

Islamic Primary School

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

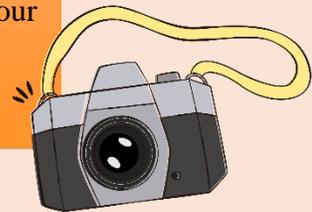
20/4/2020



We're all staying home during the Coronavirus outbreak. Have you developed good relationships with family and friends?

Please **send us a photo or a video** about the activities that you have done with your family members **by email: lawy@islamps.edu.hk or WhatsApp at 9684 8537.**

We will use the photo and video to make a movie for Love Family Sharing.



Are you in the fear zone, learning zone or growth zone? Maybe you are in all three.

If you are always in **Learning Zone** and **Growth Zone**, please keep on and share your learning and findings with us after class resumption! ^^



If I am in Fear Zone during COVID-19, what can I do?

A. Let's watch the videos!

<https://www.youtube.com/watch?v=2I943-gP904> (5 Tips to Protect Your Mental Health During the Coronavirus Crisis)

<https://www.youtube.com/watch?v=2yqgTfmYx6c> (「情緒 GPS」心理防疫錦囊－學會與憂慮共處)

Tips for Parents

If you have any enquiries on parenting or are in need of resources, feel free to contact our School Social Worker at 2450 2270.



1. 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 <2020 抗疫心理資源庫>
https://www.swd.gov.hk/en/index/site_pubsvc/page_cps/sub_gp/

2. Tough Times Together- Free broadband for the
Disadvantaged 香港寬頻「逆境同行，免費寬頻」
English version:
<https://cloud.e.hkbn.net/ToughTimesTogether-en>

Chinese version:
<https://cloud.e.hkbn.net/ToughTimesTogether>