



F1SRG003G

(Token- required)

Workshop

Cheer Up Club III

Programme Officer, HKAGE



Application Deadline
15 July 2022 12:00 n.n.

Intended Learning Outcomes

Upon completion of the programme, participants should be able to:

1. Expand the social network by meeting some new gifted peers ;
2. Have a relaxing time and enjoy the games/activities with some new gifted peers ;
3. Learn the ways on relaxation/coping stress and incorporate them into daily life.



◆ Introduction

Student regular gathering is developed based on the ideas in positive psychology and positive youth development. The overall objective of this programme is students could understand that “happiness is here and now”, “happiness is simple”. With a positive mind incorporated into their daily life, it will enhance their quality of life, and they would like to find their own way of stress release and maintain happiness.

◆ Schedule

Session	Date	Time	Venue
1	12 Aug 2022 (Fri)	03:00 p.m. – 05:00 p.m.	Room 105 (HKAGE)

◆ Target Participants

- S4 to S6 HKAGE student members only in 2021/22 school year
- Class size: 20
- Student members should wear proper sportswear (sports attire and trousers) to join the workshop

*First-come, first-served

◆ Pre-requisite

As basic yoga postures will be taught in this workshop, members should have good health conditions to meet the requirements of a general Physical Education class.

◆ Medium of Instruction

Cantonese

◆ Certificate

E-Certificate will be awarded to participants who complete the workshop.