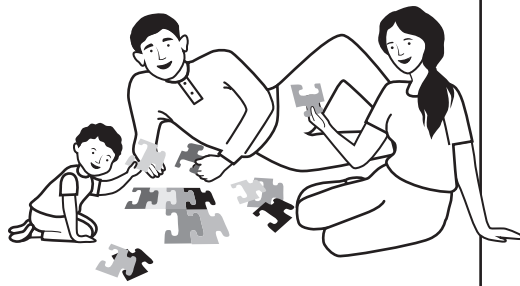


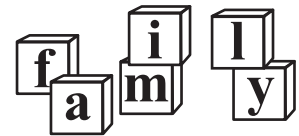
3.1 ADVERSITY QUOTIENT: ARE MY KIDS PREPARED FOR LIFE?

Watch the video and use this outline to write down your response and learning points.

What is Adversity Quotient (AQ)?



Why parents should give our child the space to struggle



When should parents step in?



Let's Pray

Lord, I praise You for Your Holy Spirit, our guide and comforter. Help my child to persevere and stay faithful in prayer. Help me, as his parent, to know when and how to intervene in his struggles. Through the challenges of life, may he know that You will always protect and comfort him.



3.2 YOUR LIFE JOURNEY MAP

Depict your life journey as a graph. Consider your personal experiences of joy and pain, education and career milestones, and significant formative relationships. Plot them on the timeline according to the type and intensity of the emotion.

Try this

Print out separate sheets for you and your child. Do this activity together. You can narrow the focus and consider only experiences in your schooling years. After both of you have completed your individual graphs, share them with each other.

1. Pick out an experience on your child's graph and ask him what happened that made it positive or negative for him.
2. Get your child to pick out an experience on your graph. Explain what happened, what you learnt from it, and how it has shaped your values and trust in God.
3. Take turns to pick and share your experiences.

EMOTIONAL ENERGY

