



F1SRG015W

(Token- required)

Workshop

# Student Support Group Series: Cheer Up Club I

Programme Officer, HKAGE



**Application Deadline**

**9 Nov 2023**

**7 Dec 2023 12:00 n.n**

**Result Release**

**10 Nov 2023**

**8 Dec 2023**

## **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 to relax, cope-with-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.

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.

## ◆ Schedule

Session	Date	Time	Venue
1	22 Dec 2023 (Fri)	10:00 a.m. – 12:00 n.n.	HKAGE

## ◆ Target Participants

- S4 to S6 HKAGE student members only in 2023/24 school year
- Class size: 20
- Student members should wear proper sportswear (sports attire and trousers) to join the workshop

\* 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

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.