

**THE UNIVERSITY OF HONG KONG**  
**FACULTY OF SOCIAL SCIENCES**

**Knowledge Exchange Seminar Series**  
**Building Mindfulness Culture in Schools**

**Abstract**

The Jockey Club “Peace and Awareness” Mindfulness Culture in Schools Initiative fosters mindfulness to enhance well-being among students, teachers, and parents. This seminar shares key learnings from this pioneering project, offering insights for educators aiming to cultivate mindful school environments.