

# GALAXY EXPLORER

On-campus  
Expressive Arts Therapy  
and Experiential Services

Mental Health | Inclusive Education | Counseling Support  
After-school Activities | Parent Education



Fun & Care  
Expressive Arts Therapy Hub

## What's Special

In the galaxy journey of expressive arts (visual arts, music, dance and movement, drama, creative writing) experience, students and parents will have fun discovering, understanding and expressing their emotions!

Let's explore together!

### Galaxy Spaceship

An experiential workshop relieving stress and having fun

Target: Upper/lower elementary

Time: 60 mins

No. of Participants: 20-25 per class

Venue: Classroom

### Galaxy Travellers Group

#### 1. "Orbit" Group

Foster students to learn how to communicate, express ideas, and improve interaction among one another

Target: Students with ASD (upper/lower elementary)

#### 2. "Telescope" Group

Be aware of body and feelings through expressive arts, and enhance self-control and concentration

Target: Students with ADHD (upper/lower elementary)

#### 3. "Space Paint" Group

Foster a positive attitude among peers by understanding emotions and expressing thoughts

Target: Upper/lower elementary

No. of Participants: 4 - 6 per group (depending on students' needs)

Time: 6 sessions / 8 sessions, 60 mins per session  
(depending on group objectives / school schedule)

Venue: Classroom / Activity room

## Galaxy Fly-high Camp

A journey exploring self and growth

Target: Upper/lower elementary

Time: 180 mins or up

No. of Participants:

Venue: School hall

~80-100 (all students of the same grade)

## Galaxy "Pop-up"

Expressive arts and games booths

Target: All students / parents

No. of Participants: Everyone welcome

Time: Recess / Lunch / Parents' Day / Open Day / Graduation Day / Orientation Day, ~60 mins (period depending on school schedule)

Venue: Playground with shelter / School hall

## Galaxy Family Group

### 1. Parent-child Group A

Enhance mutual communication and appreciation

Target: Upper/lower elementary and parents

### 2. Parent-child Group B

Cultivate an atmosphere of appreciation and care, and promote interaction between parents and children

Target: Students with SEN (e.g. ASD, ADHD, etc.) and parents

No. of Participants: 3 - 4 parent-child pairs per group  
(depending on students' needs)

Time: 6 sessions / 8 sessions, 60 mins per session  
(depending on group objectives / school schedule)

Venue: Classroom / Activity room

## Parents Power-up Group

Providing stress-relieving space, creating Me Time and building positivity through exploration and creativity

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|--|---|
| 1. Parents Power-up Group<br>Target: Parents           | No. of Participants: 4 - 6 per group<br>Time: 6 sessions / 8 sessions,<br>60 mins per session<br>(depending on group objectives and<br>school schedule)<br>Venue: Classroom / Activity room |
| 2. Grandparents Power-up Group<br>Target: Grandparents |   |

## Parents Power-up Resort

An experiential camp enhancing parent-child relationships

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|-----------------------------------|----------------------|
| Target: All students and families | Time: 180 mins or up |
| No. of Participants: 70+          | Venue: School hall   |

### Enquiries



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