

Campaign on "Promoting Positive Values and Attitudes
through English Sayings of Wisdom 2025/26"



SOW READATHON

Reading Challenge Booklet 2

**SOW the Reading Seed
– Discover as You Read**



SOW Campaign & SOW Readathon



Welcome to the SOW Readathon! As part of the Campaign on "Promoting Positive Values and Attitudes through English Sayings of Wisdom" (SOW Campaign) 2025/26, this magical journey invites you to **explore new worlds and ideas through reading**, dive into exciting challenges and discover the joy of reading various text types and themes.

Get ready to embark on an adventure that will spark your imagination and inspire a lifelong love for reading!

During your reading journey, explore the "Sayings of Wisdom" (SOW) — inspiring words such as English proverbs, idioms, adages, maxims and quotes that **provoke thoughts, share insights, and explore the meaning of life.**



SOW to help you grow!



For details about the SOW Campaign,
visit www.edb.gov.hk/sow
or scan the QR code.

Fill in the information below to
become a proud **SOW Reading Ranger**!

Name: _____

School: _____

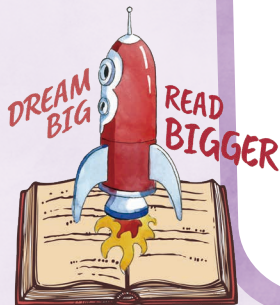
Class: _____

Class No.: _____



My Reading Goal:

How many reading challenges
do you aim to complete?





How to use the Reading Challenge Booklet?

STEP

01

Fill in the information and set your goal on P.2.



STEP

02

Select as many reading challenges as you like from P.5–20.

SOW Readathon:
Nov 2025 – Jun 2026

STEP

03

Get ready and READ!



STEP

04

Complete **at least 3 challenges** and **one of the two mini-tasks** under each challenge.

STEP

05

- Complete the reading record on P.21–24.
- Ask your English teacher to sign and validate the record.

STEP

06

Track your reading journey on P.25 as you discover the wonder of words.

STEP

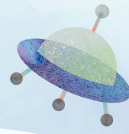
07

Complete the self-reflection on P.26 to conclude your SOW Readathon experience.

STEP

08

- You will be awarded a **certificate** upon completion of **3 mini tasks**.
- Outstanding Reading Rangers can also earn SOW Reading Ranger Badge(s).



Tips for Choosing Your Next Book

- Identify preferred topics/text types.
- Read reviews or seek recommendations from teachers, friends, or family.
- Check out award-winning books.
- Use online searches or scan the QR codes below to find a book to read.
- It is fine to revisit the book later if it does not resonate with you now.



Theme-based Reading
<https://www.edb.gov.hk/theme-based-reading>



Theme-based Reading eBook Lists
<https://www.edb.gov.hk/ebooklists-activities>



Book Works Reading Site
<https://bookworks.edb.edcity.hk/en/index.php>



Hong Kong Public Libraries
<https://www.hkpl.gov.hk/en/index.html>

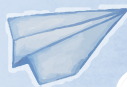


Hong Kong Reading City
<https://www.hkreadingcity.net/en/>



NET Section, EDB
<https://nets.edb.edcity.hk/page.php?p=649>

An Overview of the Reading Challenges



SOW the Reading Seed – Discover as You Read



- | | | |
|----|--|-----|
| S1 | Read to discover a new place. | P.6 |
| S2 | Read to discover people's talents and success. | P.7 |
| S3 | Read to explore an invention that interests you. | P.8 |
| S4 | Read about ways to enhance your well-being. | P.9 |

Dream Big, Read Bigger

- | | | |
|----|--|------|
| D1 | Read to learn about healthy habits for life success. | P.10 |
| D2 | Read to learn from fantastic people of our country. | P.11 |
| D3 | Read a book about dream pursuing. | P.12 |
| D4 | Read to learn about a job that you aspire. | P.13 |

Finish
3 mini tasks
to get a
certificate.



