



Education Bureau
The Government of the
Hong Kong Special Administrative Region
of the People's Republic of China

Sayings
of Wisdom

2026
A YEAR OF CURIOSITY

Our sincere gratitude is extended to the schools, teachers, students and parents for their support for the “SOW Inspiring” Book Gifting Competition organised by the English Language Education Section of the Curriculum Development Institute of the Education Bureau (EDB) in the 2024/25 school year.



www.edb.gov.hk/sow



www.edb.gov.hk/Bookgifting

Sayings
of Wisdom



Curriculum Development Institute
Education Bureau



Reflection and Resolution

Looking Back, Moving Forward

A new year is your chance to recount, reflect, and refocus.

What are you most proud of from the previous year?

What would you like to do differently this year?

Setting a new year's resolution can spark meaningful growth. Use this planner to track your journey, celebrate progress, and stay inspired throughout the year. This year, challenge yourself to:

Set one goal

(Think bold. What's one meaningful achievement you want to accomplish this year?)

Build one habit

(Start with a small, consistent action that supports your growth every day.)

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September

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October

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November

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December

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Vision Board

Your reflections and resolutions have set the stage. Now, let's bring your hopes and dreams to life with a vision you can see. Use this space to draw/write anything that inspires you. Dream it, see it, believe it!

Places I want to visit:

Books I want to read:



MY HOPES AND DREAMS



Things I want to learn:

Sayings of Wisdom (SOW) to live by:



People who inspire me:



"Bee" Happy

While your big dreams guide you, it's the little joys that keep you going. What made you smile today? A joke? A friend? A beautiful scenery along the road? Write down those happy little moments and build a beautiful hive of joy to look back on.



ONLY
POSITIVE
VIBES

MONTHLY EXPLORATION



January

DISCOVER, Grow and Unite

Try something completely new
(e.g. a hobby, food, a book genre).

- What I tried:

- My thoughts:



Inspiration Corner

Every question you ask is a step towards understanding. Jot them down and let them guide your journey.



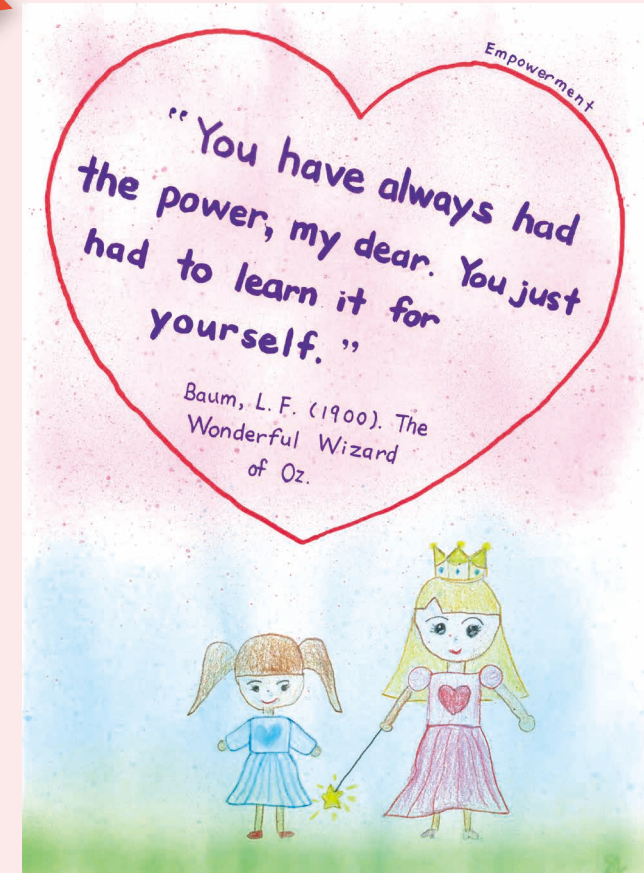
Book of the Month



Proud Moment of the Month



"SOW Inspiring" Book Gifting Competition Lower Primary Parent-child Division



The Wonderful Wizard of Oz

"You have always had the power, my dear.
You just had to learn it for yourself."

Lam Siching
Maryknoll Convent School (Primary Section)





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Scan to learn more about the SOW Campaign, a territory-wide and cross-curricular campaign that connects English Language education with values education.



* 1 Jan: The first day of January



A book, too, can be a star, a living fire to lighten the darkness, leading out into the expanding universe.

- Madeleine L'Engle

MONTHLY EXPLORATION

February

Discover, **GROW** and Unite

Learn a new skill (e.g. coding, cooking, pottery) and track your progress.

