



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** ]

**Workshop / Introductory**

# Mindful Photography Workshop

Rev. Changlin from Pause & Breathe Limited



**Application Deadline**

**7 March 2025 (12:00 noon)**

**Result Release**

**11 March 2025**

## **Intended Learning Outcomes**

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

1. Demonstrate understanding of the wabi-sabi concept and its relationship to mindful photography, appreciating beauty in impermanence, incompleteness, and imperfection
2. Enhance mental well-being through emotional expression, self-awareness, and mindful practices during mindful photography sessions and seated meditation
3. Apply mindful photography techniques and meditation practices in daily life

## ◆ Gifted Programme Introduction

The workshop is designed for gifted students and their parents who wish to explore the relationship between mindful photography and emotions. With a focus on developing self-awareness and promoting mental well-being, the workshop combines the exploration of wabi-sabi concepts, self-expression through mindful photography, and mindfulness practices. This approach enables participants to explore their inner thoughts through visual art while developing a positive mindset through mindful photography and seated mindfulness practices.

## ◆ Schedule

Session	Date	Time	Venue
1	22 March 2025 (Sat)	02:00 p.m. - 05:00 p.m.	HKAGE

## ◆ Suitable for

- S1 – S6 HKAGE student members in 2024/25 school year .
- Class size: 40
- 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

E-Certificate will be awarded to participants who have:

- attended ALL sessions; AND
- completed all the assignments with satisfactory performance



# 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

