

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 3

Humanity Week

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

Invite a family member /friend to do an exercise for at least 5 mins (Social Intelligence)

Say 3 of your outstanding strengths / character strengths (Kindness)

Write down a blessing message to the people in need, e.g. elderly, sick people, doctors/ nurses etc and share with your family member (Kindness)

To get in bed 30mins earlier this week (Kindness)

Invite a family member to prepare a delicious meal with you and enjoy it together (Love)

Show a kindness act to your family members / friends / neighbour (Social Intelligence)

Reach out to people in need through call, e.g. grandparents (Love)

Invite your parents to prepare and send a little gift to loved ones (Love)

To get in bed 30mins earlier this week (Kindness)

Commit to bringing no harm in thought, word, or action to any living creature at least once a day. (Kindness)

Parents

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

Social Intelligence
★★★★★

Kindness
★★★★★

Love
★★★★★

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