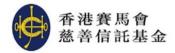
Caritas Jockey Club Project on Family Solidarity and Mental Wellness



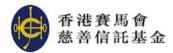


快樂同盟 品格優勢學生小組

第一節

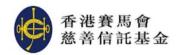








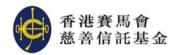




今日流程

- 1. 小組簡介
- 2. 熱身遊戲、互相認識
- 3. 從遊戲認識品格優勢
- 4. 成長型思維



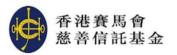


小組目的

- 1 認識品格優勢
 - 2 欣賞自己
 - 3 學習解決問題的方法

Caritas Jockey Club Project on Family Solidarity and Mental Wellness





小組規則

互相尊重 用心聆聽

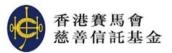


投入活動



Caritas Jockey Club Project on Family Solidarity and Mental Wellness





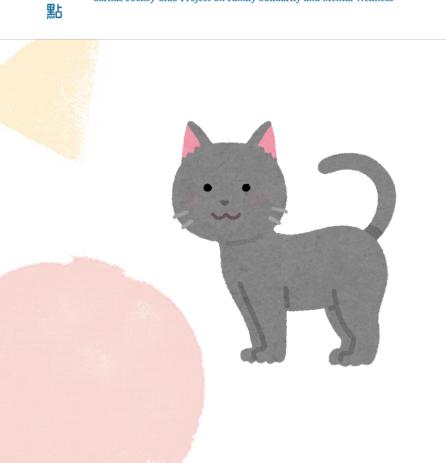
命運二選題

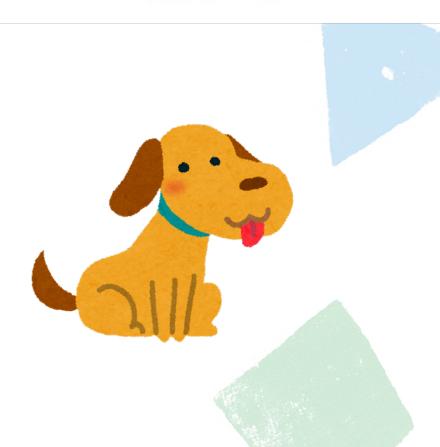


● 同學們從兩個選項中,選擇一個...



