

Campaign on "Promoting Positive Values and Attitudes
through English Sayings of Wisdom" 2026/27

Sayings
of Wisdom



SOW READATHON

Reading Challenge Booklet 3

SOW the Reading Seed –
The Spark Within,
The Words Beyond



SOW Campaign & SOW Readathon



Sayings
of Wisdom



Welcome to the SOW Readathon! As part of the Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign) 2026/27, 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?

SOW Readathon:
Nov 2026 – Jun 2027

STEPS

1

Fill in the information and set your goal on **p.2**.

2

Select as many reading challenges as you like from **p.7 – 22**.

3

Get ready and **READ!**

4

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

5

- Complete the reading record on **p.23 – 26**.
- Ask your English teacher to sign and validate the record.

6

Track your reading journey on **p.27 – 28** as you discover the wonder of words.

7

Complete the self-reflection on **p.29** to conclude your SOW Readathon experience.

8

- You will be awarded a **certificate** upon completion of **3 mini tasks**.
- All-round readers who complete **at least one mini task** under **each sub-theme** can earn **SOW Reading Ranger Badges**.
- Outstanding Reading Rangers who complete **all 3 reading challenges** under **“Community Chronicles: Exploring Our City, Sharing Our Story”** will receive **Sowy Bag Charms**.



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 and Suggested Reading Activities

<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/>

"Your Next Great Read" by NET Section, EDB

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



Our Exemplary Reading Rangers



Scan the QR code to unlock their reading superpowers.



An Overview of the Reading Challenges

Mindful Messages: The Power of Self-Care

- | | | |
|-----------|-------------------------------------|-----|
| M1 | Read to find a calm routine. | p.7 |
| M2 | Read to learn ways of self-care. | p.8 |
| M3 | Read to build a “screen-off” habit. | p.9 |

Echoes of Empathy: From Pages to Presence

- | | | |
|-----------|--|------|
| E1 | Read to walk in someone else’s shoes. | p.10 |
| E2 | Read and listen to voices of nature and animals. | p.11 |
| E3 | Read to uncover others’ struggles. | p.12 |

Community Chronicles: Exploring Our City, Sharing Our Story

- | | | |
|-----------|---|------|
| C1 | Read to explore Hong Kong’s stories. | p.13 |
| C2 | Read to celebrate the 30th anniversary of the establishment of the HKSAR. | p.14 |
| C3 | Read to learn more about different members of the community. | p.15 |

Heritage and Harmony: Wisdom across Cultures

- | | | |
|-----------|---|------|
| H1 | Read across cultures and worlds. | p.16 |
| H2 | Read to discover wisdom in proverbs. | p.17 |
| H3 | Read to learn about and appreciate Chinese culture. | p.18 |

Other Reading Adventures

- | | | |
|--------------|---|-----------|
| S1-S4 | A reading activity organised by your school | p.19 - 22 |
|--------------|---|-----------|



Reading Challenge #M1

Mindful Messages: The Power of Self-care

Read a book about
rest, calmness,
peace of mind
or handling stress.



Read to find a calm routine.

Task 1

Copy one helpful sentence or a saying of wisdom (SOW)
from the book that helps you feel calm.

“

”

Make a three-step calm plan using your favourite idea from the book.

My Calm Plan

Step 1 _____

Step 2 _____

Step 3 _____



Share your plan with a buddy and choose one step you both want to try.



Task 2

Pick one relaxing tip from the book, and turn it into a
3-emoji story with a six-word caption.

e.g. 🤔

e.g. 😊

e.g. 😊



e.g. Pause.

e.g. Breathe in.

e.g. Let it go.



M2 Reading Challenge #M2

Mindful Messages: The Power of Self-care

Read a book or text about taking care of yourself through healthy eating, exercise, good sleep, hobbies, etc.



Read to learn ways of self-care.

Task 1

Before reading, write down two self-care ideas. After reading, put a ✓ next to any idea that is mentioned in the book or text. Then add at least one new self-care action from the book or text that you think is useful for you.

Self-care Actions Checklist

☐☐☐☐

Share your list with a buddy, and add one new self-care idea to your list if you also want to try it.



Task 2

Design a "Self-care Coupon" to remind yourself to take a break after working hard. Make sure your coupon links to the main message of the book or text.

Self-care Coupon

I am entitled to

(e.g. 15 minutes of uninterrupted story reading)

after

(e.g. finishing my homework.)



M3 Reading Challenge #M3

Mindful Messages: The Power of Self-care

Read a book or text
about "screen-off"
lifestyles or digital
detoxing.



Read to build a "screen-off" habit.

Task 1

Complete the simple three-day "screen-off" habit tracker using one idea from the text. Write some notes to describe what you did and how you felt afterwards.

