

Po Kok Primary School
2023-2024
Plan on “One-off Grant for Mental Health at School”

Name of activities	Aims	Targets	Expected Expense	Evaluation Methods
Mindfulness Experience Workshop	<ul style="list-style-type: none"> • Teach children to recognize and manage their emotions, fostering their ability to regulate feelings. • Provide mindfulness techniques to help reduce anxiety and stress, promoting overall relaxation. 	P.5-6 students	\$ 3,000	<ul style="list-style-type: none"> • Teachers’ observation • APASO result
Mindfulness Workshops (In-class)	Encourage children to explore their inner world, enhancing their self-awareness and confidence.	P.5-6 students	\$20,000	<ul style="list-style-type: none"> • Teachers’ observation • APASO result