PandA 賽馬會「樂天心澄」
靜觀校園文化行動

Jockey Club “Peace and Awareness”
Mindfulness Culture in Schools Initiative
靜觀進食
靜觀伸展
靜坐練習
身體掃描
澄清，你在做什麼呢？
我在練習靜觀啊。
澄清，你只是在吃東西，伸展，坐着，睡覺和步行吧！
靜觀？我們就是在練習靜觀啦！
Hi，澄澄！究竟什麼是靜觀呢？

靜觀是學習以開放、好奇和接納的態度來注意當下的經歷。

學習靜觀有什麼好處？

不少研究指出，靜觀能夠使我們的學習更有效率、思考更清晰、感覺更平靜，還可以減少焦慮和抑鬱。

靜觀難學嗎？

我們可以透過修習和體驗來學習靜觀，卻不可只靠口頭講述傳授。靜觀的初學者專注力經常不能集中，但經過練習後，我們便能學懂如何持續和靈巧地指揮注意力。

真有趣！我們可以在哪裡學習靜觀？

在參與賽馬會「樂天心澄」靜觀校園文教行動的學校裡！
背景

為了提升學校社群的身心健康，香港賽馬會慈善信託基金撥款支持香港大學社會科學學院開展一個為期三年半（2019年中至2022年底）的計劃──賽馬會「樂天心澄」靜觀校園文化行動。

為協助學校建立可持續發展的靜觀文化，本計劃採納了「訓練導師」的模式，透過提供靜觀課程及導師培訓予學校的老師和輔導人員，讓他們能夠在校內教導學生靜觀。參與計劃的9間種子學校及27間協同學校將會把靜觀課納入校內社交情緒課程。此外，位於港、九、新界不同地區的9間種子學校亦會成為地區樞紐，支援相鄰地區的學校發展靜觀文化。
願景

透過參與學校社交情緒課程的靜觀課，本港學生能夠以正面的態度和方法處理情緒。

為老師提供靜觀課程及導師培訓，讓他們能夠靈巧地應對壓力及教導學生靜觀。

為學校輔導人員（例如教育心理學家、社工和學生輔導人員）提供靜觀課程及導師培訓，讓他們能夠將靜觀納入校本服務，支援學生、老師及家長。

與學校管理層緊密合作，建立可持續的靜觀文化，支援學生、老師及家長練習靜觀。
Mindful eating

Mindful stretching

Mindful sitting

Body scan

WHAT ARE YOU DOING, PANDA?
I AM PRACTISING MINDFULNESS!

Mindful walking

MINDFULNESS? YOU ARE JUST EATING, STRETCHING, SITTING, SLEEPING, AND WALKING, AREN'T YOU?

AS LONG AS WE ARE HERE AND NOW, WE ARE PRACTISING MINDFULNESS.
Hello Panda! Can you tell me more about mindfulness?

Mindfulness is about learning to direct our attention to our experience as it unfolds, moment by moment, with open-mindedness, curiosity, and acceptance.

Then what are the benefits of learning mindfulness?

Many studies have shown that mindfulness can help us learn more effectively, think more clearly, feel calmer, less likely to be anxious or depressed.

Is it difficult to learn mindfulness?

Mindfulness is mostly learned through practice and experience, instead of talking. At first our mind wanders constantly, but with practice we learn to sustain our attention and direct it more skilfully.

That sounds interesting! Where can we learn mindfulness?

In schools partnered with Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative!
To promote the well-being of school community, the Hong Kong Jockey Club Charities Trust funded the Faculty of Social Sciences, the University of Hong Kong to launch a three and a half years’ project spans between 2019 and 2022 — the Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative (JC PandA).

To ensure the sustainability of the mindfulness culture in schools, JC PandA adopts a “train-the-trainer approach”. School teachers and school professional helpers will be empowered to teach mindfulness to their students upon completion of training offered by JC PandA. The 9 seed schools and 27 affiliated schools will integrate mindfulness into their social-emotional learning curriculum. The 9 seed schools, which are located in different geographical areas in Hong Kong, will also become the nodes of the mindfulness educators’ network, supporting schools in the neighbourhood to develop mindfulness culture.
To incorporate mindfulness courses in the social-emotional learning (SEL) curriculum of Hong Kong so that **students** are equipped with positive attitudes and skills in emotional management.

To empower **school teachers** with mindfulness practice so that they are skilful in stress coping and are ready to teach mindfulness to students.

To empower the **school professional helpers** with mindfulness practice so that they can include mindfulness in the repertoire of their services to students, teachers, and parents.

To support **schools** in developing sustainable culture for students, teachers, and parents to practise mindfulness in schools.
資源 Resources

手機應用程式 Mobile App

網頁 Website

指南 Guidebook

靜觀日 Mindfulness Days

研討會 Seminars

聯絡我們 Contact us

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