



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



[Learn about Gigi & Yoyo](#)

F1PCG002W

[\(Token- required\)](#)

[**Gifted Programme**]

Workshop / Introductory

Parent-Child Mindful Photography Workshop

Rev. Changlin - tutor 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 and their parents 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
4. Strengthen family bonds through enhanced communication and emotional connection.

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

◆ 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)	09:30 a.m. – 12:30 p.m.	HKAGE

◆ Suitable for

- P4 – P6 HKAGE student members and their parents in 2024/25 school year.
- Class size: 20 pairs (one child and one parent)
- Due to limited capacity, registration will be accepted on a first-come-first-served basis.

◆ 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

