

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 4 Justice Week

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

Lead/Encourage a family member/ friend to do a sport
(Leadership)

Learn to cooperate with others, eg. doing chores, tidying up a drawer or getting involved in group activities etc
(Teamwork)

Write down 1 type of disadvantaged people in HK and decide the ways of treating them fairly
(Fairness)

Teach/Encourage others to do a relaxation or breathing exercise when needed
(Leadership)

Read a newspaper article related to current affairs and share your thoughts with a family member
(Fairness)

Involve your family members do chores together
(Teamwork)

Make donation with your family member if possible
(Fairness)

Give your seat to someone in need
(Fairness)

Offer a help to a classmate in need
(Leadership)

Parents

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

Leadership

★★★★★

Teamwork

★★★★★

Fairness

★★★★★

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