

# Embracing Mindfulness Through Children's Literature: A Journey of Connection & Growth

Hennessy Road Government Primary School  
(Causeway Bay)

## Presenters:

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### Disclaimer

*To enhance the teaching content, teachers can exercise their professional judgment and consult relevant scholarly work when adopting the learning and teaching resources prepared by educators and other teachers. In support of the implementation of the English Language Education KLA Curriculum, teachers can also select appropriate parts of the resources for classroom learning or extended learning based on pedagogical consideration and the learning needs of students.*



# Objectives



**Participants will:**



**01** gain insights into how engaging with literature can enhance students' journeys of self-discovery; and

**02** understand the meaningful impact of integrating mindfulness into reading experiences for holistic growth.





School

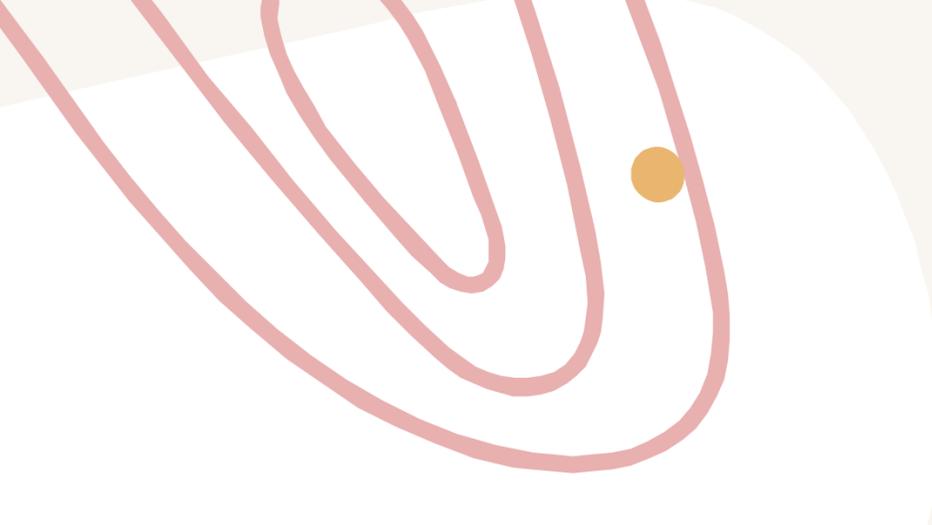
# Introduction

Hennessy Road Government Primary School (Causeway Bay)



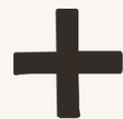
- Aspiring to our motto, “Diligence, Thriftiness, Joy and Courage,” while fostering lifelong learning
- Incorporating mindfulness practices specifically linked to reading expression, enhancing students’ engagement and comprehension of our three-year school plan
- Promoting balanced growth in moral, intellectual, physical, social and aesthetic aspects, shaping responsible and independent citizens





22/23 Week of  
Positivity (WOP)

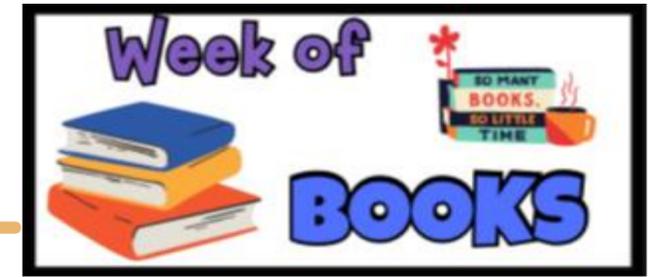
WOP was organised in 22/23  
in our school to promote  
empathy for others among the  
students and for the wider  
community.



23/24 Week of  
Love & Growth  
(WOL+G)

WOL+G was organised in  
23/24 in our school to  
promote self-love,  
appreciation for relationships  
and mental health among the  
students.





2024 – 2025

# Week of BOOKS (WOB)

WOB emphasised the importance of mindfulness as a companion to reading. By fostering a love for literature and promoting mental well-being, students got a chance to connect, reflect and grow together.



# WOB Objectives

- Foster engagement with mindfulness to promote reading
- Promote self-reflection through reading experiences
- Explore complex themes in literature to deepen understanding
- Support holistic growth by cultivating social and emotional skills alongside a love for reading



# Core text: Mindfulness Makes Me Stronger, by Elizabeth Cole

Slogan: Read, Reflex, Reflect: Mindfulness in Every Page



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● Read, Reflex,  
Reflect:

★ Mindfulness  
in Every Page!

Icons: calculator, pencil, globe, star, brain, books, backpack, palette, pencil, star, planet.

