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

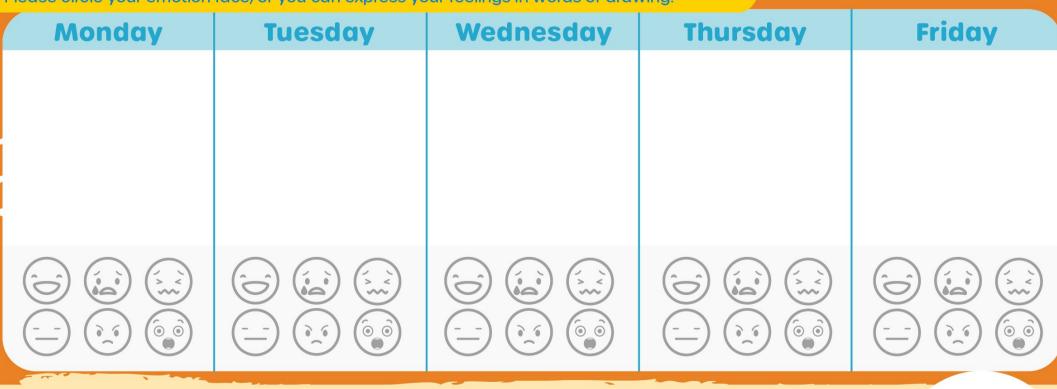
Children | Take up the challenges shown below, or create your own unique challenges. Check the box next to the challenges you have completed.

Courage Week 2



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



Name _____ Contact number _____

Parent signature

School Name_____ Class____Student ID ____