**Wellbeing Guardians @6weekchallenge**

**Week 3**

**Humanity Week**

- **Bio**
  - To get in bed 30mins earlier this week
  - (Kindness)
  - Invite a family member /friend to do an exercise for at least 5 mins
  - (Social Intelligence)

- **Psycho**
  - 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)
  - Commit to bringing no harm in thought, word, or action to any living creature at least once a day.
  - (Kindness)
  - Invite your parents to prepare and send a little gift to loved ones
  - (Love)

- **Social**
  - 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)

**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?

1-star is the lowest, 5-star is the highest

Please circle your emotion face, or you can express your feelings in words or drawing.

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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Name __________________________ Contact number __________________

School Name _________________________ Class _______ Student ID _______

#6weekchallenge