My Three-day "Screen-off" Challenge

The "screen-off" habit I tried is: _____

What did I do?

How did I feel?

Day 1

Day 2

Day 3



After three days, tell your buddy one change you noticed and one difficulty you had.



Task 2

Create a social media post that encourages your friends to adopt one "screen-off" habit mentioned in the text. You can also tag Sowy (@sowyenglish) in your post to share the habit.

“

”

[Caption]

[Picture or drawing]

E1 Reading Challenge #E1

Echoes of Empathy: From Pages to Presence

Read a story or biography about someone with a different background, ability or life challenge.



Read to walk in someone else's shoes.

Task 1

Recall one important scene in the story or biography.
Complete the table.

Feel

(How does the character feel?)

Think

(What is in the character's mind?)

Act

(What does the character do?)



Share your answers with your buddy and ask if they agree.



Task 2

Record a 1-minute video about the character's journey. Use the "3-2-1" format below to plan your ideas, then submit your video to the "Speak Your Mind!" scheme.



Scan the QR code to view our students' excellent work on the channel.

3 facts

about the character's background or situation

2 feelings

the character likely experienced during the hardest moment

1 takeaway lesson

you can practise in daily life



E2 Reading Challenge #E2

Echoes of Empathy: From Pages to Presence

Read a fable, fiction
or story written from the
perspective of an animal,
plant or natural
element.



Read and listen to voices of
nature and animals.

Task 1

Write an "Empathy Pledge" to care for the real-world version of a non-human character. Draw or write one easy action you will take in daily life to help nature or animals (e.g. volunteer at animal shelters, pick up trash in the park).



Task 2



Imagine the non-human character in your book can talk to people. What would it say? Draw the character and write its most important messages in the speech bubbles below.



Name of character: _____



E3 Reading Challenge #E3

Echoes of Empathy: From Pages to Presence

Read a story where
a character faces
a problem.



Read to uncover others' struggles.

Task 1

Write a short warm message to the character. Show understanding towards the character's difficulty and offer useful advice.

Dear _____ ,

Best wishes,



Read your message to a friend and ask about their feelings.



Task 2

Identify inner strengths and external help the character used to overcome challenges and succeed.

Inner strengths

e.g. courage, patience, resilience, adaptability

 _____

 _____

 _____

 _____

 _____

External help

e.g. family, friends, teachers, community

 _____

 _____

 _____

 _____

 _____





Reading Challenge #C1

Community Chronicles: Exploring Our City, Sharing Our Story

Read to explore Hong Kong's stories.

Read about a place,
event, district or
building in Hong Kong.



Task 1

My Hong Kong Discovery

On the right, write three new facts about our city that you learnt from the text.



Tell a buddy why you find these facts interesting or meaningful, and share one thing you would like to find out more about.

Task 2



Write a review sharing your opinion of the place and one thing you want to explore further. Then, colour the stars to rate the place out of five based on its appeal, history and importance.

The place, event, district or building I read about: _____



C2 Reading Challenge #C2

Community Chronicles: Exploring Our City, Sharing Our Story

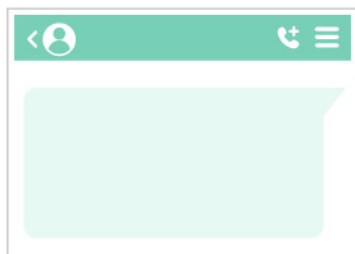
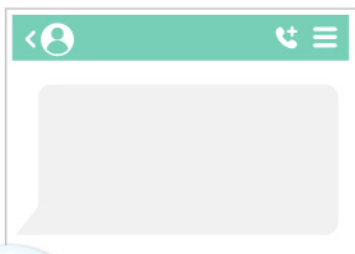
Read a text about
the 30th anniversary of
the establishment of
the HKSAR.



Read to celebrate the 30th anniversary
of the establishment of the HKSAR.

Task 1

Participate in the "SOW Creative" Sticker Design Competition.
Create an instant messaging sticker inspired by the book or text. Send
it to two persons who may like it and record their responses below:



Scan the QR code for
information of the competition



Task 2

Draw a timeline to show how Hong Kong has evolved in a key area
featured in the text (e.g. technology, transport, cultural preservation).



Time Capsule: 1997 to 2027



C3 Reading Challenge #C3

Community Chronicles: Exploring Our City, Sharing Our Story

Read to learn more about different members of the community.

Read a book or article written by a non-Chinese resident in Hong Kong.



Task 1

Plan a day trip for your classmates. Choose three local places mentioned in the text and explain why you choose them.

	Name	Why I choose it
Place 1		
Place 2		
Place 3		



Share your travel plan with your classmates and ask for their opinions.