## Shared Reading

### What is shared reading?

In shared reading, the teacher and the class read aloud a common text together. The focus is on teacher modelling of application of reading strategies. Repeated reading and re-reading of the whole text over a period of several days with different focus helping young learners develop, practise and apply reading skills and strategies.

### Why shared reading?

- allows teacher to model reading strategies while actively involving children in reading
- provides essential orientation for early readers, especially second language learners
- provides a supported reading experience, in which young learners can participate confidently and cooperatively
- allows students to enjoy familiar patterns of language and to explore new ones.



# Mindfulness in Motion



Pre-event for WOB

Guest Speaker: Educational Psychologist Mr. Dennis Kwan

Topic: Mindfulness and its impact on reading

Key Goals:

- Help students understand that effective reading starts with a calm mind
- Emphasise the relationship between tranquility, focus and comprehension
- Encourage better engagement with texts through mindfulness
- Highlight cultivating mindfulness to improve reading skills
- Promote the enjoyment of reading as a valuable experience

Ultimate Objective: Help students recognise that a peaceful mind is essential for unlocking their full reading potential



# Day 1: Kick-off!

To ignite enthusiasm and introduce mindful reading

## Week of BOOKS

### This week

Your journey through the Week of BOOKS.

- Monday - 19 May  
Introduction to the Week of BOOKS
- Tuesday - 20 May  
Mindfulness makes me stronger, by Elizabeth Cole
- Wednesday - 21 May  
Voices in the Park, by Anthony Browne
- Thursday - 22 May  
ABC Yoga, by Teresa Anne Power
- Friday - 23 May  
Like Share



**BRING A BOOK AND READ Everyday**

# Reading



# Connect



# Day 2: Setting the scene!

To ignite enthusiasm and introduce mindful reading



1 **Read:**  
**Mindfulness makes me Stronger,**  
**Elizabeth Cole**

2

## Reading



Foster a love for reading using mindfulness  
as a means!

Emphasise the relationship between tranquility, focus and  
comprehension

# Day 2: Connect with the Character!



To help students **connect** with the core text and practise essential relaxation techniques



★ DAY ★ 

1

2

**Recess:**  
**Experience mindfulness in the hall**

# EXPRESSION

The warm and inviting atmosphere encouraged everyone to reflect deeply and share their thoughts and experiences.

# Day 3: Relaxation in the Park!

To encourage students to take a break and unwind - promoting relaxation and mindfulness (using sensory elements)

## DAY 3

- 1 **Read:** *Voices in the Park, Anthony Brown*
- 2 **Recess:** Experience the nature in the hall

# Reading EXPRESSION

Have you ever read a book for more than 1 hour?

Have you ever imagined yourself as the book character?

Have you ever read a book in the bath?

Have you ever read a book upside down?

Have you ever learned something new from a book?

Have you ever read a comic?

Have you ever read on the beach?

Have you ever swapped a book with someone?

Have you ever read a book about poems?

Have you ever read a book in another language?

Have you ever read a book over and over again?

Have you ever read a book without words?

Have you ever read a joke book?

Have you ever read a book from the public library?

Have you ever read a book about the Maltland China?

Have you ever read a book that made you feel scared?

Have you ever read a book when you feel nervous?

Have you ever read a book about Hong Kong?

Have you ever read a book on Saturday?

Have you ever read a book about animals?

Have you ever read a book about food?

Have you ever read a book on Saturday?

Have you ever read a book in bed?

**TO BE CONTINUED**

**LOVE READING**

**START Here**



Students embarked on a reading journey through mindful walking!

# Day 4: It's Yoga Time!



Integrate physical well-being into our reading journey



**Read:**  
ABC Yoga, Teresa Anne Power

Reading



**Recess:**  
Experience your body in the hall

EXPRESSION



This enriching experience fostered community and encouraged everyone to embrace a healthy, active lifestyle!

