



Resource Materials in Support of the Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom 2022/23”

Cherishing Life

Diligence



SOW Campaign 2022/23

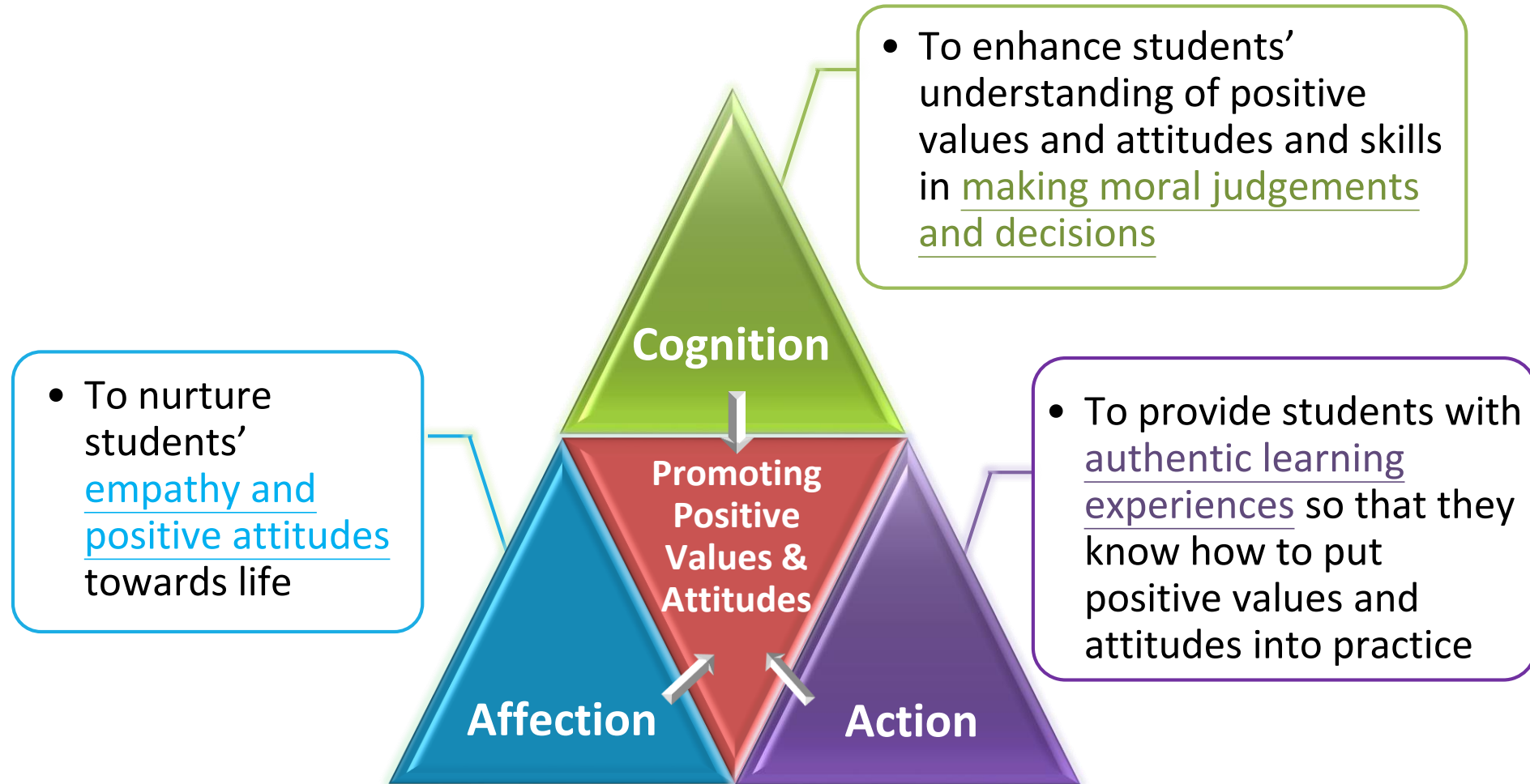
Overarching theme:

**Leading a
Positive Life**

Empathy

**Respect for
Diversity**

Promoting **Values Education** in the School Curriculum – Integration of **Cognition**, **Affection** and **Action**



1

SOW Treasure Chest



A set of resource materials to foster the development of language skills and positive values and attitudes through fun language games and activities in class or for students' self-learning and enjoyment

(Available for all schools)

What's inside the SOW Treasure Chest?

SOW Acrostic Poem Templates

Teacher's Manual

SOW Acrostic Poem Templates

The five acrostic poem templates are designed for students to write an acrostic poem on "Positivity", "Respect", "Empathy", "Diligence" or "Life". They can be displayed using the string and clips to form a feature wall inside or outside the classroom.

The acrostic poem can be integrated into any learning units as a lead-in or a creative writing activity to engage students in connecting with the learning context.

