

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 6

Temperance Week

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

Reduce 30mins screen time a day
(Self-regulation)

Search 3 positive messages or quotes from celebrities and share with family members
(Humility)

Learn to be patience and count 1-30, especially before grabbing something you really want, e.g. snacks, TV programs and games
(Self-regulation)

No unhealthy snacks for 3 days
(Self-regulation)

Enjoy a slower-paced life for a day with your family member, like reading, eating, or even speaking etc
(Prudence)

Learn to listen patiently when chatting with family members
(Self-regulation)

When in conflict, try to put yourself into others' shoes and stop the fight
(Forgiveness)

Think before you speak or act.
(Prudence)

Be patient when need to queue, e.g. waiting the lift or compulsory testing etc
(Self-regulation)

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Parents

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

Self-regulation

★★★★★

Humility

★★★★★

Prudence

★★★★★

Forgiveness

★★★★★

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