

# 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 2 Courage Week

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

Start to learn a new sport / skill, like a basic yoga, learn to draw, learn origami or chess etc for 20mins every day in this special holiday  
(Zest)

Write a mood journal-honest to yourself  
(Honesty)

Try to voice out your emotion, idea and opinion with "I" statement  
(Bravery)

Write down a challenge you did not want to face before and decide the ways to overcome it  
(Perseverance)

Try to taste a dish that you usually don't like  
(Bravery)

Do an exercise with your family member for 15 mins, eg, stretching, jogging, ball games etc  
(Zest)

Ask for a forgiveness from a family member or a friend when necessary  
(Bravery)

Show your sincerity to greet your neighbour/ security guard  
(Honesty)

Sing a song / play an instrument to your family members  
(Bravery)

### Parents

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

Zest

★★★★★

Honesty

★★★★★

Perseverance

★★★★★

Bravery

★★★★★

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