



F1SRG004G

(Token- required)

Workshop

# Cheer Up Club IV

Programme Officer, HKAGE



**Application Deadline**  
**12 May 2022**  
**12:00 n.n.**

## **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 of positive psychology and positive youth development. The overall objective of this programme is for students to understand that “happiness is here and now”, “happiness is simple”. With a positive mindset incorporated into their daily lives, the students would find their own way of stress release and maintaining happiness, hence enhancing their quality of life.

In the workshop, students will play some group games to enjoy a relaxing time.

## ◆ Schedule

Session	Date	Time	Venue
1	29 Aug (Mon)	02:30 p.m. – 04:00 p.m.	Room 303 (HKAGE)

## ◆ Target Participants

- P4 to S3 HKAGE student members only in 2021/22 school year
  - Class size: 20
- \*First-come, first-served

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese

## ◆ Certificate

E-Certificate will be awarded to participants who complete the workshop.