

1

ci₄ zo⁻² jap₆ fo⁻³ sat⁻¹ bei⁻² hou⁻² do⁻¹ jan₄
遲咗入課室，畀好多人
mong₆ zyu₆ deoi⁻³ hou⁻² do⁻¹ jan₄ lai₄ gong⁻² dou⁻¹ wui₅
望住，對好多人嚟講都會
gok⁻³ dak⁻¹ m₄ zi₆ zoi₆
覺得唔自在。

*Walking into class late, with everyone looking at you,
can feel really uncomfortable for a lot of people.*

Validate the Feeling

WHY THIS WORKS

You are helping your child feel understood before trying to fix the feeling.

When kids feel emotionally safe first, their brains slowly become more open to courage, problem solving, and confidence.

2

hou⁻² hoi⁻¹ sam⁻¹ nei₅ tung₄ ngo₅ gong⁻² zo⁻²
好開心你同我講咗
nei₅ ge⁻³ gam⁻² gok⁻³
你嘅感覺。

I'm really glad you told me this.

Build Emotional Safety

WHY THIS WORKS

Big feelings become easier to carry when a child feels like someone is beside them instead of trying to rush them past it.

That feeling of "I'm not alone" matters more than having the perfect words.

3

ngo₅ zi⁻¹ dou⁻³ ni⁻¹ joeng₆ je₅ jat⁻¹ ai⁻¹
我知道呢樣嘢一啲
dou⁻¹ m₄ jung₄ ji₆ daan₆ hai₆ ngo₅ seon⁻³ nei₅
都唔容易。但係我信你
zou₆ dak⁻¹ dou⁻³ gaa⁻³
做得到㗎。

*I know this is not easy.
But I trust that you can do it.*

Show You Trust Them

WHY THIS WORKS

Confidence is not built by convincing kids something is easy.

It grows when they feel nervous and realize they can still get through hard things with support beside them.

4

bat⁻¹ jyu₄ ngo₅ dei₆ jat⁻¹ cai₄ nam⁻² haa⁻²
不如我哋一齊諗吓，
dang⁻² zan₆ jap₆ fo⁻³ sat⁻¹ dim⁻² joeng⁻² ho⁻² ji₅
等陣入課室點樣可以
syu⁻¹ fuk₆ siu⁻² siu⁻²
舒服少少？

*Let's think together. What would help make
walking into class feel a little easier?*

Give Them a Plan

WHY THIS WORKS

You are teaching your child that hard feelings are something you can work through together, not something they have to hide or avoid.

That slowly builds resilience from the inside out.

5

gam⁻¹ jat₆ faan⁻¹ dou⁻³ fo⁻³ sat⁻¹ zi⁻¹ hau₆ jau₅ mou₅
今日返到課室之後，有冇
tung₄ nei₅ zi⁻¹ cin₄ nam⁻² ge⁻³ je₅ m₄ tung₄ aa⁻³
同你之前諗嘅嘢唔同啊？

*After you got into class today, was there anything
different from what you imagined this morning?*

Celebrate Their Courage

WHY THIS WORKS

Kids remember the feeling of being able to do something they thought they couldn't do.

Those moments become: "Maybe I'm stronger than I thought."