### Week 5: Wisdom Week

**Wellbeing Guardians @6weekchallenge**

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

#### Bio
- Drink 8 glasses of water daily (Judgement)
- 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)

#### Health
- 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)

#### Social
- 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

**Judgement**

**Creativity**

**Love of Learning**

**Perspective**

**Curiosity**

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

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

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.

<table>
<thead>
<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