Wisdom Unites, Stories Connect

- | | | |
|----|---|------|
| W1 | Read to discover how sport can bring people together. | P.14 |
| W2 | Read about one of the 17 Sustainable Development Goals. | P.15 |
| W3 | Read about a festival/celebration that helps people bond. | P.16 |
| W4 | Read a story about friendship. | P.17 |

Other Reading Adventures

- | | | |
|----|---|------|
| R1 | A reading activity organised by your school | P.18 |
| R2 | A reading activity organised by your school | P.19 |
| R3 | A reading activity organised by your school | P.20 |



**S1**

READING CHALLENGE#S1:

SOW the Reading Seed
– Discover as You Read

Read to discover a new place.

Finish
3 mini tasks
to get a
certificate.



Task 1:

Share with your classmates whether you recommend this place or not.

Date of sharing:

Ideas shared:

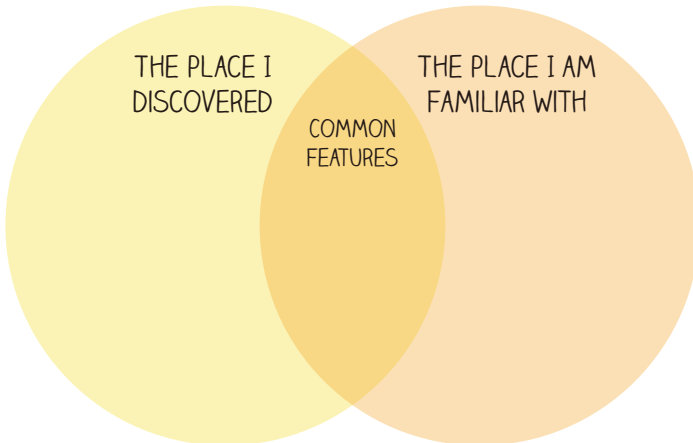


OR



Task 2:

What are the similarities and differences between the place you discovered and a place that you are familiar with?



Read to discover people's talents and success.



Task 1:

Participate in the "SOW Your Discovery" Multimodal Composition Contest to present your discoveries in a creative way.

Date of entry submission: _____

My discovery is _____



Scan the QR code
for information of
the contest.

OR



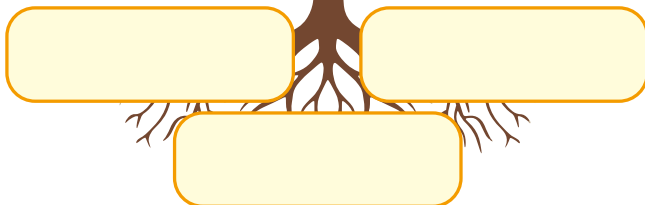
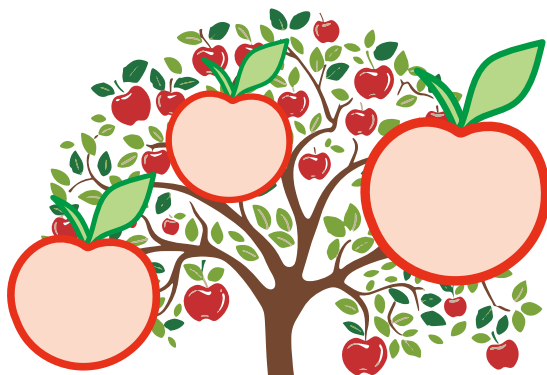
Task 2:

Label the Talent Tree below. Let the roots represent the reasons for the success of the person you read about, while the fruits show the talents and achievements.

Talent Tree of _____

*Talents and
achievements*

*Reasons for
success*



Read to explore an invention that interests you.

**Task 1:**

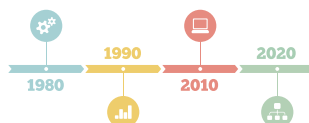
Draw the invention and label its parts.



OR

**Task 2:**

Create a timeline to show how the invention has changed over time.



