



香港資優教育學苑
The Hong Kong Academy for Gifted Education

Positive Parent Positive Child: How to be Positive Ourselves?

正面的家長成就正面的孩子：
我們如何令自己變得正面？

Your Gift, Our Future

Biennial Parent Conference 2015
雙年家長會議 2015

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全球幸福指數 排名榜

1	巴拿馬	59	台灣
2	哥斯達黎加	92	日本
3	波多黎各	97	新加坡
4	瑞士	120	香港
5	中美洲伯利茲	127	中國大陸
23	美國	145	阿富汗
44	英國		

註：調查共涉 145 個國家及地區

資料來源：Gallup-Healthways

Global Well-Being Index

明報製圖

明報新聞網
(2015)



5 elements of Well being

五個幸福元素 Seligman (2011)



Positive Emotions 正向情緒



- Most happiness research points out **children do not cause higher levels of happiness** (Elizardi, 2010)
大多有關快樂的研究都指出**小孩並不能提高快樂指數**
- **67%** of married couples reported a **decline in overall happiness** within the year after their first child is born (Gottman & Gottman, 2007)
67% 已婚夫婦的**整體快樂**會於他們第一個小孩出生後的頭一年**下跌**



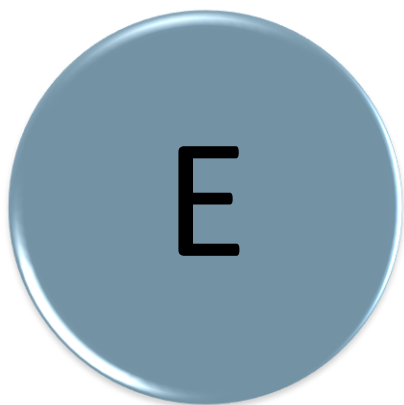
Positive Emotions 正向情緒



- **Gratitude Visit** 「感謝探訪」
(Seligman, 2011)
- **What-Went-Well** 「細數好人好事」
(Seligman, 2011)
- **Exercise** 運動 (Southern Methodist University, 2010)
- **Sleep** 睡眠
- **Diet** 飲食



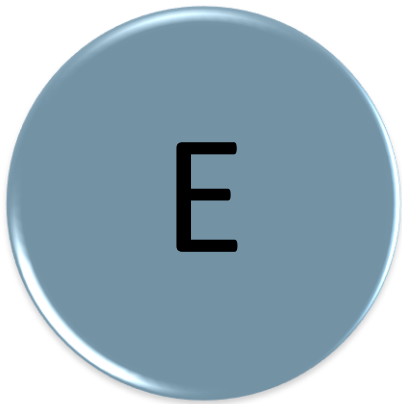
Engagement 全心投入



- **Losing ourselves** regardless of time / physical needs 忘我境界
- **Present moment** 投入當刻
- **Intrinsic motivation** 內在動機
(Elizardi, 2011)
- Mixture of **Mindfulness** & Flow 正念及奔馳
- Enjoyment 享受



Engagement 全心投入



- **Mindfulness Meditation 靜觀**
(Creswell, Pacilio, Lindsay & Brown, 2014)
- Attention amplifies everything.
Curiosity 好奇、初心
- **Slow living 慢活**
- ** No cell phone 遠離手機****



Positive Relationships 正向人際關係



- Relationship with other people 與其他人的關係
- **Connection**
- **meaningful, positive** relationships 有意義、正面的關係
- **Support network** 支援網絡



Positive Relationships 正向人際關係



- Share your **hopes** and **dreams** 分享你的**希望**和**夢想**
- Invest 投資 '**Favour Bank**' (Elizardi, 2011)
- Express **Gratitude** 表達**感恩**
- Random Acts of **Kindness** 隨緣**行善**



Meaning 意義



- “If we just wanted positive emotions, our species would have died out a long time ago...We have children to pursue other elements of well-being. We want **meaning** in life. We want **relationships.**” (Seligman IN The New York Times, 2011)

「如人類只要正面情感，我們早已絕種。。。小孩讓我們追求其他方面的幸福感。我們**渴望意義**、我們渴望**人際關係**。」



Meaning 意義



- “People find meaning in providing **unconditional love** for children.” (Brooks, 2008)

人們會在自己對小孩付出**無條件的愛**時找到生命的意義。



Meaning 意義



- ‘Serving something **bigger than the self**’ (Seligman, 2011, p.17)
侍奉大於自己的事
- **Diversify 多樣化** (Elizardi, 2011)
 - *Environment* 大自然
 - *Friends / Family* 朋友／家庭
 - *Life Passion* 熱誠
 - *Religion* 宗教
 - *Work* 工作



Accomplishment 成就



- Our **need for accomplishment**:
“learned helplessness.” (The New York Times, 2011)

我們**對成就的需求**：「習慣性無助」



Accomplishment 成就



- Master a **skill**, achieve a valuable **goal**, or **win** in some competitive events
精於一項**技能**，成就一個有價值的**目標**，或**贏得**一些富競爭性的獎項
- **Child-centred** Vs **Parent-centred** goals
以**小孩**為中心 Vs 以**父母**為**中心**的目標
- **Protecting time** being contaminated by parents' responsibility (Elizardi, 2010) **穩守私人時間**



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