# Day 5: Bonding Time at School!



To strengthen friendships and inspire a lasting appreciation for reading



★ DAY ★ 



**[Empowerment] P4, P5, P6:  
Share your stories**



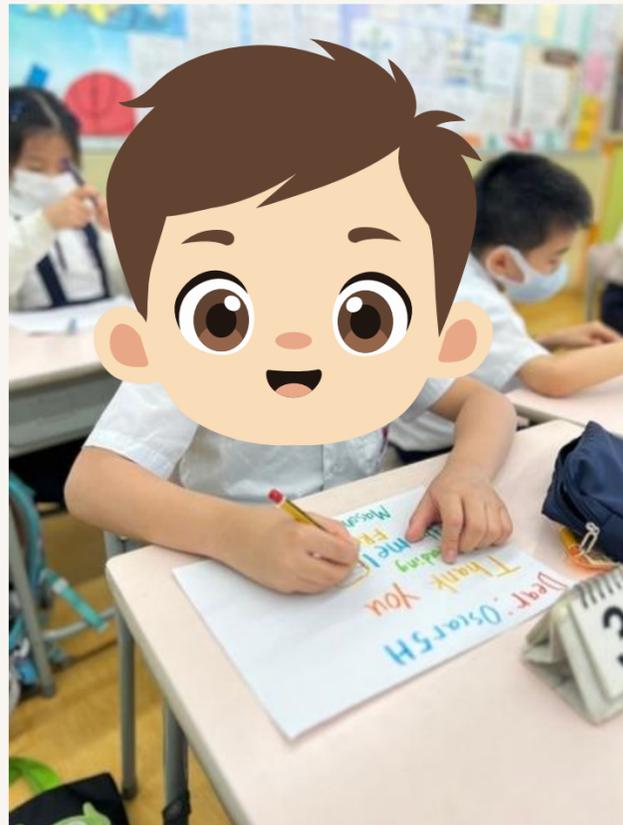
**[Appreciation] P1, P2, P3:  
Listen to the stories**



# Day 5: Bonding Time at School!



To show appreciation for our friends



Making 'Thank you' cards

Delivering the cards

Throughout the week, students learned that reading is not just a one-day event but a LIFELONG journey!

# READ MORE

A little dose of nature

One Little Bug



I Hear You Forest



You can find these books in Hong Kong public libraries.



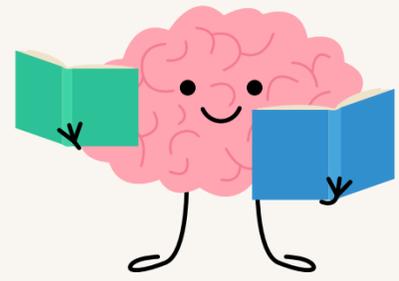
# READ MORE


Allow others to recommend books to you by having them write down titles in your booklet.



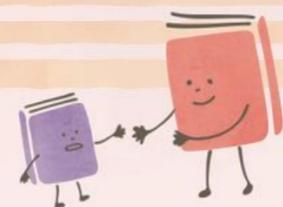
# Extensions

## WHAT'S NEXT?



### Tips for Choosing Your Next Book

- Identify preferred topics/text types.
- Read reviews or seek recommendations from teachers, friends, or family.
- Check out award-winning books.
- Use online searches or scan the QR codes below to find a book to read.
- It is fine to revisit the book later if it does not resonate with you now.



