

Curriculum Framework on Parent Education (Kindergarten)

Mind-body Connection

Instructor Guide

1. Objectives of the Session:

By the end of the session, participants will be able to:

- a. Understand the relationship between stress and health;
- b. Learn to practise the stress-relieving techniques including progressive muscle relaxation, simple stretching exercise and breathing exercise;
- c. Increase awareness of the importance of self-care.

2. Procedure (90 minutes in total)

Section	PPT Page No.	Time	Objective	Content	Resources
1	Slides 1-6	5 mins	Allow participants to understand the objectives of the session	<ul style="list-style-type: none"> ● Instructor presents the objectives of the session. 	PPT slides
2	Slides 7-12	15 mins	Increase awareness of the relationship between stress and health	<ul style="list-style-type: none"> ● Reflective exercise: “<i>Body Scan</i>” <ul style="list-style-type: none"> ➢ Instructor distributes a worksheet with a body scan diagram. Participants are asked to mark down the body parts that they have been feeling pain or discomfort over the past two weeks. ➢ Participants are asked to share with the partner about their body feelings. ➢ Instructor illustrates the relationship between stress and physiological responses. 	PPT slides, Notes for parents (Exercise 1: My Body), colour pencils

Section	PPT Page No.	Time	Objectives	Content	Resources
3	Slides 13-14	15 mins	Practise stress-relieving technique	<ul style="list-style-type: none"> ● Instructor guides participants to practise: <ul style="list-style-type: none"> ➢ Progressive muscle relaxation ➢ Simple stretching exercise ● Instructor introduces stress management and the health benefit of progressive muscle relaxation and simple stretching exercise. ● Instructor introduces the technique of “Dialogue with the Body” 	PPT slides, notes for parents (Exercise 2: Progressive Relaxation Exercise)
4	Slides 15-27	15 mins	Increase awareness of the relationship between stressors, life changes and health	<ul style="list-style-type: none"> ● Reflective exercise: “<i>Revisiting our life events</i>” <ul style="list-style-type: none"> ➢ Instructor distributes a worksheet on life changing units. ➢ Participants are asked to calculate their life changing units by adding up their life events over the past years. ➢ Instructor illustrates the relationship between stressor and health. 	PPT slides, notes for parents (Exercise 3: Situating Body Signals)
5	Slide 28	15 mins	Practise stress-relieving technique	<ul style="list-style-type: none"> ● Instructor guides participants to do breathing exercise 	PPT slide, notes for parents (Exercise 4: Breathing Exercise)
6	Slides 29-30	15 mins	Increase awareness of the importance of self-care	<ul style="list-style-type: none"> ● Homework: “<i>Self-care plan</i>” <ul style="list-style-type: none"> ➢ Instructor distributes a homework worksheet on self-care plan. ➢ Participants are asked to work out a feasible self-care plan for themselves. ➢ Participants are invited to share their plan with the partner. 	PPT slides, notes for parents (Exercise 5: Self-care Plan)
7	Slide 31	10 mins	Conclusion	<ul style="list-style-type: none"> ● Summary ● Q & A ● Participants complete evaluation forms 	

Breathing Exercise (Script)

Procedures (NHS, 2018)

1. Let your breath flow as deep down into your belly as is comfortable, without forcing it.
2. Try breathing in through your nose and out through your mouth.
3. Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
4. Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
5. Keep doing this for 3 to 5 minutes.

Source: National Health Service. (2018). *Breathing exercises for stress*. Retrieved from <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress>