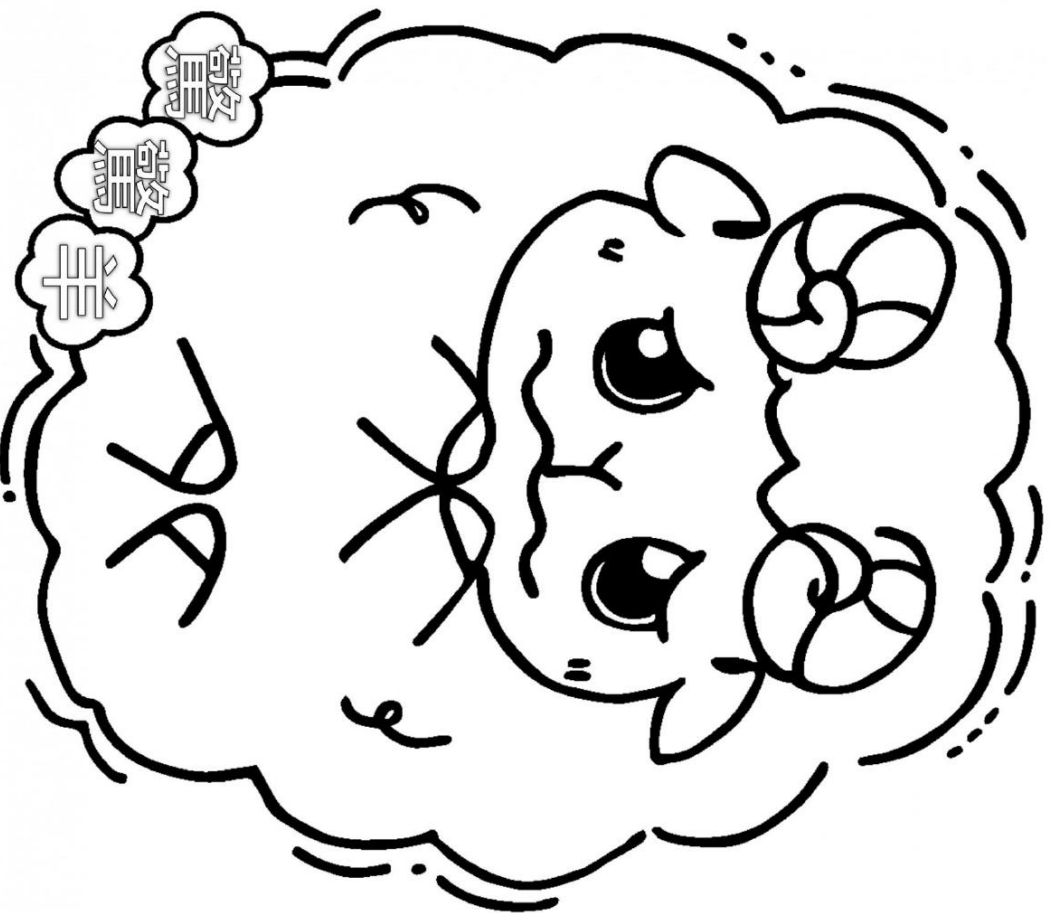
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Please colour Panic Lamby.



