The secret message of leading a positive life is to

шэке 9 ^{— —} — — — It takes all sorts to

~ Felix Mendelssohn ~ si ytusəd The essence of

~ Samuel Johnson ~

strength but by

performed not by

~ Laurence Sterne ~ guides our manners. respect for others ; - - - 🛖 - - no səbiug Respect for ourselves

Diversity Respect for

u i e fou No pain, Ex9mble [

afford to give. that everyone can Hip 6 2i

Great works are $\overline{1}$ – – – of another. and feeling with the listening with the ears of another

with the eyes of another,

Empathy is seeing

· – – – poob the mother of Diligence is

~ Benjamin Franklin ~

~ Robert G. Ingersoll ~ We rise by

Empathy

Diligence

of his own fortune. Every man is the

~ Helen Keller ~ the road. To bno adt ton ai

ad ot ylno ei ti to be feared, si əfil ni pnidtoN

~ Marie Curie ~

9311 Cherishing

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

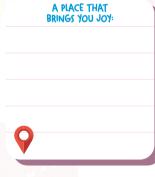
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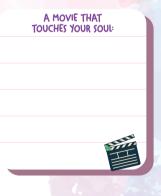
THE POSITIVITY COLLECTOR

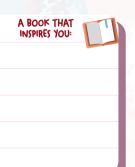
kages and they are often what we cherish the most in life. Collect examples of the things in life that spark positivity in you and others. Step 1: Write your personal favourites.

Step 2: Interview your friends, family and teachers and jot down their recommendations. Share yours with them too!

A SONG THAT





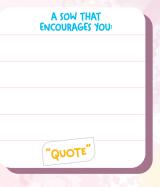






A PERSON WHOM













make our life more fulfilling. from and grow with others will people is crucial. Embrace, learn differences and uniqueness of Understanding and valuing the Every person is unique.

RESPECT FOR DIVERSITY

:4 smadt-du?

accommodating and loving place. make the world a more emotions of other people. Help understand and acknowledge the enough. Take a step forward to Caring for our own feelings is not

EMPATHY

Sub-theme 3:

setting and achieving goals. persist, and challenge ourselves by up our life by vowing to pledge and gives us a sense of satisfaction. Spice Working hard to achieve our goals

DILIGENCE

Sub-theme 2:

people around us. Appreciate the valuable things and achievements we have made. good qualities we have and the them. Remind ourselves of all the are a part of life. Learn to embrace Challenging situations and obstacles

CHERISHING LIFE

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positive moments bring us happiness, resilience and life satisfaction. unfold help us stay positive. Noticing and savouring small, everyday Seeing the good in life and viewing challenges as new avenues that

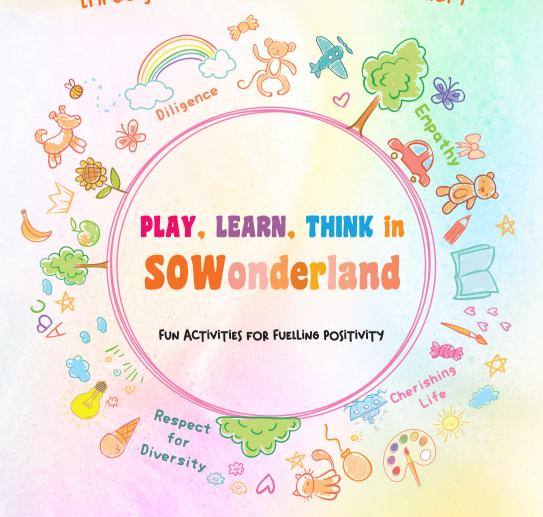
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Sayings

English Sayings of Wisdom (SOW) and language activities related to the Sox (SoX) and language activities related Let's embark on an adventure for boosting our positivity through

Welcome to

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



English Language Education Section Curriculum Development Institute Education Bureau HKSAR ©2023



SOW Web Page

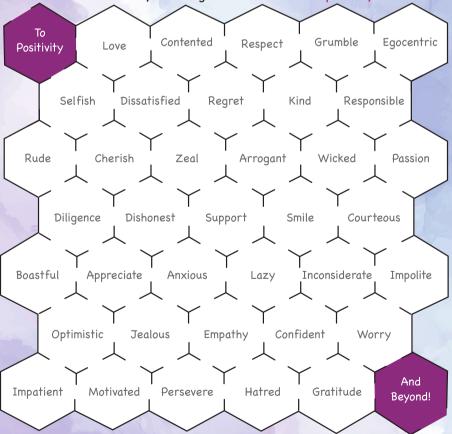


"Small Act, Big Change" Picture Search "No act of kindness, no matter how small, is wasted." Don't ever underestimate the little things you can do for others. The kindness, empathy and respect shown in a good deed may bring a big change to someone's life.



"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!

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

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

Select 5 words in the maze meaning, the part of speech (e.g. noun, verb, adjective, adverb) and

and make a mind map for these words. Note down the synonyms of the words.

the Story Creat

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 blank

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 ___

Picture Story

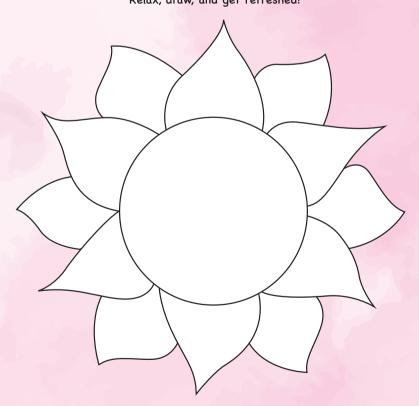
1) Work in groups of 4 and take turns to select a picture below 2) On a piece of paper, write a sentence based on the chosen picture. 3) Pass the paper to the next person to write the next sentence and see how fun the story goes after several rounds!





Create a storyboard for another story about diligence.

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:

Step 3:

Write your favourite SOW in the circle.

Personalise the patterned

flower with colours and

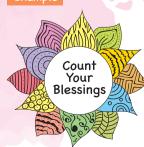
share it with others.



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.







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.