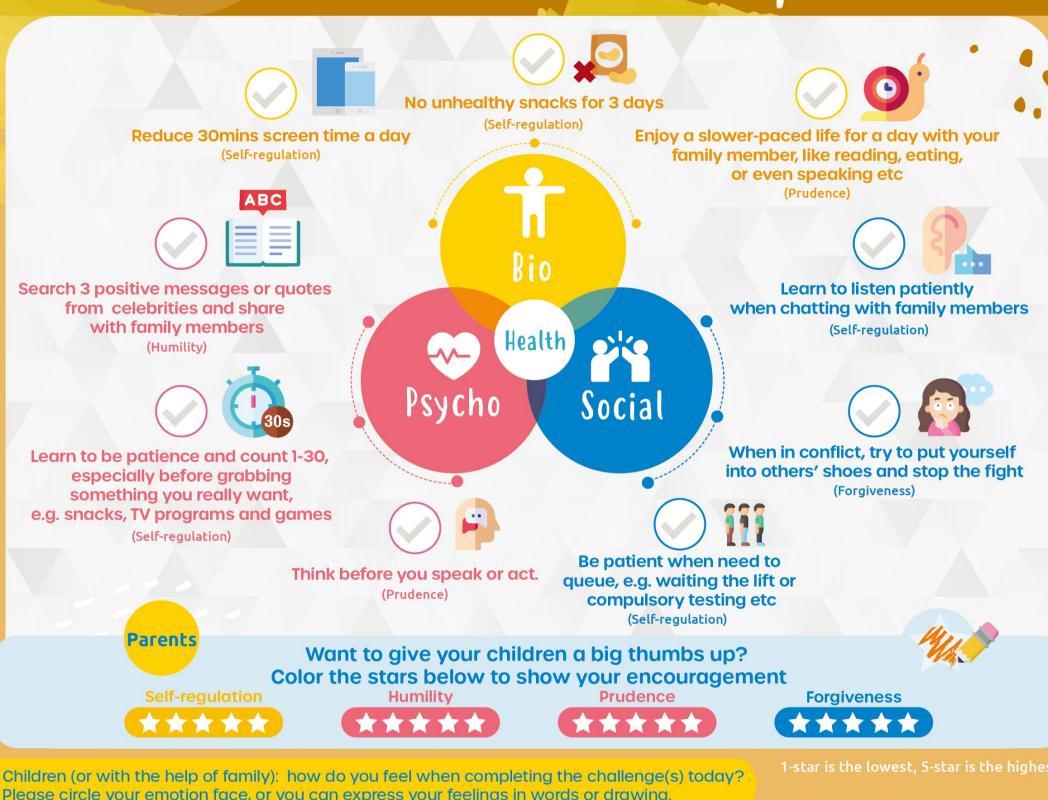
Wellbeing Guardians @6weekchallenge

THE HONG KONG JOCKEY CLUB Centre for Suicide Research THE UNIVERSITY OF HONG KONG

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

Temperance Week



Monday	Tuesday	Wednesday	Thursday	Friday
\sim	\sim	\sim	\sim	

Name _____ Contact number _____

Parent signature

School Name_____ Class____Student ID ____