




HK EP SERVICES CENTRE LTD  
香港教育心理服務中心

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## 「 Saturday Smart Kids Programme 」

Dates : September -1/9, 8/9, 15/9, 22/9, 29/9

October - 6/10, 13/10, 20/10, 27/10

November - 3/11, 10/11, 17/11, 24/11

December - 1/12, 8/12, 15/12, 22/12, 29/12

Time : On every Saturday **11:15 a.m. – 12:45 p.m.** (1.5 hours)

Fee : HKD **560** per session

Ability to  
focus

Communication  
Skills

Emotion  
Regulation

Develop  
Empathy



## Objectives

- ① Developing self-understanding and appreciating the unique characteristics of self and others
- ② Strengthening communication and cooperative skills to improve the relationship among peers
- ③ Enhancement of social perspective taking and developing empathetic skills
- ④ Encouraging to take on challenges and to enhance resilience
- ⑤ Building up positive attitude towards failure and success
- ⑥ Enhancing the ability to observe, focus and manage impulsivity
- ⑦ Strengthening self-regulation of emotions

## Characteristics

- ◆ Tailor-made content designed and conducted by our professional team of experienced Educational Psychologist and Specialist Teachers
- ◆ Interactive experienced-based learning: self-reflective and multisensory activities, role plays
- ◆ Cooperation with family : feedback from teachers throughout the training, provide parenting advice and encourage parents to follow-up student's progress at home

