



F1WPD015W

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Workshop / Introductory

Way to Mindfulness series: Fluid Art workshop

Expressive Arts Therapist (IDEC®) of Unique
Development Centre



Application Deadline
11 May 2023 12:00 n.n

Result Release
12 May 2023

Intended Learning Outcomes

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

1. identify basic meditation techniques;
2. apply mindful techniques to manage emotions and/stress.;
3. be more aware of mind-body connection.



◆ Introduction

Mindfulness is a state of active, open attention to the present. This state is described as observing one's thoughts and feelings without judging them as good or bad. Mindfulness practice allows us to adjust our life, internal experience and manage our emotions. Mindfulness can be done in different forms to achieve the same effect.

This workshop will use Fluid Art as a media and integrate some elements of expressive arts therapy into activities. We would arouse participants' senses, and to enhance the sensitivity among themselves and the environment, so as to enhance the effectiveness of self-expression. We would also integrate mindfulness in some of the workshops, therefore participants may concentrate on here and now, and focus on themselves, so as to enhance their well-being.

◆ Schedule

Session	Date	Time	Venue
1	18 July 2023 (Tue)		
2	19 July 2023 (Wed)	10:00 a.m. – 12:00 n.n.	HKAGE
3	20 July 2023 (Thu)		

◆ Suitable for

- P4 to P6 HKAGE student members in 2022/23 school year
- Class size: 20

* Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

◆ Pre-requisite

No special prerequisites are needed.

◆ Medium of Instruction

Cantonese

◆ Certificate

An e-certificate will be issued to participants who have attended and completed all 3 sessions of the workshop.