

“Thank You for Your Love” Hand Cream Workshop in Support of District Mental Health Month

In support of the Tsuen Wan, Kwai Chung and Tsing Yi District Mental Health Month and to raise students' awareness of mental health, our school hosted the “Thank You for Your Love” Hand Cream Workshop on October 9, 2026. In a relaxed and enjoyable atmosphere, the activity enabled students to gain accurate knowledge about mental health and cultivate gratitude for the people and things around them. Through the activity, students improved their mental health, reduced anxiety and stress, and created crafts together with their friends, thereby boosting their overall mental well-being. After completing the workshop, students could give their finished creations to someone they wished to thank, learning to view the world with a grateful heart and appreciate the beauty of life.