SOW Aeroplane Chess Board Game and Activity Cards Set

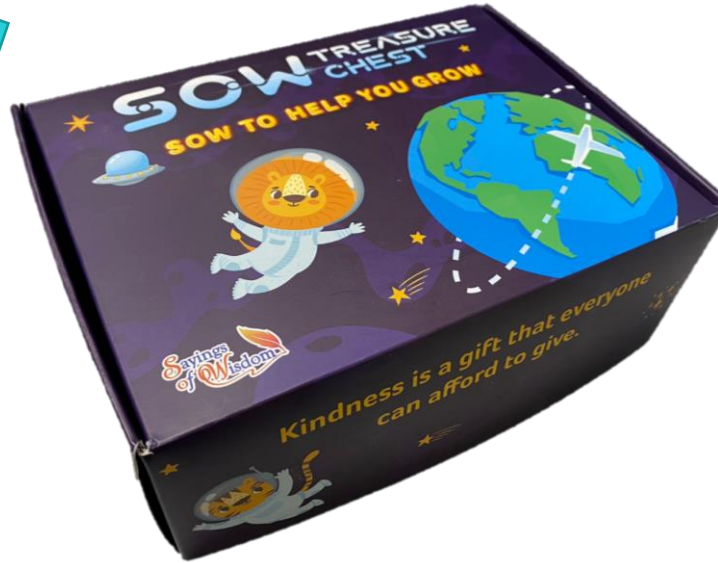
This set of board game includes a game board, an hourglass, a die, 18 colored plane pieces and a stack of 62 activity cards (i.e. 2 instruction cards, 40 action cards and 20 chance cards). It aims at encouraging students to reflect and share their thoughts and experiences related to positive values and attitudes centered around the themes "Cherishing Life", "Diligence", "Empathy" and "Respect for Diversity".

SOW Speaking Cubes

The four SOW Speaking Cubes provide questions/prompts centered around the themes "Cherishing Life", "Diligence", "Empathy" and "Respect for Diversity".

The player reads the question/prompts on the keys corresponding to the top and the bottom of the SOW Speaking Cube rolled and reflects/shares his/her thoughts.

This cube can be used as a learning tool for any speaking activities to engage students in doing self-reflection individually or to promote interactions in group activities.



SOW Aeroplane Chess Board Game & Activity Cards Set

SOW Speaking Cubes



SOW Aeroplane Chess Board Game and Activity Cards Set

SOW Aeroplane Chess Board Game & Activity Cards Set



Action Cards (4 themes x 10 cards)

An hourglass (1-minute timer)

A dice

Chance Cards (20 cards)

