



Mindfulness for Children

Mindfulness is about paying attention to the present moment. It helps students bring their focus back to their body, mind and soul. Mindfulness promotes happiness and peace, reduces stress, builds self-esteem and kindness to the self and others. These enable us to be more happy, confident and accepting individuals.

Course Teacher Information:

Ms Liang is BMH counsellor. She has presided over the preparation of child sensory training materials; participated in the preparation of children's attention and literacy training materials; and received the training of children's emotional and psychological growth instructor and focused on solving a short-term consultation system.

Basic Information Overview	
Year Group (s)	P3-P4
Teacher Source	Ms. Liang, BMH Teacher
Number of lessons	1 per week; 16 sessions in Term 2
Language	Chinese
Venue	Kapok Dance Room, K406
Class Time	Tuesday, 3:45-4:45PM

Course Overview

Enrollment Criteria

All students are welcome to participate.

Engage and Assess

Mindful practice such as mindful breathing, meditation and yoga

Explore and Develop

Different tools and strategies of mindfulness

Refine and Present

Self-awareness, self-regulation, stress management

Parent Engagement Opportunity

Students will share their mindfulness experience and practice with parents.

Others

Students need to wear PE uniform.