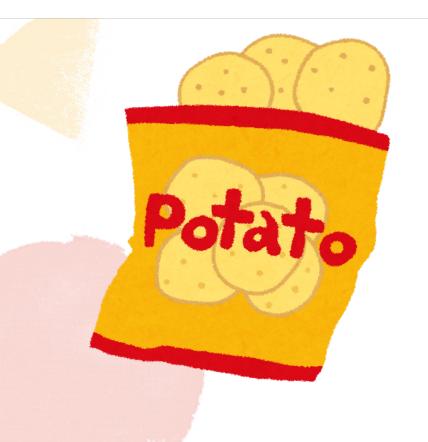














捐助機構





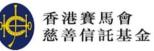




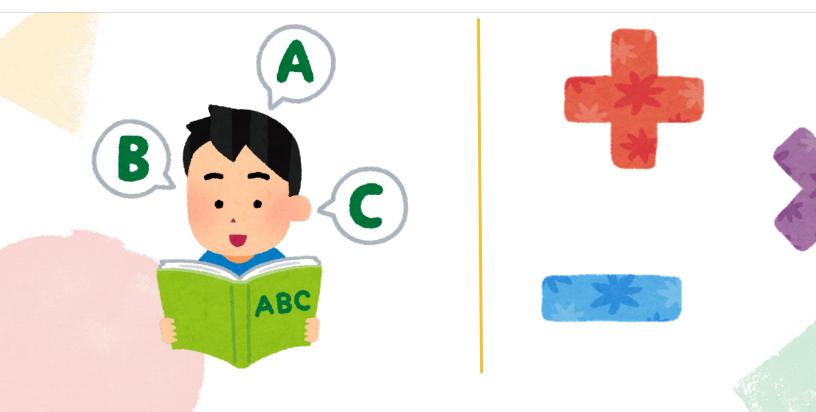
主辦機構











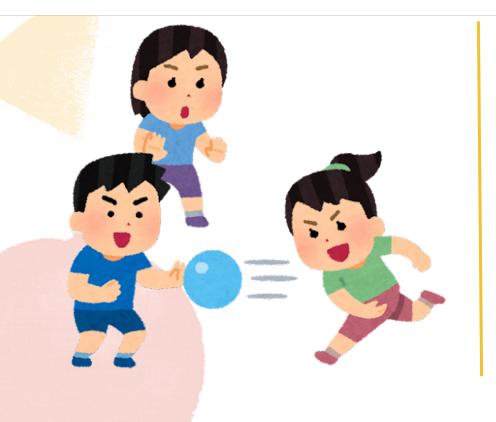


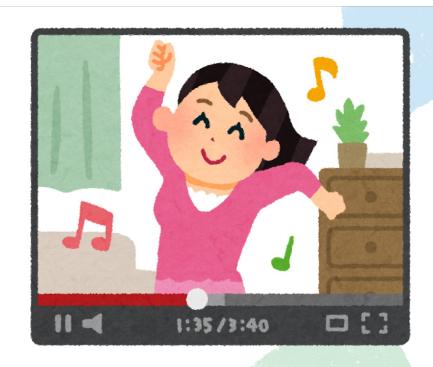


點







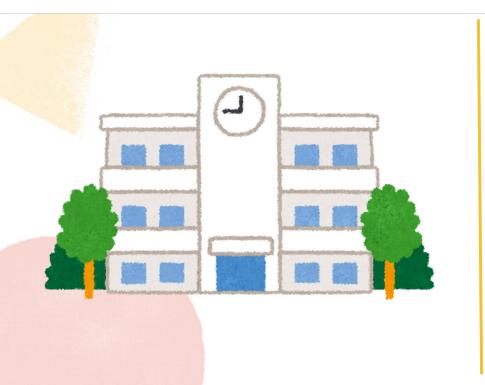


主辦機構

捐助機構













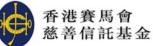




點



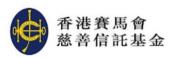








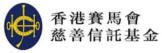




玩法

- 1. 兩人一組,一位飾演烏龜,另一位飾演烏鴉;雙方 把手橫放在彼此中間
- 2. 說出「烏龜」時,飾演烏龜的同學須輕輕拍對方手掌,而對方須迅速把手拿開、不被拍到;反之亦然



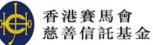






Caritas Jockey Club Project on Family Solidarity and Mental Wellness







主辦機構







誠實



社交智慧





捐助機構

感恩



毅力



勇敢



仁慈



心靈信仰



希望



好奇心



洞察力



愛和被愛

自我控制





公平公正



愛學習 創造力



寬恕



謙虚

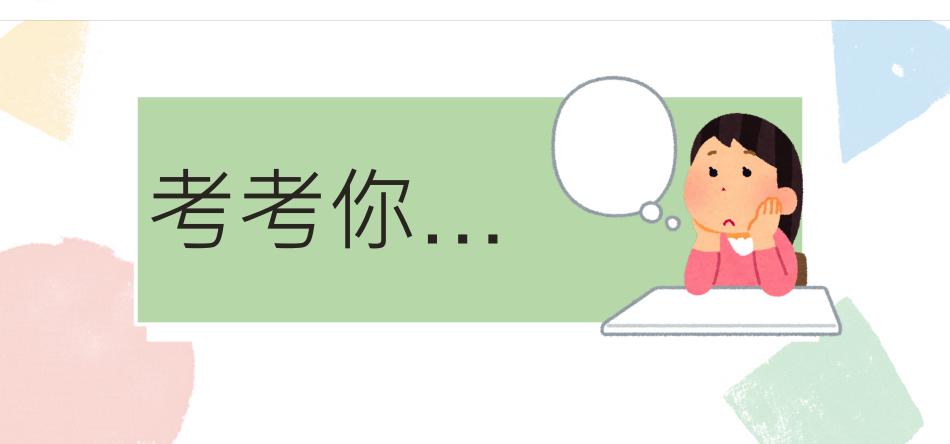


團隊精神

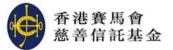
點

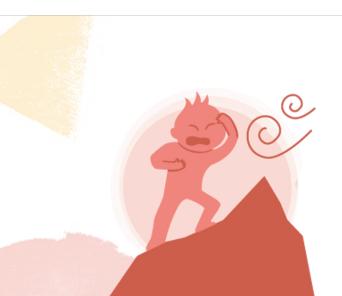






● 香港明愛 ● Caritas HONG KONG

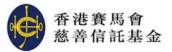




毅力嘅意思?





