



„Be Value Reload“

Project № 622351-EPP-1-2020-1-BG-SPO-SCP



ONGOING TRAINING PROGRAM FOR PARENTS

With my child, we talked how his/her day was and how my day was.	Week 1 – learn to share daily routine activities of parents and Generation Z children which normally is not paid attention on, which includes sports
With my child, I talk about something that is current for him/her at school, in the sports hall, about him/her friends, or life in general.	
With my child, we learn something new about each other about our likes and dislikes, viewpoints, Taekwon-Do, experiences in the sports hall, etc. With my child, we talk about a movie, a song, Taekwon-Do practice.	Week 2 – learn to share personal thoughts and feelings which reflect inner personality.
My child puts his/her room in order.	Week 3 – learn how Taekwon-Do can teach to take part of the responsibilities for home maintaining.
My child helps in the household work.	

18, Balsha Str
Sofia - 1408, Bulgaria
Tel: +359888640822
www.cptk.com



Co-funded by the
Erasmus+ Programme
of the European Union





„Be Value Reload“

Project № 622351-EPP-1-2020-1-BG-SPO-SCP



My child organizes his/her schedule without being reminded by me.	Week 4 – learn for independent time management and tasks distribution
My child does his/her homework.	
My child and I have fun together – we watch a video, movie, performance together, we joke, we go outside, we play a game, we attend an event together, we listen to each other’s favourite music together, etc.	Week 5 – learn that share and understand intergenerational values and priorities
My child reads I read more than pages from a book per week.	Week 6 – learn how conservative and traditional entertainment tools (books, movies etc.) complement the communication enhancement
My child spends less than 60 minutes having fun in the Internet.	
With my child, we talk about a movie, a song, something we read in a book.	

18, Balsha Str
Sofia - 1408, Bulgaria
Tel: +359888640822
www.cptk.com



Co-funded by the
Erasmus+ Programme
of the European Union

