

# Children's Mindfulness Group

Conducted by Clinical Psychologist



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





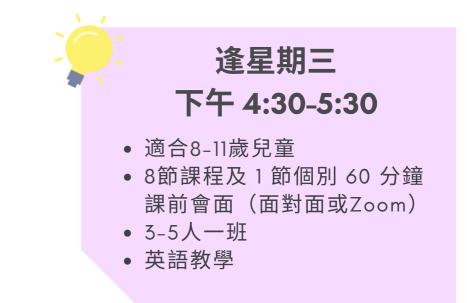
**兒童靜觀小組** 由臨床心理學家帶領



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。

#### 漢 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



## 🎽 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。



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