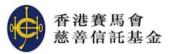


洞察力又代表咩?



Caritas Jockey Club Project on Family Solidarity and Mental Wellness



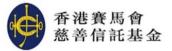




心靈信仰是什麼?

Caritas Jockey Club Project on Family Solidarity and Mental Wellness





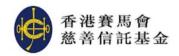


每人都擁有24個品格優勢

• 有些較突出

• 有些較少用

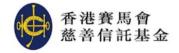




看見和欣賞自己的獨一無二能協助我們面對生活上的挑戰

Caritas Jockey Club Project on Family Solidarity and Mental Wellness





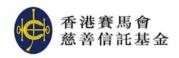
品格優勢 Character Strength

V.S.

才能強項 Talent Strength

• 才能是與生俱來,品格則是可以培養





運動員透過培養品格優勢 協助他們達成目標

例如:香港著名運動員何詩蓓 張家朗

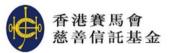


毅力



自我控制







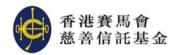




有時候,我們只注意一些做得不好的事

但其實我自己還有些值得欣賞的事情

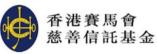


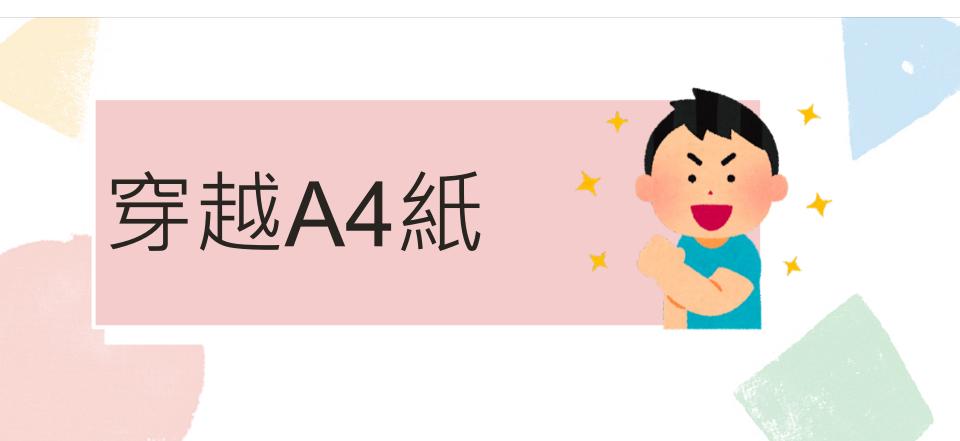


我們一起留意 自己做得好的地方!

點

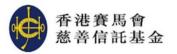






Caritas Jockey Club Project on Family Solidarity and Mental Wellness





玩法

- 1. 每位同學會有一張A4紙
- 2. 在不使用工具下,將紙製作成一個不斷開 的圈,並能夠讓自己穿過紙圈

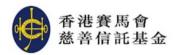






Caritas Jockey Club Project on Family Solidarity and Mental Wellness

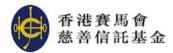






是什麼讓你得到 正確答案?







你與同學運用了 什麼品格優勢?





以為一定會失敗? 但其實**未必**!



Caritas Jockey Club Project on Family Solidarity and Mental Wellness



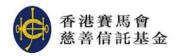


香港賽馬會 慈善信託基金

讓自己多試一次!



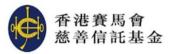




成長型思維

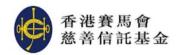
- 以成長為目標
- 擁抱挑戰
- 以堅持態度面對失敗
- 從批評中學習和改善自身
- 由他人成功中獲得啟發





每一次的錯誤和失敗 會更接近答案和成功

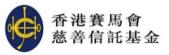




回想今天的學習...

製作一個輕黏土作品,代表「自己做得好的地方」





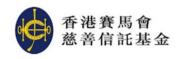
活動中,我欣賞自己...



例如:

穿越A4紙





在遊戲和生活中的發現

- 人人都有24個品格優勢,有些較常用,有些較少用
- 較少用的品格優勢不一定是天生固定的,而是隨成 長會有變化,可通過練習而變得更好運用
- 多透過不同體驗,去欣賞自己及他人的品格優勢