



香港資優教育學苑
The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助
Subvented by the Education Bureau, the Government of the HKSAR



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[**Gifted Programme**]

Talk / Introductory Level

Emotion Management Talk Series

Instructors from JEMS Character Academy



Application Deadline
10 Apr 2025 12:00 noon

Result Release
11 Apr 2025

Intended Learning Outcomes

Upon completion of the gifted programme, gifted students should be able to:

1. Recognise basic emotions and identify associated physical and behavioural cues.
2. Apply healthy strategies for expressing emotions and use calming techniques for self-regulation during intense emotional experiences.
3. Develop emotional resilience and empathy to cope with various situations effectively.

◆ Gifted Programme Introduction

The talk series will use a mixed teaching mode with face-to-face practice and online talk sessions. It aims to introduce primary students to the world of emotions—what they are and why we experience them. It will identify basic emotions and explore their physical and behavioural signs. Through interactive activities, students will learn to recognize emotions in themselves and others. Two online sessions will focus on emotional awareness and healthy expression strategies, while in-person discussions will reinforce these concepts and emphasize empathy's role in building positive relationships. After completing the talk series, students are expected to apply emotional management skills in real-life situations.

◆ Schedule

Date	Time	Venue
10 May 2025(Sat)	10:00 a.m. – 12:00 n.n.	Online Platform
24 May 2025(Sat)		Room 105, HKAGE

◆ Suitable for

- P4 – P6 HKAGE student members in the 2024/25 school year.
- Class size: 100
- ❖ Student members will be selected randomly by the computer system. The decision of HKAGE regarding the selection results is final.

◆ Medium of Instruction

English

◆ Certificate

E-Certificate will be awarded to participants who have attended all the sessions and shown active participation in class activities.

◆ Pre-requisite

No special prerequisites are needed



Journey to Wellness: Experiential Learning for Promoting Well-being

- ♥ Enhance the well-being of gifted students
- ♥ Provide ample emotional and mental health support
- ♥ Foster positive relationships
- ♥ Strike a balance between intellectual pursuits and holistic development