Theme-based Reading  
<https://www.edb.gov.hk/theme-based-reading>



Theme-based Reading eBook Lists  
<https://www.edb.gov.hk/ebooklists-activities>



Book Works  
<https://bookworks.edb.edcity.hk/en/index.php>



Hong Kong Public Libraries  
<https://www.hkpl.gov.hk/en/index.html>

# Reflection

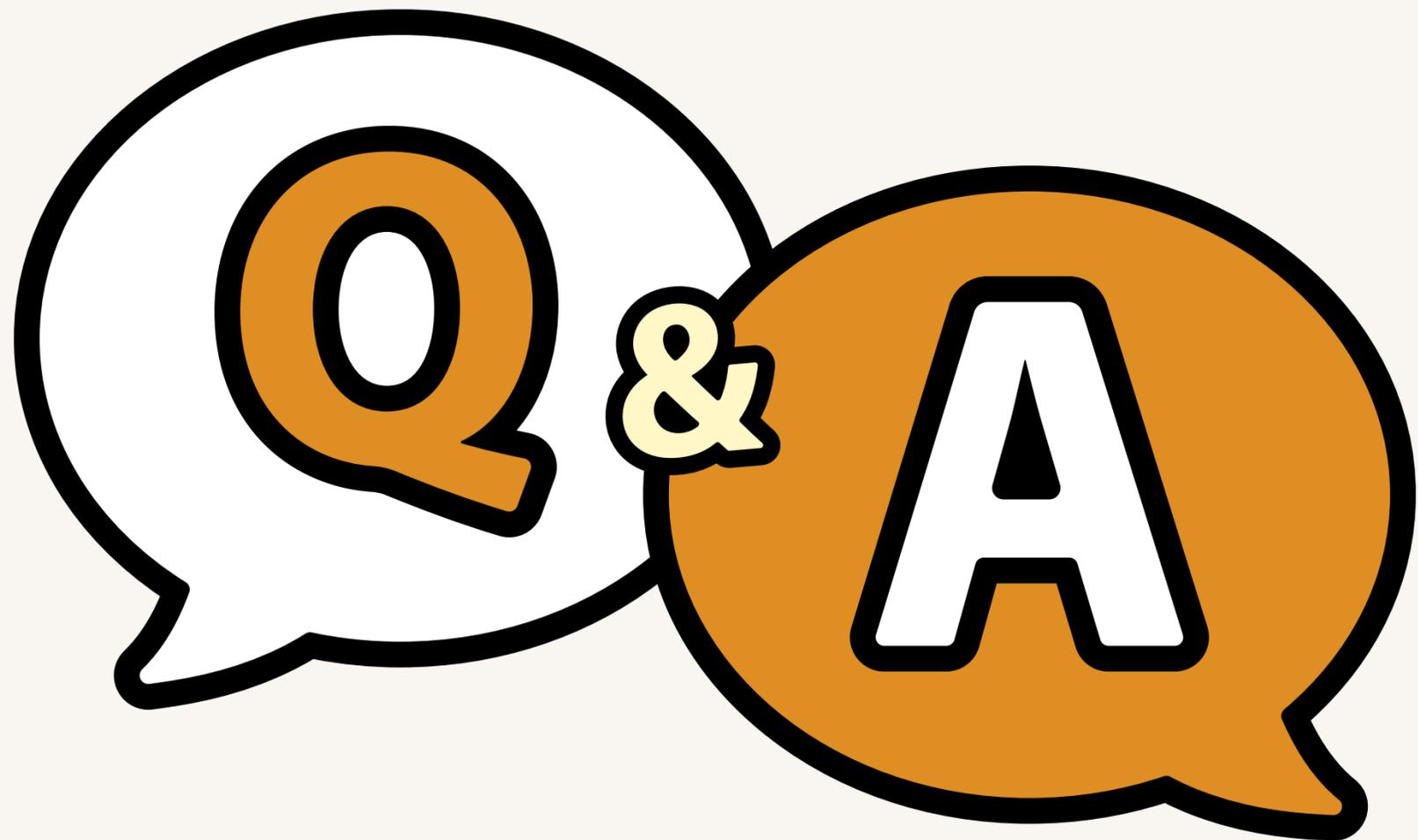
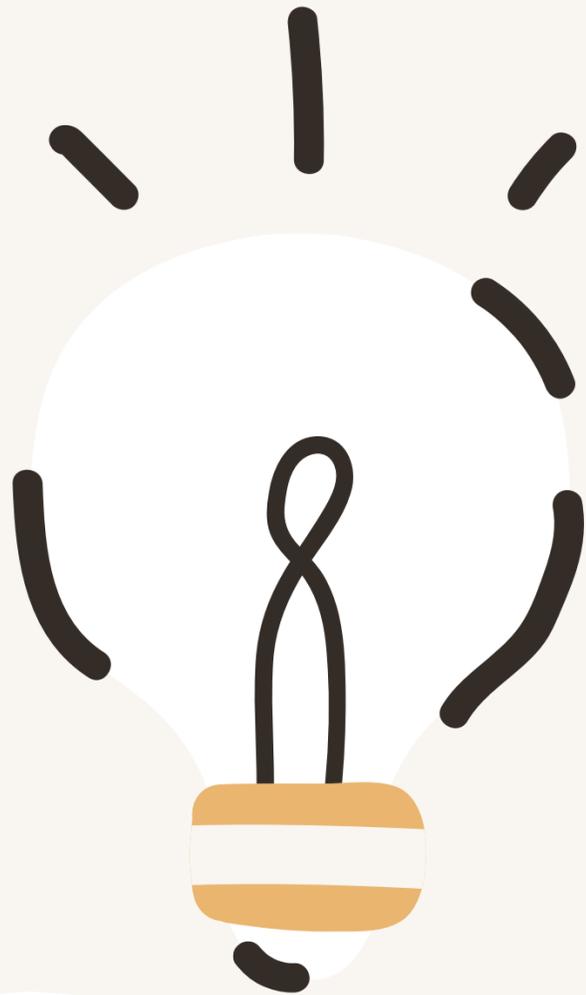
- **The event was achievable for the entire school, despite requiring effort and planning**
- **Activities were aligned with the school's major concerns**
- **Goals of SOW and ELE were incorporated into the planning**
- **An enriching atmosphere was created that benefits all students**
- **The event highlighted the importance of fostering a reading culture within our school**
- **It united students, teachers and the community around the joy of reading**
- **Key concerns related to SOW and ELE were addressed during the event**



# Reflection

- **To sustain enthusiasm beyond the event:**
  - **Encourage ongoing reading activities like book clubs and challenges (DEAR + e-Reading platform + Public library visits)**
  - **Integrate reading into the curriculum**
  - **Foster community partnerships with local libraries**
  - **Empower students to take ownership by organising future events**
- **These strategies will help ensure that the love for reading continues to thrive**







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