



Welcome to **SOWonderland**

Let's embark on an adventure for boosting our positivity through English Sayings of Wisdom (SOW) and language activities related to the themes of the SOW Campaign 2022/23!



Overarching theme

**Leading a
Positive Life**

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



Sub-theme 1:

CHERISHING LIFE

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



Sub-theme 2:

DiLiGENCE

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

Sub-theme 3:

EMPATHY

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



Sub-theme 4:

RESPECT FOR DiVERSiTY

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

Are you ready to bask in
the activities of
SOWonderland?