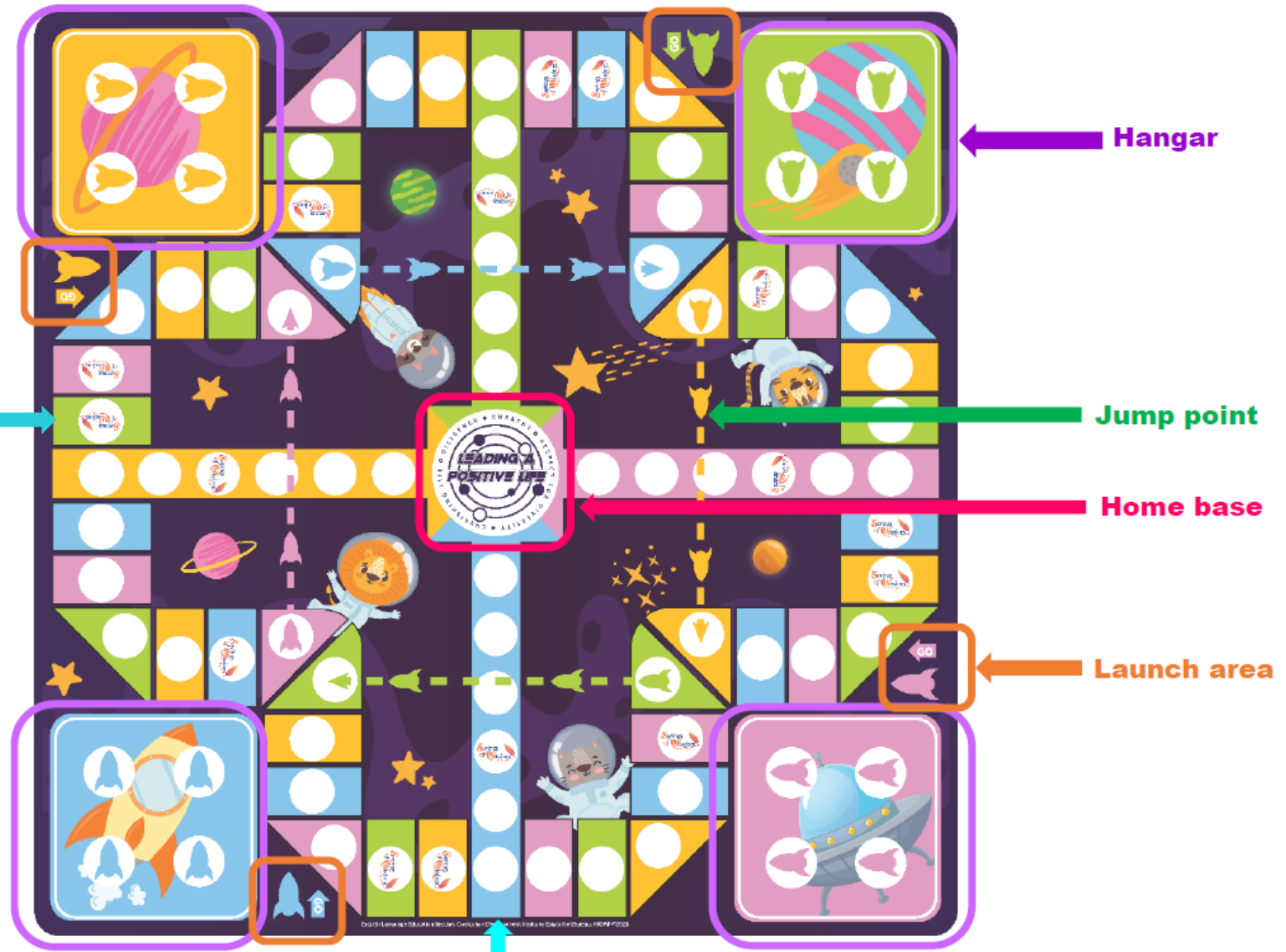
Instruction Cards

Game Pieces (4 pieces x 4 colours)

Components of the Aeroplane Chess Board



“Action Spot”
- a space with the **SOW** logo



Final stretch

SOW Aeroplane Chess Board Game – How to Play?

HOW TO PLAY

Aim of the game:

- Get all your own plane pieces from the hangars (corners of the board) into the home base (centre of the board).

Rules:

- When a plane piece lands on a space of its own colour, it moves to the next space of its own colour.
- When a plane piece lands on a space with the SOW logo:



Sayings
of Wisdom



Pick an "Action" card.

Complete the action in 1 minute.



Get a "Chance" card to enjoy the reward if the action is completed successfully.



Stay in the same space if the action is not completed in 1 minute.



Features of the SOW Aeroplane Chess Board Game

✓ **40 Action Cards** providing questions and prompts to **spark reflection and sharing** on the sub-themes through everyday scenarios

The **Action Cards** can also be used alone to support meaningful speaking activities in the English classroom!

- ✓ **20 Chance Cards** stating the **rewards** for players after completing the actions on the **Action Cards**
- ✓ Including **group rewards** to encourage **sharing of achievement** and treating others with **kindness**



A Glance at the Questions on the Action Cards



CHERISHING LIFE

Apart from your family and friends, who else do you feel thankful to in your life?

CHERISHING LIFE

What would you do if there was only one day left in your life?

CHERISHING LIFE

Share a happy moment that you recently had with your family/friend(s).

CHERISHING LIFE

Share a real story or a story from a book/movie/TV programme about a character that lives his/her/its life to the fullest.

CHERISHING LIFE

Share a special moment when you felt hopeful.

CHERISHING LIFE

Tell a 1-minute story with the theme "Life is precious" through the perspective of one of the following characters:

- An injured kid
- A nurse who takes care of the elderly
- A butterfly

CHERISHING LIFE

Describe a moment in your life that you felt being loved.

CHERISHING LIFE

Name your "best" mistake of the week and explain how it has helped you to be a better person.

CHERISHING LIFE

Draw three people whom you value the most in your life. Introduce them.

CHERISHING LIFE

Share one favourite saying of wisdom on "cherishing life" and how it has inspired you.

A Glance at the Questions on the Action Cards



<p>EMPATHY</p> <p>Your best friend had an unhappy day. What would you do?</p>	<p>EMPATHY</p> <p>Share an experience of volunteering/helping others.</p>	<p>EMPATHY</p> <p>Who is the most empathetic person you know? What has he/she done? Introduce him/her.</p>	<p>EMPATHY</p> <p>Is empathy a skill that can be learnt? Why/Why not?</p>	<p>EMPATHY</p> <p>A new student joined your class in the middle of the school year. What difficulties will he/she face?</p>
<p>EMPATHY</p> <p>Use a different hand to write an English saying. Describe your feelings.</p>	<p>EMPATHY</p> <p>How does a family, a school and society benefit from empathy?</p>	<p>EMPATHY</p> <p>Share one favourite saying of wisdom on "empathy". How does it help you put yourself in others' shoes?</p>	<p>EMPATHY</p> <p>If no one cares about others, how will the world be like?</p>	<p>EMPATHY</p> <p>Imagine you came across an injured kitten on your way to school, how would you feel and what would you do to help it?</p>

A Glance at the Questions on the Action Cards



<p>DILIGENCE</p> <p>Share one saying of wisdom on “diligence”.</p>	<p>DILIGENCE</p> <p>Share three good habits of a diligent person.</p>	<p>DILIGENCE</p> <p>Quote a line from a song/movie/poem/book about diligence that impresses you the most and explain how it has brought a positive impact on you.</p>	<p>DILIGENCE</p> <p>If your friend keeps procrastinating*, what advice would you give him/her?</p> <p><small>*procrastinating = delaying your task(s)</small></p>	<p>DILIGENCE</p> <p>Think of three synonyms for “diligence”.</p>
<p>DILIGENCE</p> <p>Mime* one of the following scenes about diligence and let your friends guess it:</p> <ul style="list-style-type: none">• <i>Helping with household chores</i>• <i>Studying hard for an exam</i>• <i>Being perseverant in training for a competition</i> <p><small>*Mime = Act without speaking</small></p>	<p>DILIGENCE</p> <p>Introduce a person who is diligent. What have you learnt from him/her?</p>	<p>DILIGENCE</p> <p>Tell a 1-minute creative story using the word “diligence”. You may choose one of the genres below for your story:</p> <ul style="list-style-type: none">• <i>Comedy</i>• <i>Fantasy</i>• <i>Mystery</i>• <i>Romance</i>	<p>DILIGENCE</p> <p>Use the following words to make up a 1-minute story:</p> <ul style="list-style-type: none">• <i>diligence</i>• <i>challenge</i>• <i>positive</i>	<p>DILIGENCE</p> <p>How does diligence motivate people to reach their goals?</p>

A Glance at the Questions on the Action Cards



RESPECT FOR DIVERSITY

Share your favourite English saying on “respect for diversity”. Why do you like it?

