

幼稚園教育計劃
鄰舍輔導會粉嶺幼兒園
中華文化校本學習計劃

學年：2025-2026
Academy Year：2025-2026

對象：本園幼兒及家長
Target Group：Children and Parents of
Our School

活動名稱：中醫穴位工作坊

Program Name：Traditional Chinese Medicine Acupressure Workshop

活動目標

- This workshop aims to introduce parents to basic TCM acupoints and acupressure techniques that can be used safely at home to support general health and well-being. Participants will learn simple massage methods that may help relieve common discomforts, promote relaxation, and enhance family health care practices.

Program Objective：

- This workshop aims to introduce parents to basic TCM acupoints and acupressure techniques that can be used safely at home to support general health and well-being. Participants will learn simple massage methods that may help relieve common discomforts, promote relaxation, and enhance family health care practices.

活動簡介

- 由註冊中醫師主講，旨在向家長介紹中醫穴位保健的基本概念及應用方法。透過理論講解及實踐示範，參加者將認識常見穴位的位置、功效及正確按壓技巧，學習運用簡單、安全的穴位按摩方法作日常保健。
- 工作坊內容涵蓋舒緩疲勞、促進睡眠、放鬆身心及改善常見不適等保健知識，讓家長掌握實用的自我保健技巧，並將健康護理融入家庭生活，共同建立健康生活習慣。

Program Content.

- This workshop is designed to introduce parents to the basic concepts of Traditional Chinese

Medicine (TCM) acupoints and acupressure. Through informative talks, practical demonstrations, and hands-on activities, participants will learn about the locations and functions of common acupoints, as well as simple and safe acupressure techniques that can be applied in everyday life.

- The workshop will cover topics such as relieving fatigue, promoting relaxation, improving sleep quality, and supporting general well-being. Participants will gain practical self-care skills and learn how to incorporate healthy practices into their daily family routines, helping to promote the health and wellness of the whole family.

活動記錄 Program Record

