

12 proverbs and inspirational quotes are featured in the SOW Campaign 2022/23. One word is missing in each of the SOW below. Fill in the missing words. Decode the **secret message** by matching the numbers with the respective letters.

Scan to view the posters!

SOW Posters

Cherishing Life

Nothing in life is to be feared. it is only to be **cherished**. ~ Marie Curie ~

Empathy

We rise by **lifting** others. ~ Robert G. Ingersoll ~

Diligence

Diligence is the mother of **good**. ~ Benjamin Franklin ~

Respect for Diversity

Respect for ourselves guides our **respect** for others. ~ Laurence Sterne ~

Cherishing Life

A **man** is not the end of the road. ~ Helen Keller ~

Empathy

Empathy is seeing with the eyes of another, **listening** with the ears of another, and feeling with the heart of another. ~ Alfred Adler ~

Diligence

Great works are performed not by **strength** but by **perseverance**. ~ Samuel Johnson ~

Respect for Diversity

The essence of beauty is **unity**. ~ Felix Mendelssohn ~

Cherishing Life

Every man is the **master** of his own fortune. ~

Empathy

is a gift that everyone can afford to give. ~

Diligence

No pain, no **gain**. ~

Respect for Diversity

It takes all sorts to make a **team**. ~

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"Small Act, Big Change"

Picture Search

"No act of kindness, no matter how small, is wasted."

Don't ever underestimate the little things you can do for others. The **kindness**, **empathy** and **respect** shown in a good deed may bring a big change to someone's life.

Look at the picture and circle the people who may need help.
Discuss with your friends: **What can we do to help them?**



Recall any good deeds you have performed before. What are they?
What other acts of kindness can we perform to make the world a better place?

The Story Creators

Being diligent is more than studying hard. It is also about **doing one's best** to follow through on **commitments** and to be **proactive** in assuming one's duty and responsibility. Create stories with your friends on the theme "**Diligence**" by filling in the blanks or using the pictures provided.

Gap-fill Story

In pairs, make up a creative story that happened in **SOWonderland**. Take turns to write your ideas in the blanks.

On a breezy morning, Jolly and Harmony set off to SOWonderland for hiking. On the way to the mountain top, they chatted happily on what brought them joy in life. Here were some of their ideas:

Suddenly, they heard somebody screaming. They ran forward and found an old man who was trapped in a _____. "I was cursed with a spell that I would grow 10 years older every day as Fairy Godmother said I was too lazy. Only if I could think of **three good ways to become more diligent** could I break the spell. I have tried, but to no avail!" cried the old man. Seeing his hopeless face, Jolly and Harmony came up with the following fabulous suggestions on **how to be diligent**:

- _____
- _____
- _____

The old man took their advice and made a pledge. "Thank you for the wonderful tips! I promise I will work towards these goals whole-heartedly!" exclaimed the old man. A flash of light burst and the two friends couldn't believe their eyes - the old man _____!

The sun was setting and the trio hiked to the mountain top, marvelling at the magnificent view of SOWonderland. The "old" man said to Jolly and Harmony, "I can't be more grateful for your help! I finally understand that **diligence is not just about** _____, **but it is also about** _____."

Picture Story

- 1) Work in groups of 4 and take turns to select a picture below.
- 2) On a piece of paper, write a sentence based on the chosen picture.
- 3) Pass the paper to the next person to write the next sentence and see how fun the story goes after several rounds!