RESPECT FOR DIVERSITY

How can we show our respect for different people in society in our daily life?

RESPECT FOR DIVERSITY

Imagine you were doing a group project. What would you do if you and your classmates had different opinions on how to present the ideas?

RESPECT FOR DIVERSITY

Name four types of differences that exist in society.

RESPECT FOR DIVERSITY

Use the following words to make up a 1-minute story:

- *respect for diversity*
- *different*
- *appreciate*

RESPECT FOR DIVERSITY

Recommend a book/film/song that conveys positive messages on “respect for diversity”.

RESPECT FOR DIVERSITY

Imagine you lost one of the following senses for a day, what challenge(s) would you face?

- *sight*
- *hearing*
- *taste*

RESPECT FOR DIVERSITY

“It takes all sorts to make a world.”

Do you agree with this saying of wisdom? Why or why not?

RESPECT FOR DIVERSITY

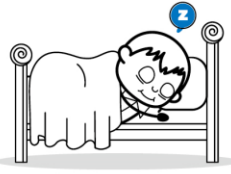









Why is it important for us to respect different opinions?

RESPECT FOR DIVERSITY

Draw a picture to show how you helped someone who is different from you.











A Glance at the Rewards on the Chance Cards

Personal rewards

<p>CHANCE</p> <p>All other players pause for one round.</p> 	<p>CHANCE</p> <p>Move one of your plane pieces to the next space of your colour.</p> 	<p>CHANCE</p> <p>Move one of your plane pieces three steps forward.</p> 	<p>CHANCE</p> <p>Move two of your plane pieces to the next space of your colour.</p> 		
<p>CHANCE</p> <p>Throw the dice and move your plane piece accordingly.</p> 	<p>CHANCE</p> <p>Move your slowest plane piece to the home base.</p> 	<p>CHANCE</p> <p>Move one of your plane pieces to the closest jump point.</p> 	<p>CHANCE</p> <p>Move all of your plane pieces two steps forward.</p> 	<p>CHANCE</p> <p>Move one of your plane pieces to the first space of the final stretch.</p> 	<p>CHANCE</p> <p>Throw the dice twice. If you get the same number twice, move your fastest plane piece to the home base.</p> 

A Glance at the Rewards on the Chance Cards

Group rewards

<p>CHANCE</p> <p>Choose a player. Move one of his/ her plane pieces two steps forward.</p> 	<p>CHANCE</p> <p>Invite one player to move his/her plane piece to the closest space with the "SOW logo".</p> 	<p>CHANCE</p> <p>All players choose one of their plane pieces to move three steps forward.</p> 	<p>CHANCE</p> <p>All players take turns to throw the dice. For those who roll an even number, move your slowest plane piece four steps forward.</p> 	<p>CHANCE</p> <p>All players take turns to throw the dice. For those who roll a "6", move all of your plane pieces two steps forward.</p> 
<p>CHANCE</p> <p>All players take turns to throw the dice. For those who roll an odd number, move your fastest plane piece three steps forward.</p> 	<p>CHANCE</p> <p>All players move their slowest plane piece four steps forward.</p> 	<p>CHANCE</p> <p>All players move their fastest plane piece to the next space of their colour.</p> 	<p>CHANCE</p> <p>All players move one plane piece to the closest space with the "SOW logo" and take turns to complete the actions.</p> 	<p>CHANCE</p> <p>All players move all of their plane pieces one step forward.</p> 

SOW Acrostic Poem Templates

SOW Acrostic Poem Templates



40 printed templates

Decorate a **feature wall** of students' acrostic poems using the colourful clips and string provided

Promote **peer learning** by getting students to read and respond to others' poems



SOW Speaking Cubes

SOW Speaking Cubes









4 squishy dice-shaped speaking cubes accompanied by 4 speaking prompt cards

- The four SOW Speaking Cubes provide questions/prompts centred around the themes “Cherishing Life”, “Diligence”, “Empathy” and “Respect for Diversity”.
- The player reads aloud the question/prompt on the keys corresponding to the icon and the colour of the SOW Speaking Cube rolled and reflects/shares his/her thoughts. ✨
- The cubes can be used as a learning tool for any speaking activities to engage students in doing self-reflection individually or to promote interactions in group activities.






SOW Speaking Cubes

Question Prompts







CHERISHING LIFE

-  What do you cherish the most in your family?
-  Give yourself a compliment.
-  What are you most grateful for this week?
-  What are the three important things in your life?
-  Share a saying on “life” that touches you the most.
-  How can we live our lives to the fullest?







