

A01 《親子關係由每日五分鐘開始》

開學一個多月了，你的感覺如何？有機會聆聽子女的分享嗎？

在匆忙的生活中，我們容易忽略彼此的感受。

邀請大家從今天開始，每天花五分鐘問一問自己和子女：「你今日嘅心情如何？經歷咗咩事？」

如果你願意，也可以了解感受背後的原因，增進我們對彼此的了解！

讓我們由每日五分鐘開始，嘗試了解你身邊的人，建立真誠的交流。



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5-Minute Magic: Strengthening Parent-Child Connection!

How has your first month of school been? Have you had any chance to catch up with your kids and listen to their stories?

Amidst our busy lives, we often overlook each other's feelings.

JUST FEEL invites you to dedicate just 5 minutes every day, starting today, to ask ourselves and our little ones, "How do you feel today? What have you been through?"

And if you are willing, delve deeper into what is behind our feelings, fostering a greater understanding for one another!

So, let's kick off this daily five-minute ritual, diving into the lives of those around us, and building genuine connections.



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