



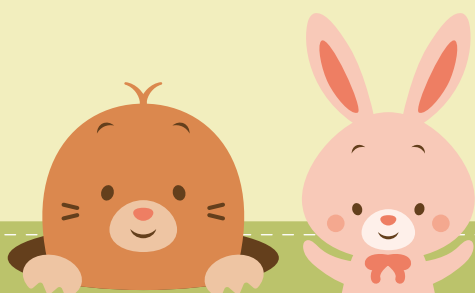
## From Kindergarten to Primary one

"From kindergarten to Primary one" is one of the developmental challenges for children. Brand new ecological environment and learning modes may cause anxiety. Therefore, it takes time for children to adapt in the transition period. Here we have some information for you!

### KINDERGARTEN VS PRIMARY SCHOOL

	KINDERGARTEN	PRIMARY SCHOOL
School Life	<ul style="list-style-type: none"><li>✿ Small-scale with different learning corners</li><li>✿ Half-Day programs/ have an option to nap</li><li>✿ Child-centered, focus on childcare and comprehensive development</li></ul>	<ul style="list-style-type: none"><li>✿ Large-scale with diversified classrooms, equipment etc.</li><li>✿ whole-Day programs/ offer break times (i.e. lunch time)</li><li>✿ Each subjects are taught by different teachers</li></ul>
Learning Modes	<ul style="list-style-type: none"><li>✿ Flexible class schedule, allows children to explore freely</li><li>✿ Activity approach, enables children to learn through interesting activities (i.e. singing and games)</li><li>✿ Evaluate through class activities, less homework</li></ul>	<ul style="list-style-type: none"><li>✿ Intensive class schedule with variety subjects</li><li>✿ Traditional approach, focuses on transmitting knowledge</li><li>✿ Evaluate through homework, quizzes, tests and exams</li></ul>
Skill Requirements	<ul style="list-style-type: none"><li>✿ Initiative</li><li>✿ sense of engagement</li></ul>	<ul style="list-style-type: none"><li>✿ More Independent</li><li>✿ Concentrate in class</li><li>✿ Discipline in school</li></ul>

Changes in the school curriculum require a higher standard for children's self-management skills.



## Growth Characteristics

- More energetic, increased physical activity and appetite
- Emotion change dramatically, identify their feeling of love / hate
- value adult's comments, like being concerned
- Have his/her own opinion, hate being criticized

## Common Difficulties

**Social needs :** making friends and strengthening social skills

**Emotional changes:** susceptible to separation anxiety and loneliness, need a sense of security

**Stress adaptation:** learn to adapt a whole new world

## What Parents Can Do:

**Understanding:** put yourself in other's shoes, always appreciate children little progress

**Home-School Cooperation:** require communications and recommend to build mutual trust

**Family Harmony:** KEEP CALM and show your support!

Po Leung Kuk Kindergarten social work services will prepare different materials (i.e. leaflet and video) of "From kindergarten to Primary one", please stay tuned with us! If you have any query about the above content, feel free to contact school social workers or the following hotline:

If you need help in parent-child relationship  
or emotional support,  
Please contact cheer-up station Hotline: 2116 0141  
(Monday to Friday: 9am – 5:30pm)