EMPATHY

-  Why is empathy important?
-  How can we be more empathetic to people in society?
-  What would you do to show empathy for your friends?
-  What are the positive impacts that empathy brings?
-  What is your favourite saying on empathy?
-  How can we be better listeners?

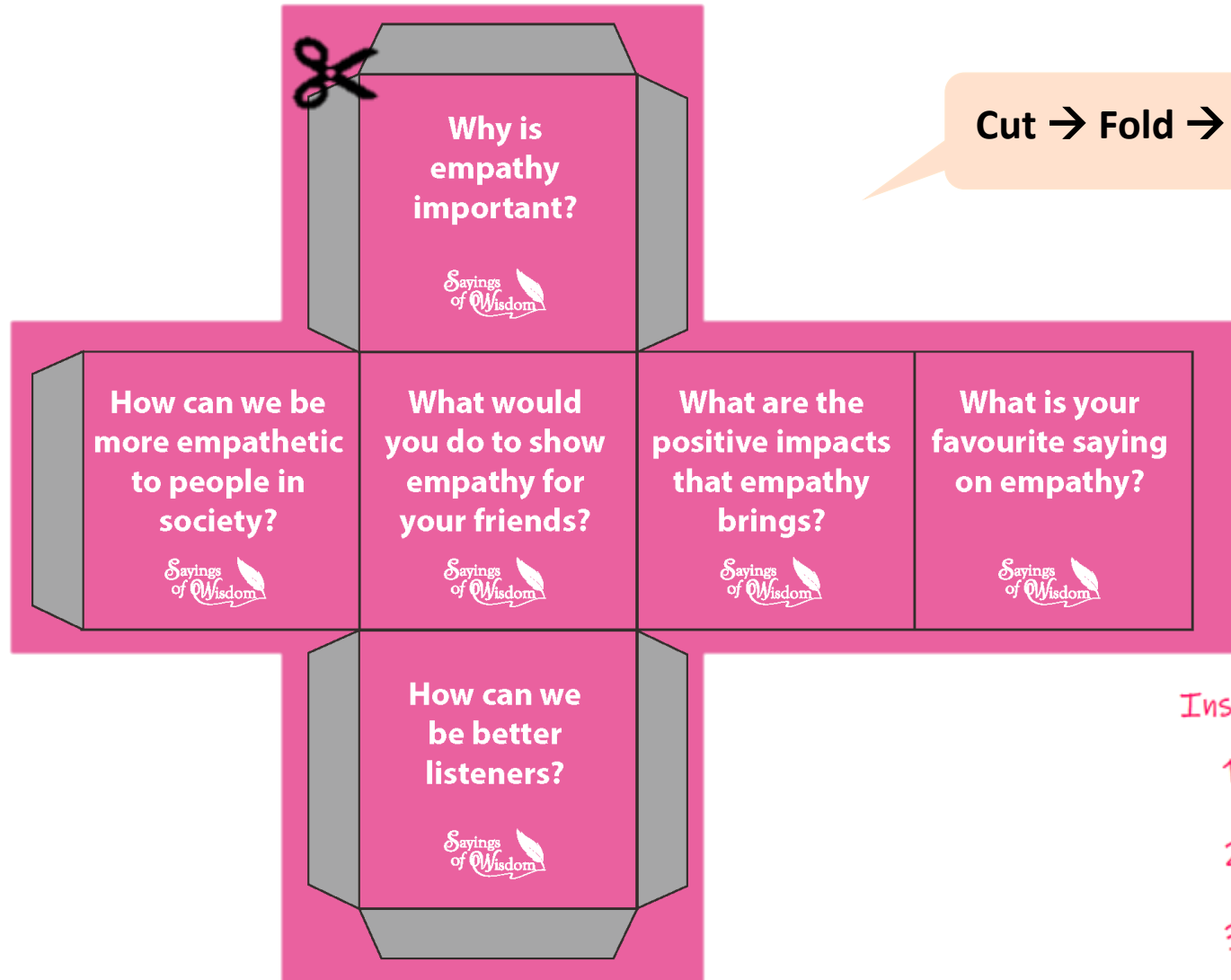
DILIGENCE

-  Suggest a meaningful daily activity which helps develop determination.
-  Share an experience of “no pain, no gain”.
-  Share three learning goals.
-  How will you encourage yourself when you have a hard time?
-  What can you do when you start losing focus in revision?
-  Share a saying which encourages people not to give up.

RESPECT FOR DIVERSITY

-  How do you feel if you are excluded from a group?
-  Suggest two ways to make a new classmate feel supported and welcomed.
-  What would you do if your best friend holds a different opinion?
-  What should you do if someone makes fun of your classmate’s appearance?
-  How can we show support to people with disabilities?
-  How can we show respect for the elderly?

