Wellbeing Guardians @6weekchallenge

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.

**Bio**

- No unhealthy snacks for 3 days
- Reduce 30mins screen time a day
- Enjoy a slower-paced life for a day with your family member, like reading, eating, or even speaking etc

**Psycho**

- Search 3 positive messages or quotes from celebrities and share with family members
- Learn to be patience and count 1-30, especially before grabbing something you really want, e.g. snacks, TV programs and games
- Think before you speak or act

**Social**

- Learn to listen patiently when chatting with family members
- When in conflict, try to put yourself into others' shoes and stop the fight
- Be patient when need to queue, e.g. waiting the lift or compulsory testing etc

**Parents**

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

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