



# Children's Mindfulness Group

Conducted by Clinical Psychologist

**Age 8-11**

Mindfulness is the practice of paying purposeful attention to the present moment in a non-judgemental way. Mindfulness has been found to have many benefits for psychological health, including improving emotional regulation, attention, self-compassion, and resilience. This group is based on the 8-week "Mindfulness Matters!" curriculum developed by Eline Snel for children.

## Learning Goal:

- Focusing their attention
- Awareness of body sensations
- Attending to the world with their 5 senses
- Patience and letting go
- Allowing thoughts and feelings
- Kindness towards themselves and others

## Course Fee:

- \$4200 (8 Sessions)  
[Special offer as a pilot group]

*Class Policy: Due to the ongoing basis of the curriculum, no make-up classes are available.*



**Every Weds  
4:30-5:30pm**

- For kids aged 8-11
- 8 sessions with one 60-minute individual pre-group session (face-to-face/zoom)
- 3-5 students/group
- Conducted in English



# 兒童靜觀小組

由臨床心理學家帶領

8-11 歲

靜觀是一種有意識地專注於當下而不加判斷的心理過程。研究顯示靜觀對心理健康有很多好處，包括改善情緒調節、專注力、自我關懷和心理韌性。小組課程以Eline Snel 為孩童設計的八週課程「Mindfulness Matters!」為本。

## 學習目標

- 集中注意力
- 覺察身體感覺
- 運用五感關注世界
- 耐心和放下
- 接納想法和感受
- 對自己和別人慈心



逢星期三

下午 4:30-5:30

- 適合8-11歲兒童
- 8節課程及 1 節個別 60 分鐘課前會面（面對面或Zoom）
- 3-5人一班
- 英語教學

## 課程費用

- \$4200 (共8節) [試行小組特別優惠]

課堂政策：因應課程性質，將不提供補課。