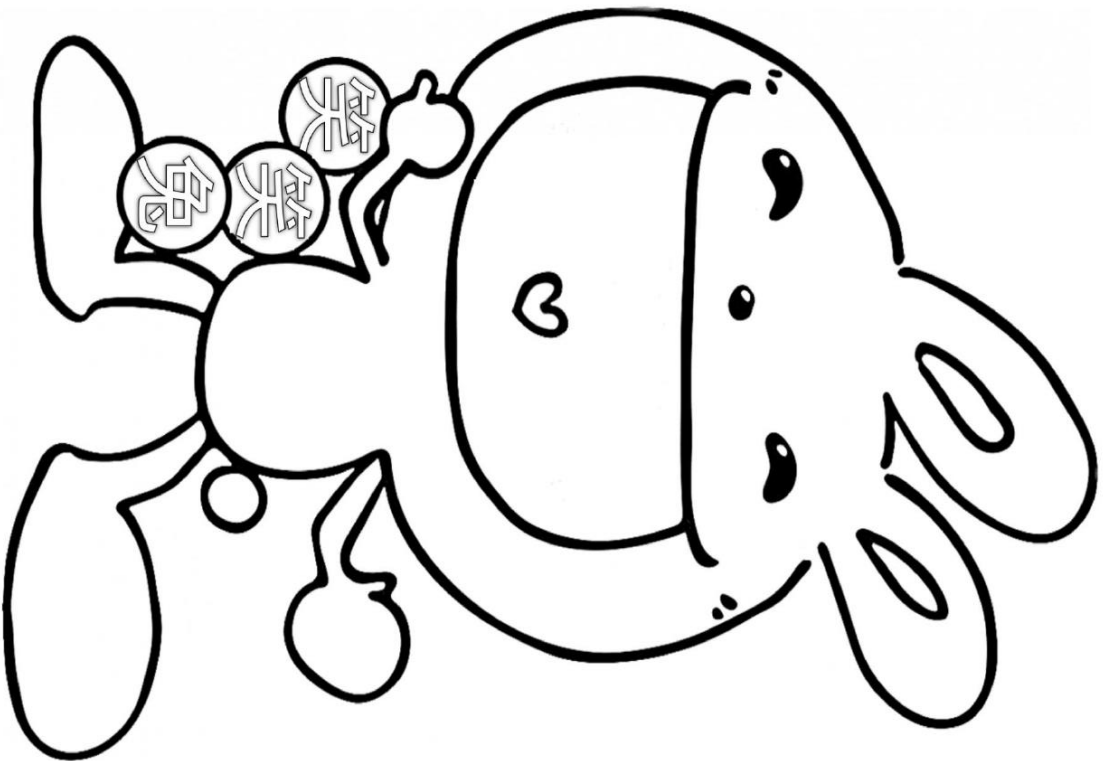
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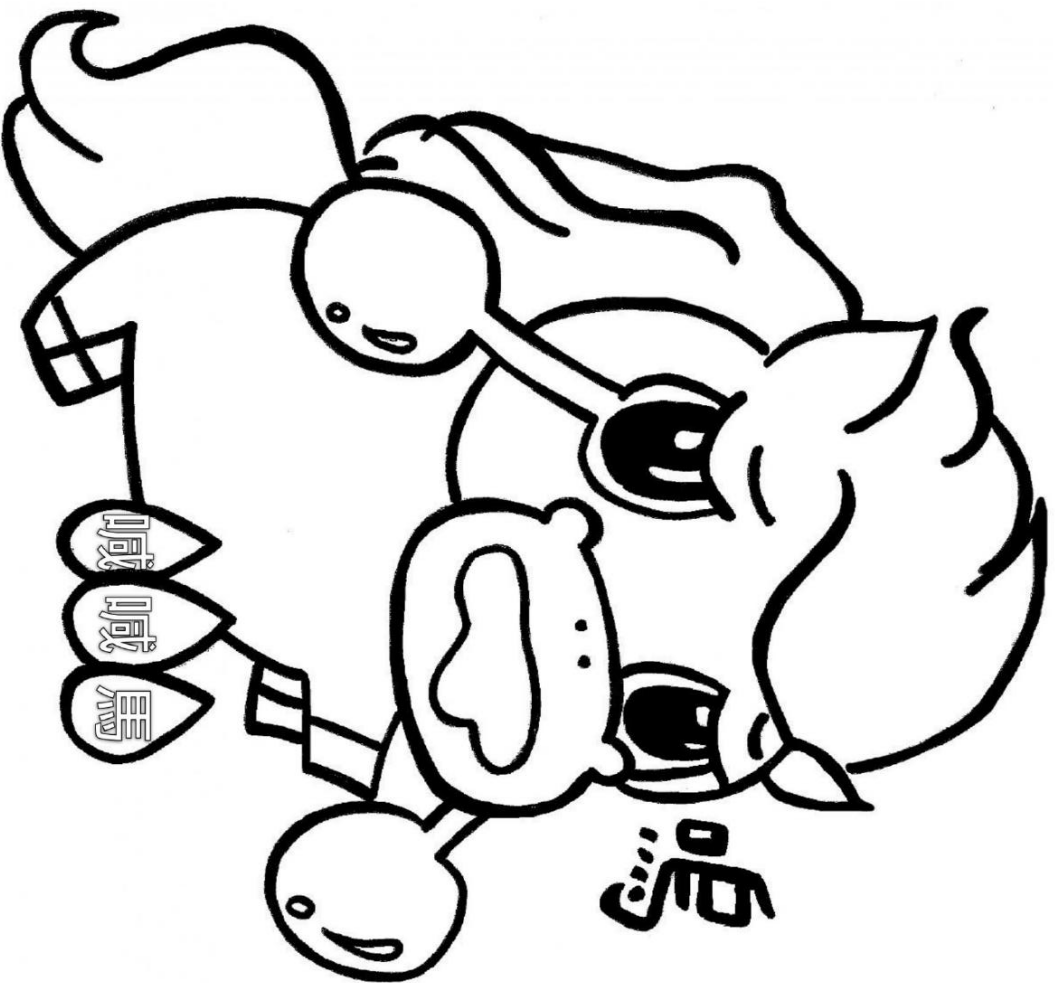
**Please colour Happy Bunny.**





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Please colour Upset Pony.