- What I learnt:

- My thoughts:

Book of the Month

Proud Moment of the Month

Inspiration Corner

Outstanding Award

"SOW Inspiring" Book Gifting Competition Junior Secondary Division



The Quilt Trilogy: A Stitch in Time

"We should have a piece in it for everyone who's ever meant anything to us in our lives."

Lo Hiu Tsing
Lok Sin Tong Young Ko Hsiao Lin Secondary School



February



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Scan to access information about the English Language Education Section, including learning and teaching resources and latest updates.



★ 17 Feb: Lunar New Year's Day

★ 18 Feb: The second day of Lunar New Year

★ 19 Feb: The third day of Lunar New Year



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

- Malorie Blackman

MONTHLY EXPLORATION

March

Discover, Grow and **UNITE**

Perform at least two acts of kindness for someone in your community.

- My acts of kindness:

1)

2)

- My thoughts:

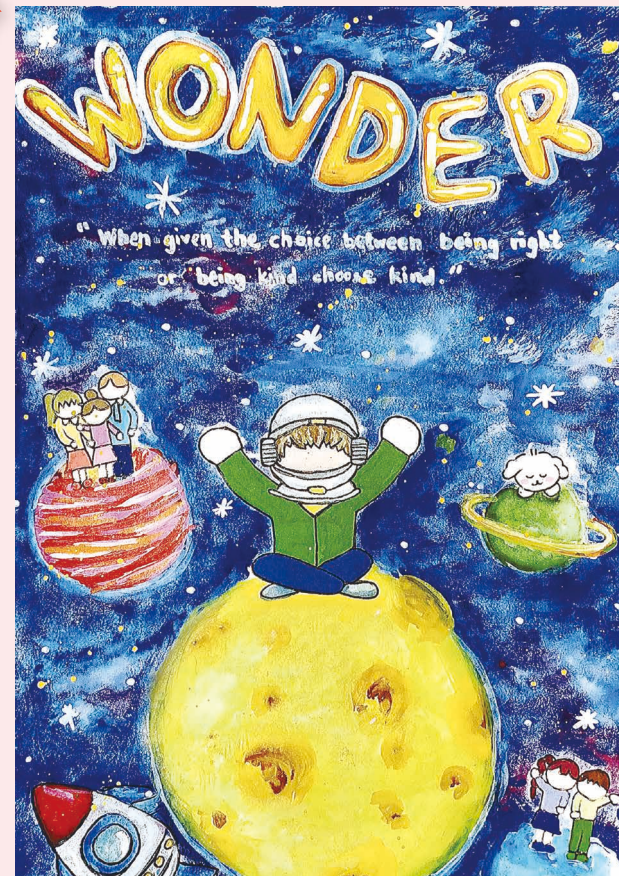
Book of the Month

Proud Moment of the Month

Inspiration Corner

"SOW Inspiring" Book Gifting Competition Upper Primary Division

Outstanding
Award



Wonder

"When given the choice between being right or being kind, choose kind."

Chan Cheuk Yiu
Marymount Primary School



March



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Find out more about the latest updates and learning and teaching resources on the Native-speaking English Teacher (NET) Section webpage.



Write your own *Saying of Wisdom (SOW)*:



MONTHLY EXPLORATION

April

DISCOVER, Grow and Unite

Spend at least 30 minutes outdoors each week and note down what you observe.

• My observation:

• My thoughts:

