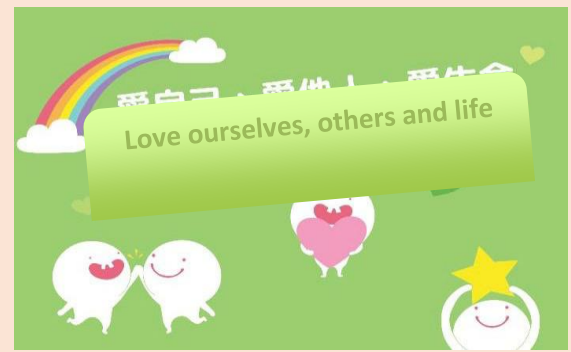


# Islamic Primary School

<Love> sharing and resources (P.1-6)

## 抗逆=抗「疫」


6/4/2020



With the development of the Coronavirus disease (COVID-19) 2019 we are unavoidably worried and stressed in the face of anxiety and uncertainty. To maintain our physical and mental health, we must first strengthen our resilience!

就目前的疫情發展，我們面對不安和未知，難免感到擔憂和壓力，要在逆境中保持身心健康，先要增強自身的抗逆力!

<p><b>A. Let's watch the video!</b> The Student Health Services of the Department of Health has produced a video to teach us how to train our “elasticity” with English and Chinese subtitles.</p>	<p>Chinese subtitle version: <a href="https://www.youtube.com/watch?v=KB4BL55KQ2k&amp;feature=youtu.be">https://www.youtube.com/watch?v=KB4BL55KQ2k&amp;feature=youtu.be</a></p> <p>English subtitle version: <a href="https://www.youtube.com/watch?v=-Cs8s3asNQg&amp;feature=youtu.be">https://www.youtube.com/watch?v=-Cs8s3asNQg&amp;feature=youtu.be</a></p> <p>More information about “resilience” (Resilience: Increase Your Inner Strength) <a href="https://www.youtube.com/watch?v=AUUDIbyfAZw">https://www.youtube.com/watch?v=AUUDIbyfAZw</a></p>
<p><b>B. Resilience is not something we were born with. It can be learned through:</b></p> <ol style="list-style-type: none"><li>1. Positive Thinking</li><li>2. Problem-solving Skills</li><li>3. Positive Emotions</li><li>4. <b>*Support Network Development</b></li></ol> <p>Let's <b>Support Network Development</b>. How are your family relationships? We're all staying home during the Coronavirus outbreak. Have you developed good relationships with family and friends?</p>	<p>Here are some suggestions for developing good relationships with family members:</p> <ol style="list-style-type: none"><li>1. Exercise together with your parents or siblings. <a href="https://www.youtube.com/watch?v=3_oIssULEk0">https://www.youtube.com/watch?v=3_oIssULEk0</a></li><li>2. Sing songs together. &lt;We are a family&gt; <a href="https://www.youtube.com/watch?v=foptl0BeXnY">https://www.youtube.com/watch?v=foptl0BeXnY</a></li><li>3. What do you do when staying at home? <a href="https://www.youtube.com/watch?v=a5qhtYR5uJk">https://www.youtube.com/watch?v=a5qhtYR5uJk</a></li><li>4. Please <b>send us a photo or a video</b> about the activities that you have done with your family members <b>by email: <a href="mailto:lawy@islamps.edu.hk">lawy@islamps.edu.hk</a> or WhatsApp at 9684 8537. <u>We will use the photo and video to make a movie for Love Family Sharing.</u></b></li></ol>

<p>C. Play the "Kahoot! Game" using information obtained from the video. Enter your class, class number and name when playing the game. (6/4/2020-19/4/2020) e.g. 1A01 Happy.</p>	<p><a href="https://kahoot.it/challenge/0357027?challenge-id=20ea5ccb-8925-4eba-8169-e43ff66a9c0f_1585729944187">https://kahoot.it/challenge/0357027?challenge-id=20ea5ccb-8925-4eba-8169-e43ff66a9c0f_1585729944187</a> (Challenge Pin: 0357027 )</p> <p><b>The top 10 students can get 10 Smart Chops</b> from Miss Lam (School Social Worker). She will record the results and give you the Smart Chops after class resumption.</p>
<p><b>D. Tips for Parents</b></p> <p>If you have any enquiries on parenting or are in need of resources, feel free to contact our School Social Worker at 2450 2270.</p> 	<p>1. 湊細路都有方程式? (POPA Channel) <a href="https://www.youtube.com/watch?v=BqwfC9BpOqQ">https://www.youtube.com/watch?v=BqwfC9BpOqQ</a></p> <p>2. SWD Clinical Psychological Service Branch 2020 Psycho-education information Hub for Combatting the Novel Coronavirus 社會福利署 臨床心理服務科 &lt;2020 抗疫心理資源庫&gt; <a href="https://www.swd.gov.hk/en/index/site_pubsvc/page_cps/sub_gp/">https://www.swd.gov.hk/en/index/site_pubsvc/page_cps/sub_gp/</a></p> <p>3. Tough Times Together- Free broadband for the Disadvantaged 香港寬頻「逆境同行，免費寬頻」 English version: <a href="https://cloud.e.hkbn.net/ToughTimesTogether-en">https://cloud.e.hkbn.net/ToughTimesTogether-en</a> Chinese version: <a href="https://cloud.e.hkbn.net/ToughTimesTogether">https://cloud.e.hkbn.net/ToughTimesTogether</a></p>