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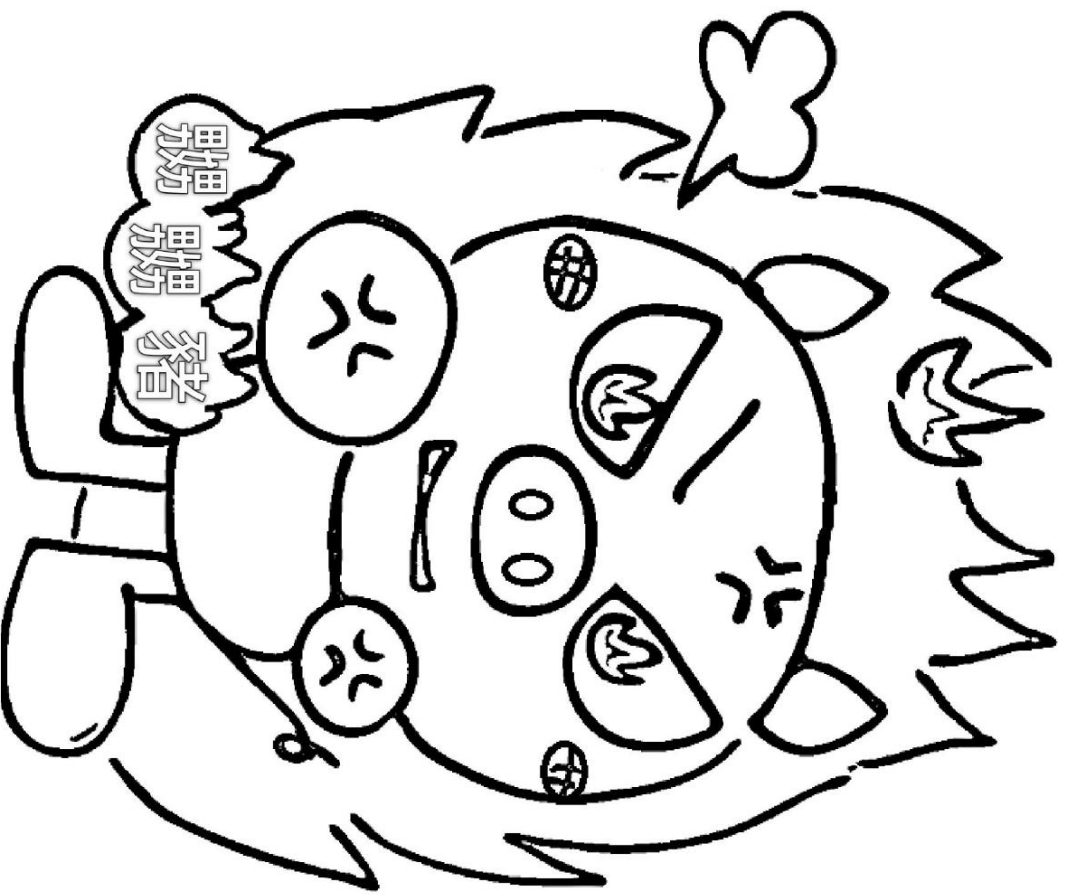
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The Church of United Brethren in Christ Social Service Division  
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Please colour Angry Piggy.



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## Introduction

The Church of United Brethren in Christ (CUBC) is devoting resources in the development of children and youth. With a wide range of services, CUBC serves the community with the aim to facilitate whole person development of children, youth and parents. We help service clients by means of individual counselling, groups and activities. Here we briefly list out the recent projects we have been working.



### Positive Emotion Enrichment Scheme for Early Childhood (2016-18)

1. Our research figures show that 20.8% of 1317 K2 to K3 children experiencing emotional problems.
2. Through early intervention approach, to promote children emotional education.
3. To provide professional support for the children with anxiety and their families.
4. To equip teachers with the knowledge and skills in handling children with anxiety.
5. To equip parents with the knowledge of children with anxiety, and enhance the protective factors in the family.



### Hands-in-Hands Supporting the Caregivers on Handling SEN Children (2018-2020)

1. Providing professional rehabilitation services to school and household guidance to family, fostering children development and integrating into school and community.
2. Strengthening the positive attitude of caregivers and their recognition of children's growth and special education needs, enhancing the parenting skills of parents and grandparents.
3. Enhancing the caregiver's stress management skills and strengthening their personal competence.
4. Fostering the connection of three-generation and enhancing effective communication in family.
5. Advocate the attention on grandparenting and building up family assets and values.



### Parent Child Positive Emotion Enrichment Scheme (2018-2020)

1. Through multi intervention approach and empirical practice, to equip children to understand anxiety and related coping skills.
2. To equip parents to identify children's anxiety and guide children to handle emotion.
3. To strengthen the intimate relationship between children and their parents, and enhance the protective factors in the family.
4. To equip parents to understand the impact of their own anxiety on children and learn skills of relieving personal stress and anxiety.
5. To promote public and schools' concern on children's anxiety and their positive emotion development.



### Pilot Scheme on Social Work Service for Pre-primary Institutions (2019-2022)

1. Providing case counselling and professional consultation services to children and parents.
2. Providing developmental groups to children.
3. Providing parenting skills training services to parents.
4. Providing supportive services to school, including consultation services and crisis intervention.
5. Coordinating and organizing community resources, strengthening the community connection with schools and families, in order to facilitate children's growth and development.



The Church of United Brethren in Christ Social Service Division

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