

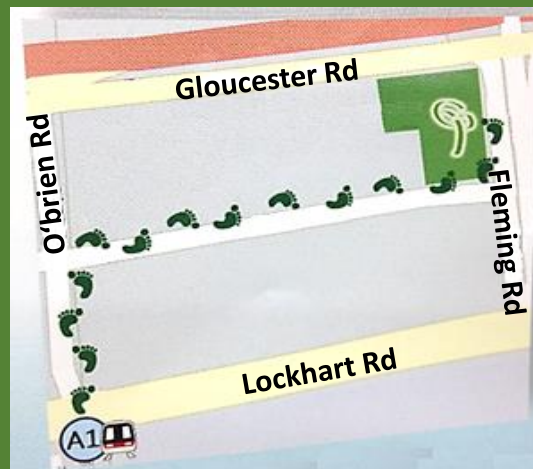
How to Apply

- Completed application form can be returned to us by
Whatsapp 9884 5256 , or
Email : hkepsc2014@gmail.com
- For enquiries, please contact
Ms. Choy at **2857 1709**
- Deadline for application:
25th June, 2018



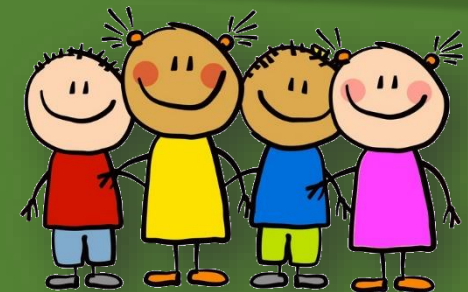
Details

- **Sessions : 6 sessions**
Dates : July 17 , 19 , 24, 26, 31
August 2
(Tuesdays and Thursdays)
Time: 2.30 pm – 4:30 pm
 - Fee : HK\$480 per session
 - Address : Room1403, Tung Wai
Commercial Building, 109-111
Gloucester Road, Wanchai
- ★ **Day Camp** ★
30 August 2018 (Thursday)

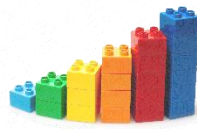


2018 Summer Programme

ENHANCE CHILDREN'S EMOTIONAL LITERACY & RESILIENCE



Application Form



Building up



Please indicate (✓) the dates you can attend:

17/7 (Tue)	19/7 (Thu)	24/7 (Tue)
26/7 (Thu)	31/7 (Tue)	2/8 (Thu)

Day Camp (Children workshop + ½ day parenting workshop)

Date: 30 August (Thursday)

Time: 10:00am – 4:00pm

Camp site: Lei Yue Mun Park

* Each child should be accompanied by at least 1 parent

* Free shuttle bus transportation

* Lunch in camp site is provided

Name: _____

Age: _____ Sex: _____

School: _____

Parent's name: _____

Parent's telephone number: _____

Parent's email address: _____

Emotional Literacy



- ✓ Ability to understand self and other people
- ✓ Aware emotional state self and other people



- ✓ Ability to understand, express and manage our emotions and respond appropriately to the emotions of others



Resilience

- ✓ Ability to bounce back from stress, challenges and adversity
- ✓ Regular mindfulness practices – train the brain to make healthy response to stress



- ✓ Ability to reframe and overcome challenges
- ✓ Build in problem solving toolbox for own use in face with stress



Activities include:

- Role play
- Creative play
- Board games
- Arts and crafts
- Mindfulness exercises