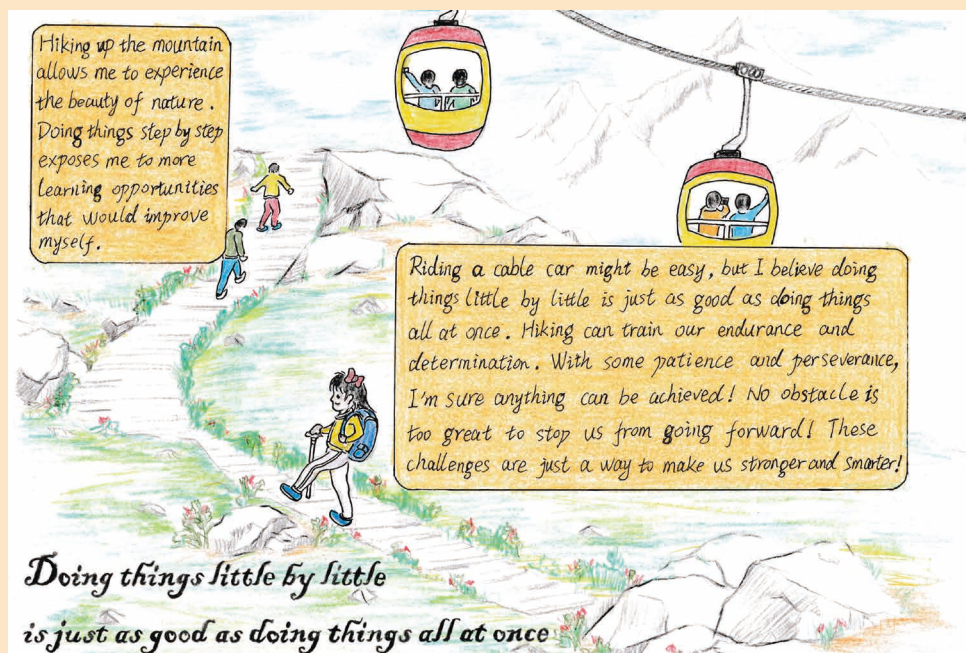
Book of the Month

Proud Moment of the Month

Inspiration Corner

"SOW Inspiring" Book Gifting Competition Upper Primary Division

Outstanding
Award



The Crow and the Pitcher

"Doing things little by little is just as good as doing things all at once."

Lung Sze Wing

Sacred Heart Canossian School Private Section



April



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Visit the dedicated website to learn more about national security.



- ★ 3 Apr: Good Friday
- ★ 4 Apr: The day following Good Friday
- ★ 6 Apr: The day following Ching Ming Festival
- ★ 7 Apr: The day following Easter Monday
- ★ 15 Apr: National Security Education Day
- ★ 23 Apr: World Book Day



Reading is essential for those who seek to rise above the ordinary.
- Jim Rohn

MONTHLY EXPLORATION



May

Discover, **GROW** and Unite

Spend 10 minutes each day in silence or meditation.

- What I focused on:

- My thoughts:



Book of the Month



Proud Moment of the Month

Inspiration Corner



"SOW Inspiring" Book Gifting Competition Lower Primary Parent-child Division

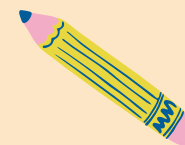


The Big Orange Spot

"My house is me and I am it.
My house is where I like to be and
it looks like all my dreams."

Tsui Matias

A.D. & F.D. of Pok Oi Hospital Mrs Cheng Yam On School





May



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“Book Works Reading Site” provides a reading platform for primary school students with articles covering various categories.



★ 1 May: Labour Day

★ 25 May: The day following the Birthday of the Buddha



Reading brings us unknown friends.

- Honoré de Balzac

MONTHLY EXPLORATION

June

Discover, Grow and UNITE

Interview elderly community members about their youth and compare their experiences with yours.

- A similarity:
- A difference:
- My thoughts:

Book of the Month

Proud Moment of the Month

Inspiration Corner

"SOW Inspiring" Book Gifting Competition Senior Secondary Division

Outstanding
Award



The Little Prince

"What is essential is invisible to the eye."

Chan Sze Wan Rebecca
CCC Kei Long College



June



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Scan to enjoy the radio programme “In the Common Room”, which features podcasts and videos on diverse topics, including interviews with students, English learning titbits and many more.



* 19 Jun: Tuen Ng Festival



Write your own Saying of Wisdom (SOW):



MONTHLY EXPLORATION



July

DISCOVER, Grow and Unite

Research on a topic that interests you.

- The topic:
- My thoughts:

Book of the Month



Proud Moment of the Month

Inspiration Corner



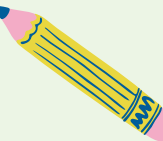
"SOW Inspiring" Book Gifting Competition Junior Secondary Division



Stand Strong

"There's nothing wrong with wanting to fit in and be accepted, but there's something wrong with abandoning your values and beliefs to do it."

Chiang Ming Chak
Wah Yan College, Hong Kong





July



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In the EDB One-stop Portal for Learning and Teaching Resources (EDBOSP), schools could access learning and teaching e-resources, curriculum documents, good practices of school experience and many more.



★ 1 Jul: Hong Kong Special Administrative Region Establishment Day



If you are going to get anywhere in life you have to read a lot of books.
- Roald Dahl

MONTHLY EXPLORATION

August

Discover, **GROW** and Unite

Share a mistake or failure with a friend and what you learnt from it.

