

## Issue 1: Project Update



# 2022

This Quality Education Fund (QEF) Project focuses on promoting self-regulation and personalized online learning through supporting teachers, students, and parents. We are happy to recruit six primary schools in our project including (ordered in alphabetical order):

- HKBUAS Wong Kam Fai Secondary and Primary School
- Munsang College Primary School
- Pooi To Primary School
- S.K.H. Holy Spirit Primary School
- S.K.H. Ling Oi Primary School\*
- S.K.H. St. Timothy's Primary School\*

\* The professional development training for the two partner schools will be conducted in the coming school term.

In 2022, professional development trainings for teachers, including online training and two on-site workshops, have been completed in four schools despite the pandemic.

Approximately 230 teachers from various disciplines completed the online training materials on Edpuzzle in self-paced asynchronous mode. Eight on-site professional development workshops were conducted. Approximately 190 teachers attended the two workshops respectively.

The first workshop focused on personalized online learning with Universal Design for Learning (UDL). The teachers were engaged in group activities to collaboratively reflect on practice and construct their UDL lesson plans.

The second workshop provided hands-on experience of designing online learning materials to foster personalized learning and students' self-regulation. The teachers were engaged in hands-on practice of using online tools such as Canva and Padlet.



<https://onlinepdhkbu.com/>



Teachers showed their active participation in the activities and exchanged professional experiences in online teaching across disciplines and schools. We appreciate the positive feedback and acknowledgement given from the teachers. We will endeavor to provide continuous support on fostering self-regulation and personalized online learning.

Some good examples of lesson plans and online materials designed by the teachers are shared below:

## On-site Workshops

School	Subject	Designers	Lesson Plan	Technology	UDL Elements
S.K.H. Holy Spirit Primary School	P.3 Chinese	LEUNG Ka Kit, CHAN Ka Lok, HSIEH Yee Nok, CHAN Ka Man		<a href="#">Padlet</a>	Principle of Expression
	P.5 Chinese	YIP Ming Sze, SIN Wing Sze, LEUNG Shuk Han, TANG Yuen Mei		<a href="#">Padlet</a>	Principle of Expression
HKBUAS Wong Kam Fai Secondary and Primary School	P.2 Chinese	CHAN Ching Yee Krystle, CHOW Ka Yan, LAM On Lam, TSANG Chi Kwan, WANG Jia Hang Hans		<a href="#">Padlet</a>	Principles of Representation, Expression, and Engagement
	P.4 Chinese	GUAN Xin Cindy, GUO Yaying Peggy, LEE Chun Ni Jenny, LEUNG Wan Man, LI Yan Yan Yanme		<a href="#">Padlet</a>	Principles of Representation, Expression, and Engagement
	P.4 English	BEER Sandra Ho Yan, CHAN Kar Mun, CHAN Ngan Ling Annie, LAM Sze Man Pinky, STEWART Neil Forsyth		Nearpod, <a href="#">Canva</a>	Principle of Expression
Munsang College Primary School	P.4 Science	WONG Ka-wai, FUNG Si-lok, LEE Kwan-leong, CHEUNG Man-ting, LAI Ching-Chui		<a href="#">Padlet</a>	Principles of Representation, Expression, and Engagement
	P.6 Mathematics	TSANG Kin-fun, KWOK Choi-ha, YAU Lan-ying, CHAN Wing-man, LEE Fei-lung		Nearpod, <a href="#">GeoGebra</a> , Canva	Principles of Representation, Expression, and Engagement
Pooi To Primary School	P.4 Chinese	CHOI Ching Yiu, LOW Chung Kwong, Pun Yu Yan, Yu Pui Sze, Ho Kwan Shun		Seesaw, Nearpod	Principles of Representation and Expression



# Brain Break Activities



Students spend most of their school time sitting inside the classroom. They are likely to feel exhausted or bored. Brain break activities can help energize their brain. Studies show that brain breaks can bring about a range of benefits. They can not only enhance students' attention and learning engagement, but also have positive effects on classroom atmosphere and teacher-student relationships.

Here, we will introduce a variety of brain break activities involving different domains such as music, art, sports, and games. Some activities involve the use of digital devices. You can choose the activities based on the need of your classroom and students.

We introduced the idea of a "choice board" when presenting the design of personalized learning materials. You can design a choice board of brain break activities and let students who finish class activities earlier choose any activities to work on their own. You can design your own choice board or [customize this template](#).

You can also have a whole class participate in the brain break activities together. You can use an online tool (e.g. <https://wheelofnames.com>) to randomly pick an activity, which could make it more interesting and engaging.

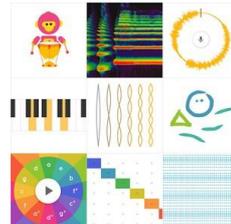
## Quick, Draw



## Typatone



## Chrome Music Lab



## Color Kaleidoscope



## Would you rather?



## Watch funny videos



## Sudoku or Crossword



## Coloring activity



## Work on puzzle



These brain breaks take only a few minutes. This small investment in time will make a huge difference. With a refreshed mind, students can be more engaged in the upcoming learning activities.

### References:

Cruz, D. D. (2017). *Why kids shouldn't sit still in class*.

<https://cn.nytimes.com/health/2017/0323/why-kids-shouldnt-sit-still-in-class/zh-hant/>

Tucker, C. (2021). *Choice boards: Benefits, design tips & differentiation*.

<https://catlintucker.com/2021/08/choice-boards101/>