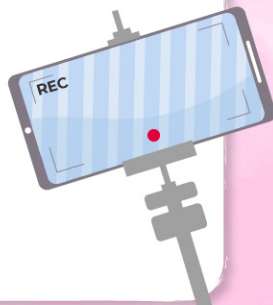


Task 2

Recall one idea or example from the author that shows love for our city and inspires you. Record a short video to share how your own experiences or memories of our community connect with the author's. Submit your video to the "Speak Your Mind!" scheme.



(Paste the QR code or link to your video here.)





Reading Challenge #H1

Heritage and Harmony: Wisdom across Cultures

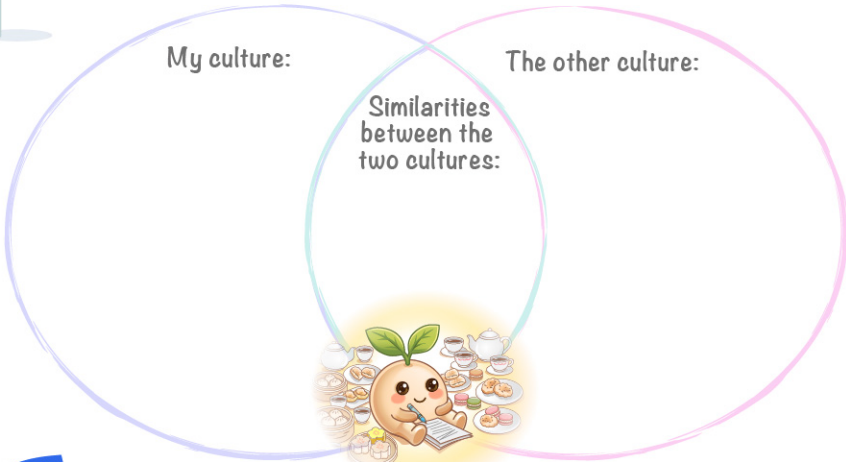
Read across cultures and worlds.

Read a text about
a culture different
from your own.



Task 1

Find two similarities and two differences between that culture and your own. Write them in the Venn diagram below.



Talk with your buddy about how we can respect each other.



Task 2

Write a short reflection on what you learnt about respecting differences and how this promotes unity and harmony in society.

A large, empty rectangular box with a light orange border, intended for writing a reflection.



Show your work to a buddy. Choose one idea you both agree on and one idea where your views are different.



H2 Reading Challenge #H2

Heritage and Harmony: Wisdom across Cultures

Read a book (e.g. a proverb collection) to learn about proverbs from different cultures and discover the timeless life lesson inside.



Read to discover wisdom in proverbs.

Task 1

Find a Chinese proverb that has a similar meaning to the foreign idiomatic expression you learnt. Explain how both sayings share a similar life lesson and show common values across cultures.

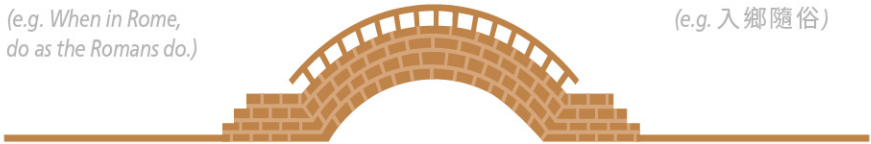
Wisdom Twin

Foreign proverb:

(e.g. When in Rome,
do as the Romans do.)

Chinese proverb:

(e.g. 入鄉隨俗)



How both cultures value the same core human wisdom:



Task 2

Choose a proverb from the book. Use AI to generate a comic that shows how the proverb can give helpful advice in everyday life (e.g. at school, at home, or with friends).

Chosen proverb:

My comic:



H3 Reading Challenge #H3

Heritage and Harmony: Wisdom across Cultures

Read to learn about and appreciate Chinese culture.

Read a book or text about Chinese culture (e.g. a festival, traditional clothes, customs or food)



Task 1

Share one thing about Chinese culture from your book with your English teacher. Then, take a photo with your teacher and paste it in the space provided.

I shared my ideas about _____

with _____

(Teacher name)

on _____

(Date)

[Photo here]

(OR)

Task 2

Write a riddle about something from Chinese culture in the book or text you read. Do not name it. Describe what it is, why it is important to our city, and what makes it special.



Read your riddle to a buddy and see if they can guess it.





A reading activity organised by your school

Name of the reading activity:

What did you do in the reading activity?



S2 Reading Challenge #S2



A reading activity organised by your school

Name of the reading activity:

What did you do in the reading activity?



S3 Reading Challenge #S3



A reading activity organised by your school

Name of the reading activity:

What did you do in the reading activity?



S4 Reading Challenge #S4



A reading activity organised by your school

Name of the reading activity:

What did you do in the reading activity?