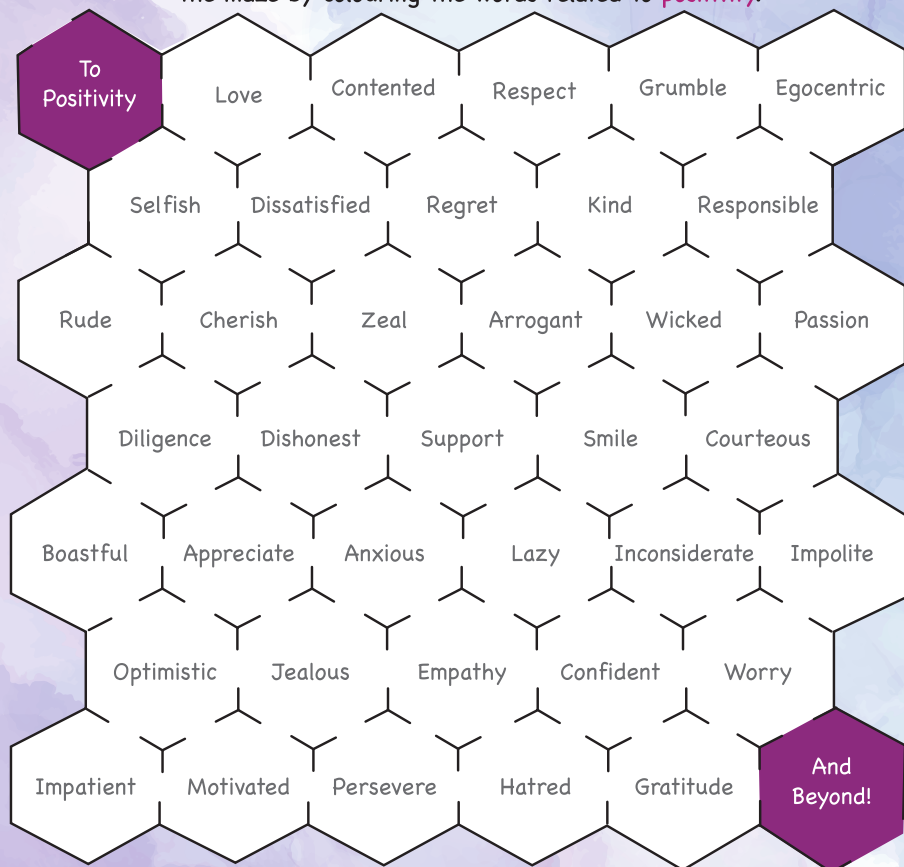


Create a storyboard for another story about diligence.

"TO POSITIVITY AND BEYOND"

MAZE EXPLORER

A **positive mindset** governs our behaviours, attitudes and emotions, and ultimately paves the way for a **positive life**. Find your way from the entrance to the exit of the maze by colouring the words related to **positivity**.



CHALLENGE YOURSELF!

1

Select 3 coloured words and share with your friends how you put these positive elements into action in daily life.

2

Look at the negative words in the maze. Suggest what we can do to turn them into something more positive.

3

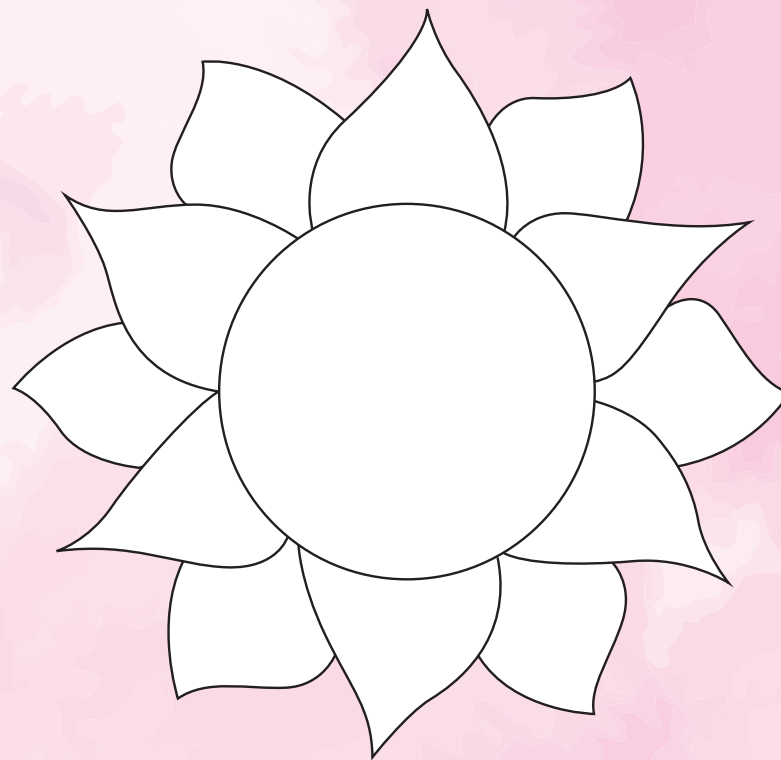
Select 5 words in the maze and make a mind map for these words. Note down the meaning, the part of speech (e.g. noun, verb, adjective, adverb) and synonyms of the words.

Choose a positive word in the maze and find a SOW illustrating this quality.

SOW SOOTHING



A **calm and peaceful mind** helps us cast the negative thoughts away and appreciate the precious things in life. Create a patterned flower featuring your favourite SOW on "**Cherishing Life**". Relax, draw, and get refreshed!



Step 1:

Write your favourite SOW in the circle.

Step 2:

On each petal, draw a repeating pattern. It can be **dots, stripes, wavy lines** - whatever patterns that you like. The key is to **concentrate on and appreciate the patterns that you are drawing**. Don't worry about drawing a "wrong" pattern and avoid using a rubber - each stroke is a **beautiful creation**.

Step 3:

Personalise the patterned flower with colours and share it with others.

Example



You may also unwind your mind and stay positive by relishing other types of artwork creation, for example, practising calligraphy, creating a crochet and making origami.