SOW Speaking Cubes



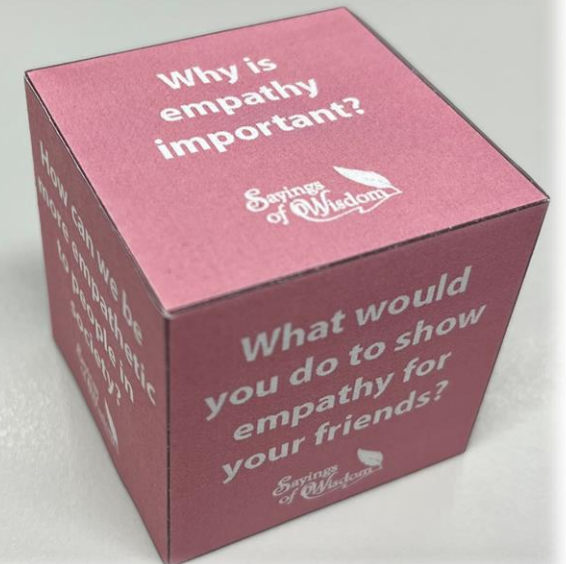
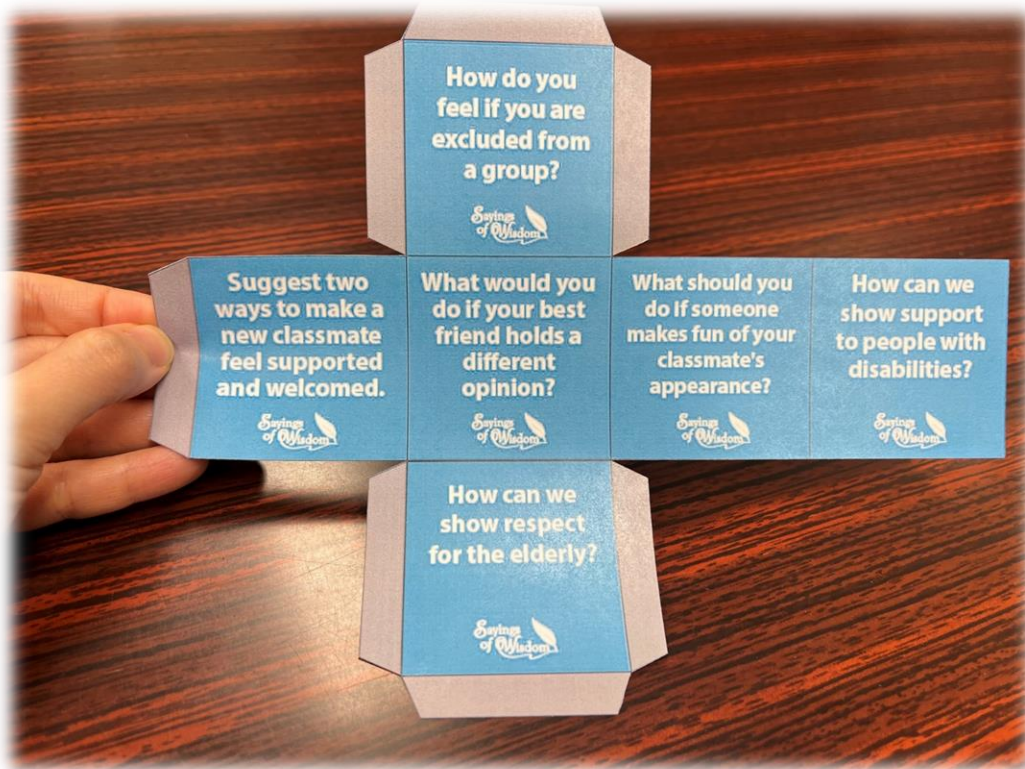
Instructions:

- 1) Cut out the SOW Speaking Cube template and fold along the lines.
- 2) Tuck and glue the grey flaps inside the SOW Speaking Cube.
- 3) Roll the SOW Speaking Cube and share your thoughts.

SOW Speaking Cubes

Print more copies for students by using the [e-version](#) available online

Get students to think of more questions related to the four themes and [design their own Speaking Cube](#)



