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| **The Education University of Hong Kong****General Education Office****Positive and Values Education (PAVE) Courses** |
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| **S4 - Positive and Values Education正向教育與價值教育 (GEK)** |

* Focus on human being’s values towards positiveness (e.g. resilience, hope, gratitude, zest, perseverance, multi-perspective thinking, self-regulation, and etc.), character strengths, and wellbeing;
* Aim at generating understandings on enhancing individual and collective wellbeing through self-reflections;
* Apply experiential learning approaches and methods that underpin various PAVE courses; e.g. mindfulness, role-playing, games, and field practice;
* Examples of “Strand 4 disciplines”: positive psychology, positive education, and their connections with health and physical education, language education, music, information technology, ethics and life education, literature and culture, and religion.