My Reading Record



Reading Challenge# (e.g. M1, E2, C3)	Book Title	Author
1.		
2.		
3.		
Awesome! You have earned a certificate!		
4.		
5.		
6.		
Way to go! Dive into a book and discover the magic of imagination!		
7.		
8.		
9.		

You're on a roll!

Together we read, together we grow!



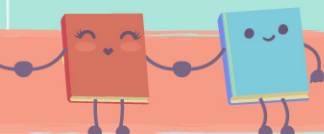


A SOW Taken from the Book



Teacher's Validation

Keep turning those pages to unlock new worlds!





My Reading Record



Reading Challenge# (e.g. M1, E2, C3)	 Book Title	Author
10.		
11.		
12.		
Super effort! Every page you turn is a step toward wisdom.		
13.		
14.		
15.		
16.		

What a reading
superstar!

You're building a powerful mind!





A SOW Taken from the Book



Teacher's Validation



“ Reading is an exercise in empathy; an exercise in walking in someone else's shoes for a while.

Malorie Blackman

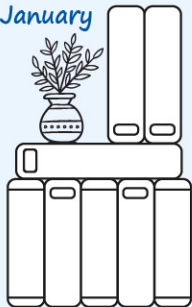


Reading Record Tracker

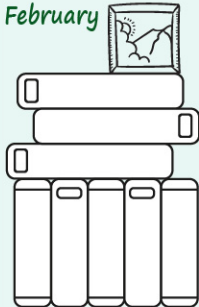
Track your reading progress throughout the year by colouring one book spine below for each book, article, audiobook, or other form of reading you complete:



January



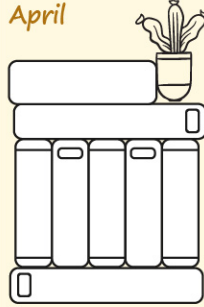
February



March



April



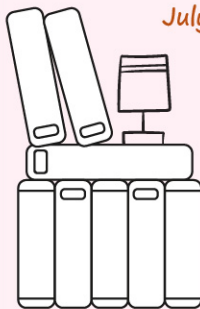
May



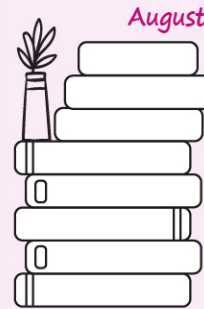
June



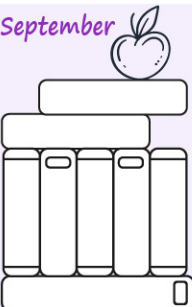
July



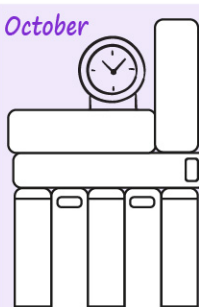
August



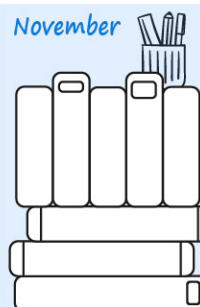
September



October



November



December



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



Reading Bingo

BINGO!

Get ready for an epic reading adventure! Expand your reading horizons, explore the world of reading, and see how many squares you can conquer!



Read a book
borrowed from
your school
library

Read with a
friend every day
for three days

Read while
wearing your
favourite colour

Read during
a rainy day

Discuss a
fictional
character
with a friend
over lunch

Share a thought
about a book
on the Speak
Your Mind!
YouTube channel

Listen to an
episode of a
book-related
podcast

Create a reading
corner in your
home and share
a photo

Read a book
with a title that
starts with 'A'

Design a sticker
featuring an
inspiring SOW
from a book
you've read
recently

Read a book
recommended by
a classmate

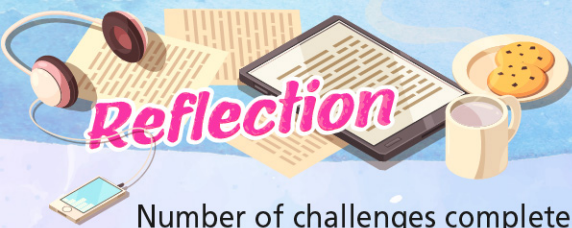
Read a new
genre

Set a reading
goal for this
month and
complete it

Finish a book
in a day

Read all books
in a series

Read a book
with more than
150 pages



Number of challenges completed: _____

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

To echo this year's theme, how have you shared "the spark within" (i.e. the insight you gained from reading) through "the words beyond", such as by giving a presentation or writing a reflection?

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:





NOTES

A series of horizontal dashed lines for writing notes, spanning the width of the page.





NOTES

Handwriting practice lines consisting of 20 horizontal dashed lines on a white background.





NOTES

Handwriting practice lines consisting of multiple sets of three horizontal dashed lines on a light background.



Handwriting practice lines consisting of 18 sets of three horizontal dashed lines on a white background.