Resource materials for promoting the SOW Campaign 2022/23

2

“7-Day Positivity Challenge” Poster



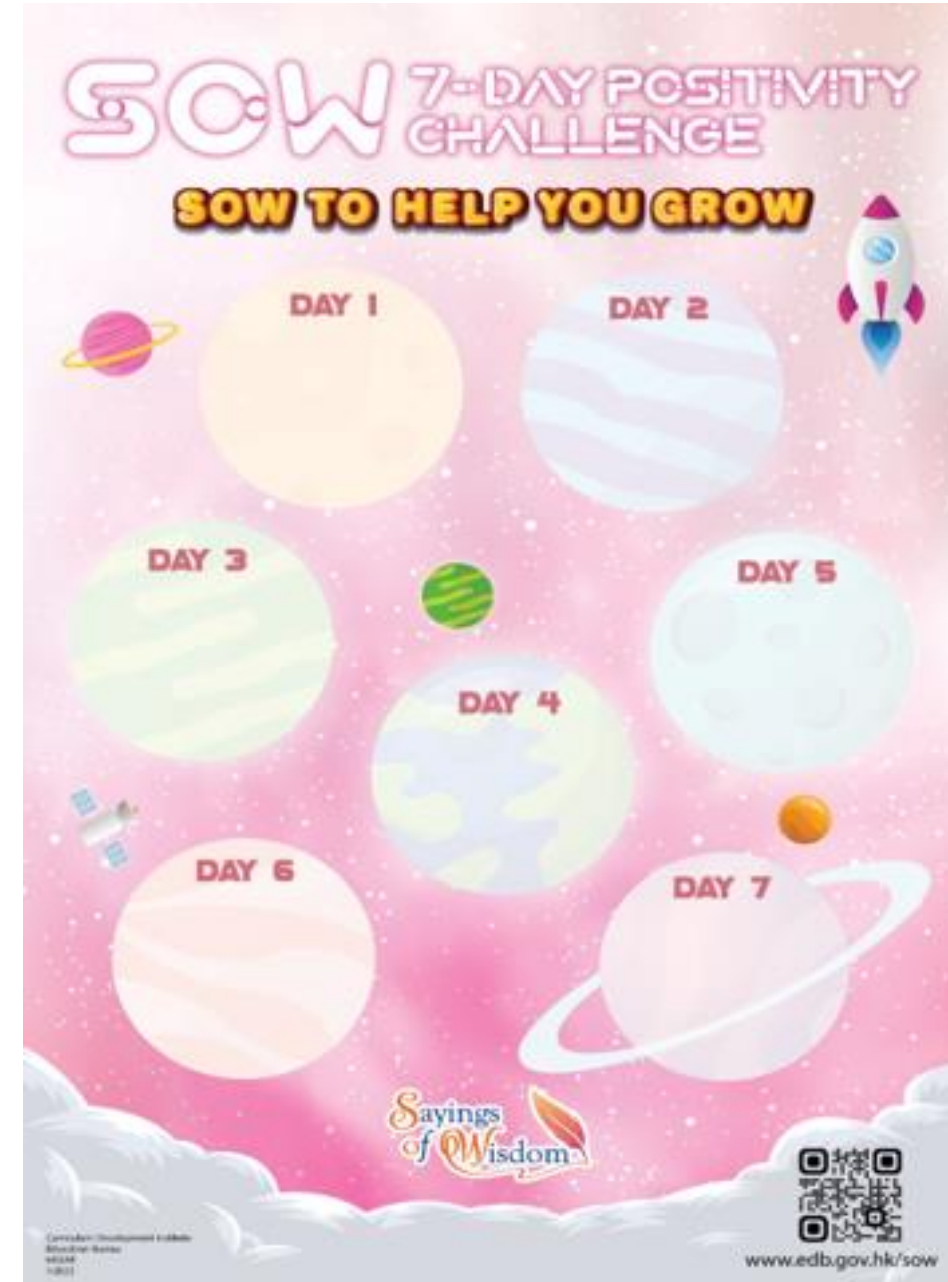
A collaborative visual display for teachers and students to set goals on leading a positive life

(e-Version available for all schools)

(Printed version (150 cm x 100 cm) exclusive for schools participating in the Week of Positivity)

“7-Day Positivity Challenge”

- Set a time period to organise a **Positivity Challenge** for your students (**individual/class-based/school-based** challenge).
- Teach students the importance of and steps for effective **goal setting**, and explain how it helps us lead a positive life.
- Get students to **set goals and stick them** on the poster.
- Design **extended activities** to engage students in **reflecting on the experiences** in completing the Positivity Challenge (*e.g. celebrating success experience, evaluating the goals set*) and **envisioning new goals** for the future.



Example 1: A **School-based** Positivity Challenge



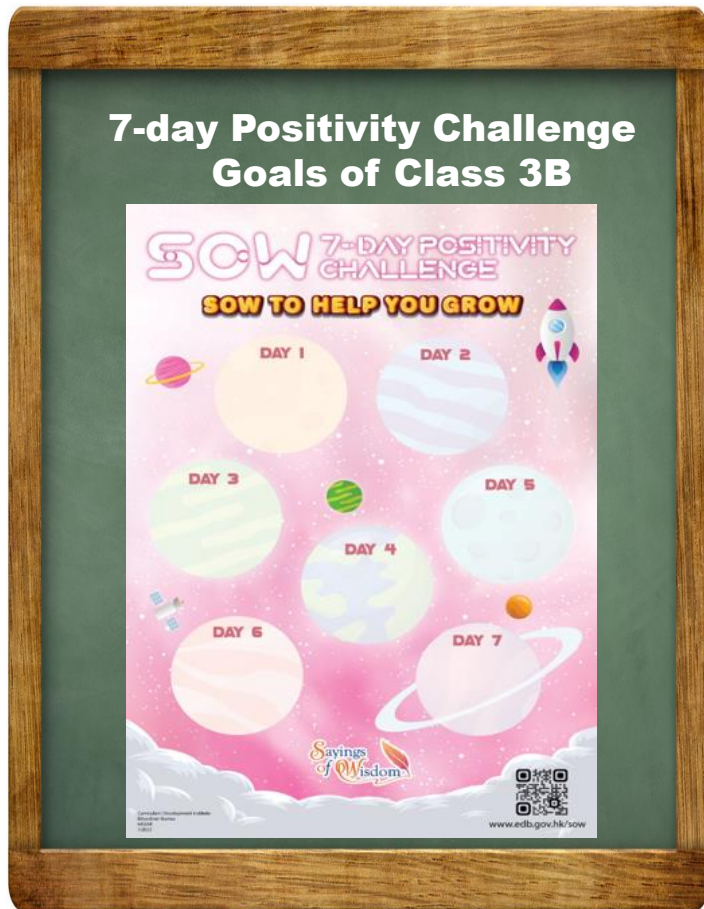
Examples of activities:

- Display the poster in a visible area on the school campus.
- Place a display board next to the poster.
- Invite students to share their thoughts on the Positivity Challenge (e.g. describing the challenges done, the lessons learnt).



