

Wellbeing Guardians @6weekchallenge



THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
and Prevention
THE UNIVERSITY OF HONG KONG
香港大學香港賽馬會防止自殺研究中心



Week 1

Transcendence Week

Children | Take up the challenges shown below, or create your own unique challenges. Check the box next to the challenges you have completed.

Appreciate the beauty and excellence around you
(e.g. nature, a song, an artwork)
(Appreciation of Beauty)

Make 3 wishes, one for yourself, one for family and one for others in 2022
(Hope)

Set 3 goals in social and emotional aspects for this special holiday, e.g. learn to make eye-contact during conversation to show respect
(Spirituality)

If you walk around the block, notice what you find pleasing
(Appreciation of Beauty)

If possible, invite your family members to go for a 10-min walk and enjoy the sunshine
(Appreciation of Beauty)

Say thank you or send gratitude words to 3 people
(Gratitude)

Share a happy event/ joke with your family members
(Humour)

Invite family members to read a comedy book or movie with you
(Humour)

Everyday write 3 things to be grateful for
(Gratitude)

Parents

Want to give your children a big thumbs up?
Color the stars below to show your encouragement

Appreciation of Beauty



Hope



Spirituality



Gratitude



Humour



Children (or with the help of family): how do you feel when completing the challenge(s) today?
Please circle your emotion face, or you can express your feelings in words or drawing.

1-star is the lowest, 5-star is the highest

Monday	Tuesday	Wednesday	Thursday	Friday

Name _____ Contact number _____

School Name _____ Class _____ Student ID _____

Parent signature

#6weekchallenge