Wellbeing Guardians @6weekchallenge

Week 4
Justice Week

- Teach/Encourage others to do a relaxation or breathing exercise when needed
- Lead/Encourage a family member/friend to do a sport (Leadership)
- Involve your family members do chores together (Teamwork)
- Learn to cooperate with others, eg. doing chores, tidying up a drawer or getting involved in group activities etc (Teamwork)
- Make donation with your family member if possible (Fairness)
- Give your seat to someone in need (Fairness)
- Write down 1 type of disadvantaged people in HK and decide the ways of treating them fairly (Fairness)
- Read a newspaper article related to current affairs and share your thoughts with a family member (Leadership)
- Offer a help to a classmate in need (Leadership)

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

Leadership ★★★★★
Teamwork ★★★★★
Fairness ★★★★★

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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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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Name _______________________________ Contact number __________________

School Name ___________________________ Class _______ Student ID _______

#6weekchallenge