**S4**

READING CHALLENGE#S4:

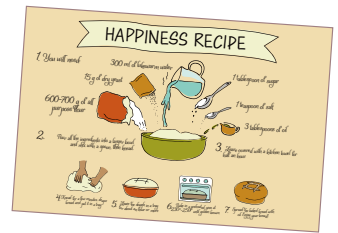
**SOW the Reading Seed
– Discover as You Read**

Read about ways to enhance your well-being.

**Task 1:**

Create a "Happiness Recipe" based on what you have learnt. Include at least 3 ingredients for happiness and explain how each one works.

Example: Add 30 minutes of exercise daily - releases endorphins that boost mood.

**OR****Task 2:**

Conduct a mini-experiment. Try one of the happiness techniques for 3 days and record your mood each day below.

Day 1: 😞 😞 😞 😊 😊 I feel _____ because _____.

Day 2: 😞 😞 😞 😊 😊 I feel _____ because _____.

Day 3: 😞 😞 😞 😊 😊 I feel _____ because _____.

What did you notice? _____

**D1**

READING CHALLENGE #D1:

Dream Big, Read Bigger

Read to learn about healthy habits for life success.

**Task 1:**

Choose three habits you want to follow. Create a poster to inspire yourself to live by these habits.

Finish
3 mini tasks
to get a
certificate.

**OR****Task 2:**

Take on a 7-day challenge to see if you can stick to your chosen habit.

The habit I chose: _____

Start date: _____ *End date:* _____

I was/was not able to complete the challenge because _____

**D2**

READING CHALLENGE #D2:

Dream Big, Read Bigger

Read to learn from fantastic people of our country (e.g. scientists, philanthropists).

Scan the QR code to watch videos on "Fantastic People".

**Task 1:**

Write a letter to one of the fantastic people to express your thoughts. You may consider the following:

- What part of his/her story left the strongest impression on you? Why?
- What have you learnt from him/her?

**OR****Task 2:**

Make a short video to share how his/her story inspires you.

Link/QR code to the video:



Read a book about dream pursuing.



Task 1:

Watch Joshua's SOW Motivational Talk Video. What are the similarities between the book and the video about dream pursuing? List two of them below.



Scan the QR code to watch the video.

1. _____

2. _____

OR



Task 2:

Imagine you are preparing for a journey towards achieving your dream. Your backpack can only hold three important things — these can be skills, values, or tools (e.g. perseverance, creativity, a special book, a supportive attitude). What would you choose to bring? For each item, explain how it will help you on your journey to reach your dream.

	Things you would bring	Why?
1		
2		
3		



**D4**

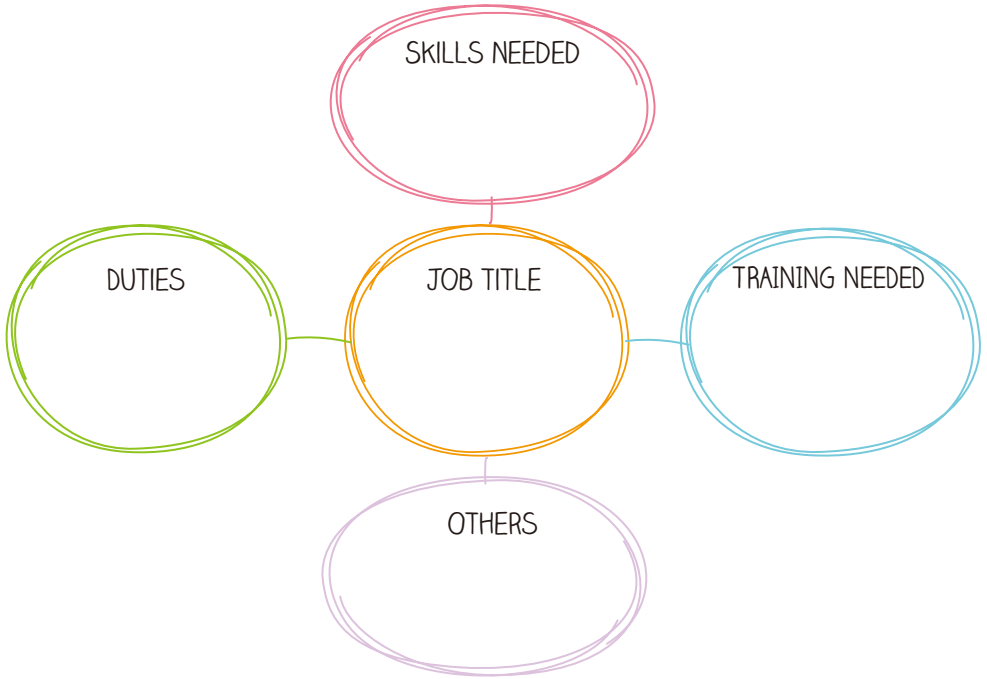
READING CHALLENGE #D4:

Dream Big, Read Bigger

Read to learn about a job that you aspire.

**Task 1:**

Create a mind map to introduce the job.

**OR****Task 2:**

Write down some questions you have about the job. Use the internet to help you find the answers.

1. _____
2. _____
3. _____



Scan the QR code to find out more about different jobs.

Read to discover how sport can bring people together.

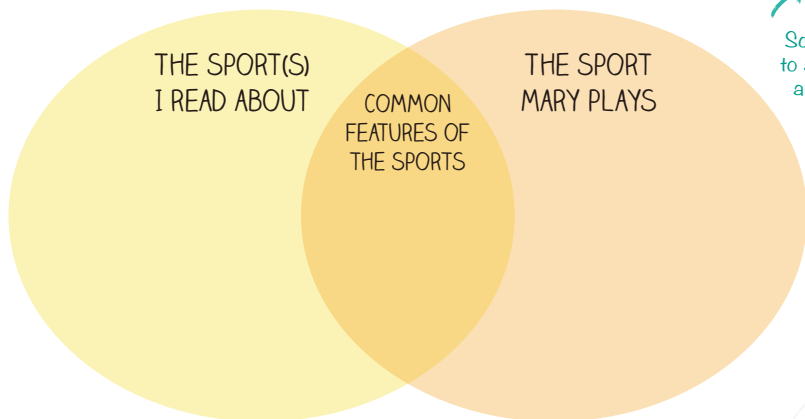


Task 1:

Watch the video "A Typical Day in My Life". Compare and contrast the sport(s) you read about and the one Mary plays.



Scan the QR code to access the video and activity sheet.



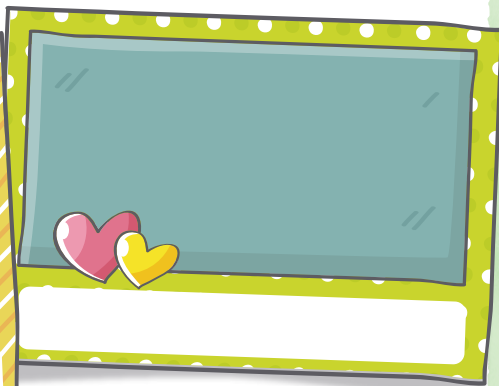
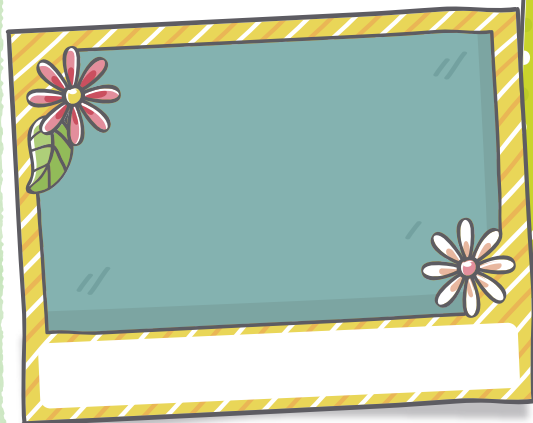
OR

Finish
3 mini tasks
to get a
certificate.



Task 2:

Collect 2 pictures (physical or digital) showing how sport can bring people together. Write a caption for each explaining the impact.



Read about one of the 17 Sustainable Development Goals (SDGs) to learn how we can make the world a better place.



