

# 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 5 Wisdom Week

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

**Bio**  
**Health**  
**Social**

**Drink 8 glasses of water daily**  
(Judgement)

**Do one of your daily activities in a new style. Be creative!**  
(Creativity)

**Try a new revision habit, e.g. using mindmap, dictionary, YouTube channel etc.**  
(Love of Learning)

**Discuss with your family member about what you've learnt from yourself, e.g. What makes me angry/ sad?**  
(Perspective)

**Do 3 sets of Deep Breathing exercise in the morning, at noon and before bedtime**  
(Judgement)

**Eat 2 servings of fruits & 3 servings of vegetables a day**  
(Judgement)

**Tell your family member about what you found as their character strength**  
(Curiosity)

**Make good use of social media to make a new craft with family member**  
(Creativity)

**Share a new skill/ exercise or findings you learnt with others in the previous weeks**  
(Perspective)

Parents

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

Judgement

Creativity

Love of Learning

Perspective

Curiosity

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