- The mistake/failure I shared:
- What I learnt:
- My thoughts:



Inspiration Corner

Book of the Month

Proud Moment of the Month

"SOW Inspiring" Book Gifting Competition Upper Primary Division

Outstanding
Award



I Choose to Try Again

"Try not to say 'never'. That brainwashes you to fail.
It means that you won't have the chance to raise the victory sail."

Kariyawasam Pathirage Jane

A.D. & F.D. of Pok Oi Hospital Mrs Cheng Yam On School



August



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Visit Hong Kong Reading City to find your next inspiring read.



Stories make us more alive, more human, more courageous, more loving.

- Madeleine L'Engle

MONTHLY EXPLORATION

September

Discover, Grow and UNITE

Show genuine appreciation to someone (verbally/in writing/in drawing/in other creative ways).

- Why I showed appreciation:
- How I showed appreciation:
- My thoughts:

Book of the Month

Proud Moment of the Month

Inspiration Corner

"SOW Inspiring" Book Gifting Competition Lower Primary Parent-child Division

Outstanding
Award



Harry Potter and the Deathly Hallows

"I am hoping to do some good in the world."

Luk Sen Hei, Kelly

The Education University of Hong Kong Jockey Club Primary School



September



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Schools could refer to this Event Planning Calendar to plan and arrange national education activities.



* 26 Sep: The day following the Chinese Mid-Autumn Festival



Write your own Saying of Wisdom (SOW):



MONTHLY EXPLORATION

October

DISCOVER, Grow and Unite

Research and present a lesser-known cultural festival from another country to your peers.

- Festival name:
- Country:
- My thoughts:

Book of the Month

Proud Moment of the Month

Inspiration Corner

"SOW Inspiring" Book Gifting Competition Senior Secondary Division

Outstanding
Award



Tuesdays with Morrie

"Sports are a metaphor for life: you get out of them what you put into them, and the way you play the game shapes your character far more than the final score."

Chen Wang Yat

Queen Elizabeth School Old Students' Association
Tong Kwok Wah Secondary School



October



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The “Mental Health @ School” webpage provides information on promoting mental health among students, helping schools to create a caring environment where students find each school day inspiring.



- ★ 1 Oct: National Day
- ★ 19 Oct: The day following Chung Yeung Festival



Books are a uniquely portable magic.
- Stephen King

MONTHLY EXPLORATION

November

Discover, **GROW** and Unite

Stay positive and avoid any negative self-talk.

- How I stayed positive:

- My thoughts:



Inspiration Corner



Book of the Month

Proud Moment of the Month

"SOW Inspiring" Book Gifting Competition Junior Secondary Division

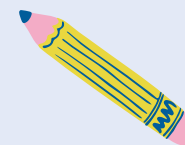


Love for Imperfect Things

"Do not despair over what is imperfect in yourself.
Instead, look at your flaws with love."

Chan Pui Yan

N.T. Heung Yee Kuk Yuen Long District Secondary School





November



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Scan to access the educational resources including short videos, animations, songs and photos in the EDB Educational Multimedia (EMM).



All for one and one for all, united we stand divided we fall.

- Alexandre Dumas

MONTHLY EXPLORATION

December

Discover, Grow and UNITE

Host or join a reflection circle with peers to share highlights of the year.

- What I learnt from my peers:

- My thoughts:



Book of the Month

Proud Moment of the Month

Inspiration Corner



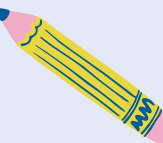
"SOW Inspiring" Book Gifting Competition Senior Secondary Division



The Unwomanly Face of War

"Women's war has its own colors, its own smells, its own lightning, and its own range of feelings."

Deng Yuhan Hannah
St. Paul's Convent School





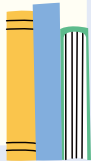
December



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Do you want to become biliterate and trilingual?
Go to the website of Standing Committee on Language
Education and Research (SCOLAR) to learn more.



- * 25 Dec: Christmas Day
- * 26 Dec: The first weekday after Christmas Day



Write your own Saying of Wisdom (SOW):

Year-end Reflection

As the year draws to a close, take a moment to reflect on your experiences and growth.

What are you most proud of this year? Write down your major accomplishments to give yourself a confidence boost!

What valuable insights have you gained from your successes and setbacks?



Review your goal set at the beginning of the year. What steps/strategies work well and what do not? How will you adjust your goal(s) in the coming year?



Reflecting on this year's journey inspires us to embrace new adventures and strive for our goals!



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Notes

2027

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April

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October

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