Task 1:

Design an infographic showing:

- the SDG you chose
- the reason why it matters
- 3 actions our community can take to help achieve this SDG



Scan the QR code
to learn more about
the 17 SDGs.

OR



Task 2:

Create a "30-second pitch" script to convince someone to care about your chosen SDG. Deliver it to a friend or family member. You may consider including the following:

1. a hook (a surprising fact or an interesting question)
2. the problem (why this issue matters)
3. a proposed solution (how to make a difference)
4. a call to action (what can be done to help)



The SDG I chose: _____

Date of pitch: _____

The person I pitched to: _____

Their thought/reaction: _____

Read about a festival/celebration that helps people bond.

Scan the QR code to learn about traditional Chinese festivals.



Task 1:

Imagine you can travel back in time to meet the person who started the celebration you read about. Think of three things you want to share with him/her about how the celebration is enjoyed today.

Ideas on what to share:

- how people celebrate it nowadays
- how it brings people closer
- where in the world it is celebrated
- what you love most about it

I shared my ideas with _____ on _____ .
(who) (date)

OR



Task 2:

Share with someone about this festival/celebration through a creative presentation (song, dance, storytelling, demonstration, etc.) and find out what interests him/her the most.

The festival/celebration I shared: _____

How I presented it: _____

The person I shared with: _____

One thing he/she found most interesting: _____

Read a story about friendship.



Task 1:

Create a "Friendship Timeline" showing how the characters' relationship developed throughout the story. Include at least 3 key moments with illustrations or symbols.



OR



Task 2:

Write a "Lasting Friendship Guide" based on the story. Include 2 tips on how to be the best friend we can be using examples from what you have read.

Two ways to have lasting friendship

Tip 1:

Example from story:

Tip 2:

Example from story:





R1

READING CHALLENGE #R1:

Other Reading Adventures

A reading activity organised by your school

Name of the reading activity:

Finish
3 mini tasks
to get a
certificate.



What did you do in the reading activity?

Mini task:





R2

READING CHALLENGE#R2:

Other Reading Adventures

A reading activity organised by your school

Name of the reading activity:

What did you do in the reading activity?

Mini task:





A reading activity organised by your school

Name of the reading activity:

What did you do in the reading activity?

Mini task:





My Reading Record

Reading Challenge # (e.g. S1, D2, W3)	Book Title	Author
1.		
2.		
3.		

Awesome! You have earned a certificate! Keep reading!



4.		
5.		
6.		



Way to go! Immerse yourself in the magic of reading!

7.		
8.		
9.		

You're on a roll! Together we read, together we grow!





A SOW Taken from the Book	Teacher's Validation



My Reading Record

Reading Challenge # (e.g. S1, D2, W3)	Book Title	Author
10.		
11.		
12.		

Super effort! Every page you turn is a step towards wisdom.

13.		
14.		
15.		

What a reading superstar! You're building a powerful mind!

"Reading is essential for those who seek to rise above the ordinary."

— Jim Rohn



A SOW Taken from the Book

Teacher's Validation





Reading Record Tracker



Track your reading progress throughout the year by colouring one grid every day in the chart below. Use the colour indicators to show how much time you have dedicated to your reading journey — whether it's books, articles, audiobooks, or any other forms of reading:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jan																															
Feb																															
Mar																															
Apr																															
May																															
Jun																															
Jul																															
Aug																															
Sep																															
Oct																															
Nov																															
Dec																															



1-14 mins



15-24 mins



30-44 mins



45-59 mins



60 mins or more



Every big goal starts with a spark — find yours in your reading adventures.

★ *Reflection*

How many challenges have you completed? -----

You will get a certificate if you have completed 3 or more challenges.

To echo the theme "SOW the Reading Seed – Discover as You Read",
what have you discovered in your reading journey?

1. -----

2. -----

3. -----

Take a moment to reflect on your SOW Readathon experience:

1. Your favourite SOW:

2. Your favourite reading challenge:

3. Your reading goals for next year:



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