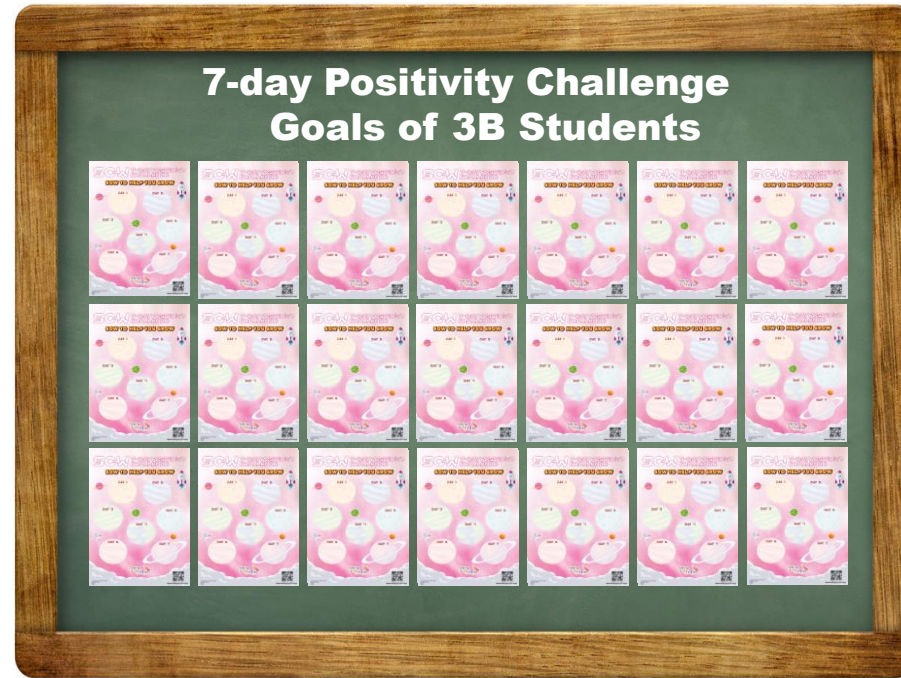
Example 2: A **Class-based** Positivity Challenge

Invite students to set **collective goals** for the class



OR

Invite the students to set **individual goals** and display them on the class notice board



Examples of activities:

- Divide the class into groups of 4. **Each group proposes some goals** related to a different sub-theme (“Cherishing Life”, “Diligence”, “Empathy”, “Respect for Diversity”).
- Select a student to do a **1-minute sharing** on their **goal of the day**.
- Pair up students and assign them to be “**Challenge Angels**”. Get them to **update and encourage each other** throughout the Positivity Challenge.
- Invite students to record what they did by taking **photos**. Post the photos on a “**Hall of Fame**” in the classroom or on an online platform.



Example 3: An **Individual** Positivity Challenge



SOW 7-DAY POSITIVITY CHALLENGE
SOW TO HELP YOU GROW

DAY 1
Visit the countryside and note down 3 things that you appreciate.

DAY 2
Help with a chore at home.

DAY 3
Find a positive quote, write it on a card and send it to someone who needs it.

DAY 4
Read a self-help book for at least 15 minutes.

DAY 5
Find out 5 interesting facts about the culture of another country.

DAY 6
Draw a picture and gift it to someone to brighten his/her day.

DAY 7
Perform a good deed (e.g. giving my seat to the needy/holding the door for someone).

Sayings of Wisdom

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2022

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Examples of activities:

- Create a **vision board/an interest map** with students to **outline their goals and the plan to achieve them**. Get students to share their ideas with a partner.
- Instruct students to **videotape** their progress in completing the goals every day and compile a **feature video** at the end of the Positivity Challenge.

Resource materials for promoting the SOW Campaign 2022/23

3

SOW Campaign 2022/23 Posters

A collection of four posters featuring selected sayings of wisdom echoing the overarching theme and the four sub-themes

(Available for all schools)



Leading a Positive Life

Cherishing Life

Nothing in life is to
be feared,
it is only to be
understood.
~ Marie Curie ~

A bend in the road
is not the end
of the road.
~ Helen Keller ~

Every man is the
architect of his
own fortune.

Sayings
of Wisdom

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Leading a Positive Life

Diligence

Diligence is the
mother of good luck.
- Benjamin Franklin -

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

No pain, no gain.

Sayings
of Wisdom

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Leading a Positive Life

Empathy

We rise by lifting others.
- Robert G. Ingersoll -

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

Kindness is a gift
that everyone can
afford to give.

Sayings
of Wisdom

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Leading a Positive Life

Respect for Diversity

Respect for ourselves
guides our morals;
respect for others
guides our manners.
- Laurence Sterne -

The essence of beauty
is unity in variety.
- Felix Mendelssohn -

It takes all sorts
to make a world.

Sayings
of Wisdom

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e-Version of SOW Treasure Chest



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SOW Campaign Web Page



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