Wellbeing Guardians @6weekchallenge

Week 2
Courage Week

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

- Start to learn a new sport / skill, like a basic yoga, learn to draw, learn origami or chess etc for 20mins every day in this special holiday (Zest)
- Write a mood journal - honest to yourself (Honesty)
- Try to voice out your emotion, idea and opinion with “I” statement (Bravery)
- Try to taste a dish that you usually don’t like (Bravery)
- Do an exercise with your family member for 15 mins, eg, stretching, jogging, ball games etc (Zest)
- Ask for a forgiveness from a family member or a friend when necessary (Bravery)
- Show your sincerity to greet your neighbour / security guard (Honesty)
- Write down a challenge you did not want to face before and decide the ways to overcome it (Perseverance)
- Sing a song / play an instrument to your family members (Bravery)

Parents
Want to give your children a big thumbs up? Color the stars below to show your encouragement
- Zest
- Honesty
- Perseverance
- Bravery

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.

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Name ___________________________ Contact number ___________________________

School Name ___________________________ Class ______ Student ID ______

#6weekchallenge