

SOW Motivational Talk Videos Resource Kit



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Education Bureau
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Preface

SOW Motivational Talk Videos Resource Kit is developed by the English Language Education Section, Curriculum Development Institute, Education Bureau, in support of the cross-curricular campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign).

SOW Motivational Talk Contest

The SOW Motivational Talk Contest (the Contest) was organised under the SOW Campaign 2022/23 to enhance students’ language and multimodal literacy skills, develop their interest in reading and viewing, nurture their creativity and foster their proper values and attitudes. In the Contest, participants created short videos to share their reading or viewing experiences by connecting their reflections on a text of their own choice with a saying of wisdom (SOW) that echoes the overarching theme “Leading a Positive Life” and/or the four sub-themes (i.e. “Cherishing Life”, “Diligence”, “Empathy” and “Respect for Diversity”) of the SOW Campaign 2022/23.

SOW Motivational Talk Videos – An Anthology of Winning Entries

Three entries from each division of the Contest (i.e. Lower Primary, Upper Primary, Junior Secondary and Senior Secondary Divisions) won the Outstanding Award. To share the positive messages delivered by the student awardees, an anthology consisting of 12 videos (SOW Motivational Talk Videos) which feature their performances has been produced. The videos, integrating live-action, animation and motion graphics, have enriched the awardees’ inspiring speeches and illustration of the SOW in a vibrant and entertaining manner.

SOW Motivational Talk Videos Resource Kit

This resource kit, synergising the use of the SOW Motivational Talk Videos, is developed with the aims of:

- strengthening students’ self-directed learning capabilities to plan, monitor, evaluate and reflect on their own learning, thereby equipping them to be lifelong and self-directed English learners;
- complementing the SOW Motivational Talk Videos and providing suggestions on how to effectively use the videos to enrich students’ English learning experiences and create an inspiring and engaging environment for the learning and teaching of SOW;
- enhancing students’ viewing and multimodal literacy skills through appreciation of

the awardees' performances in the SOW Motivational Talk Videos; and

- fostering students' proper values and attitudes through appreciating and reflecting on the SOW shared in the SOW Motivational Talk Videos.

Suggested Levels

Key Stage 1 (Primary 1 to 3) to Key Stage 4 (Secondary 4 to 6)

Content of the Resource Kit

This resource kit consists of:

- (i) a toolkit that supports the development of students' self-directed learning capabilities. Students are encouraged to use the materials to set personal learning goals, formulate learning plans, and evaluate their learning progress. The learning and teaching materials in the SOW Motivational Talk Videos Resource Kit can be selected as part of their English learning resources, empowering them to take ownership of their learning journey and make informed choices aligned with their learning goals; and
- (ii) 12 sets of learning and teaching materials developed for the SOW Motivational Talk Videos. Organised under the four Key Stages, each set of materials comprises pre-viewing, viewing and post-viewing activities, enhances understanding of the video content (e.g. specific information, main ideas) and cultivates proper values and attitudes in students at the cognition, affection and action levels.

Using the Resource Kit in English Lessons

Schools are encouraged to make effective use of this resource kit, tying it in with the modules, units and topics in the school English Language curriculum, to enrich students' English learning experiences and create an inspiring and engaging environment for the learning and teaching of SOW in English lessons. Teachers are encouraged to select and adapt the materials to suit their students' needs, interests and abilities.

This resource kit, the SOW Motivational Talk Videos and other learning and teaching resources for the SOW Campaign are available on the following webpages:

SOW Motivational Talk Videos and the Resource Kit:	SOW Campaign:
 https://www.edb.gov.hk/Videos_MT	 http://www.edb.gov.hk/sow

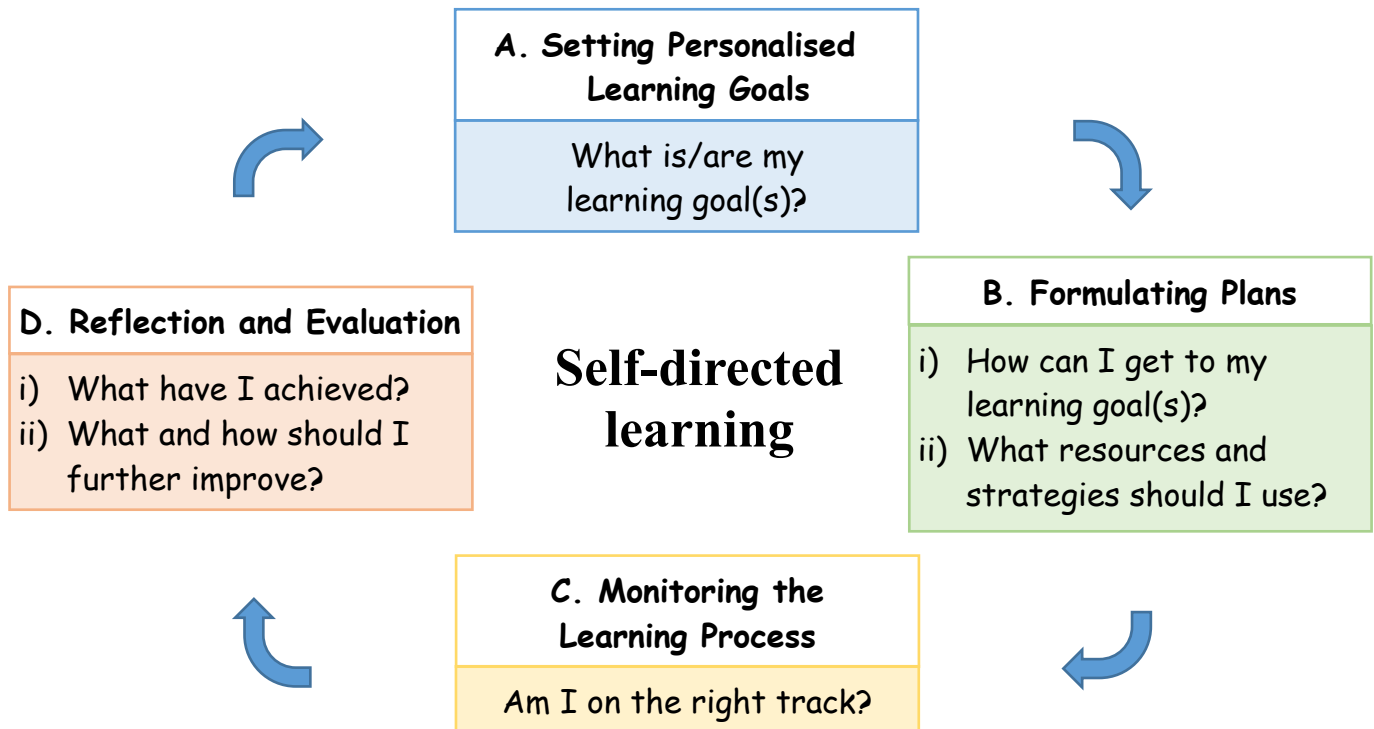


Section 1

Self-directed Learning Toolkit

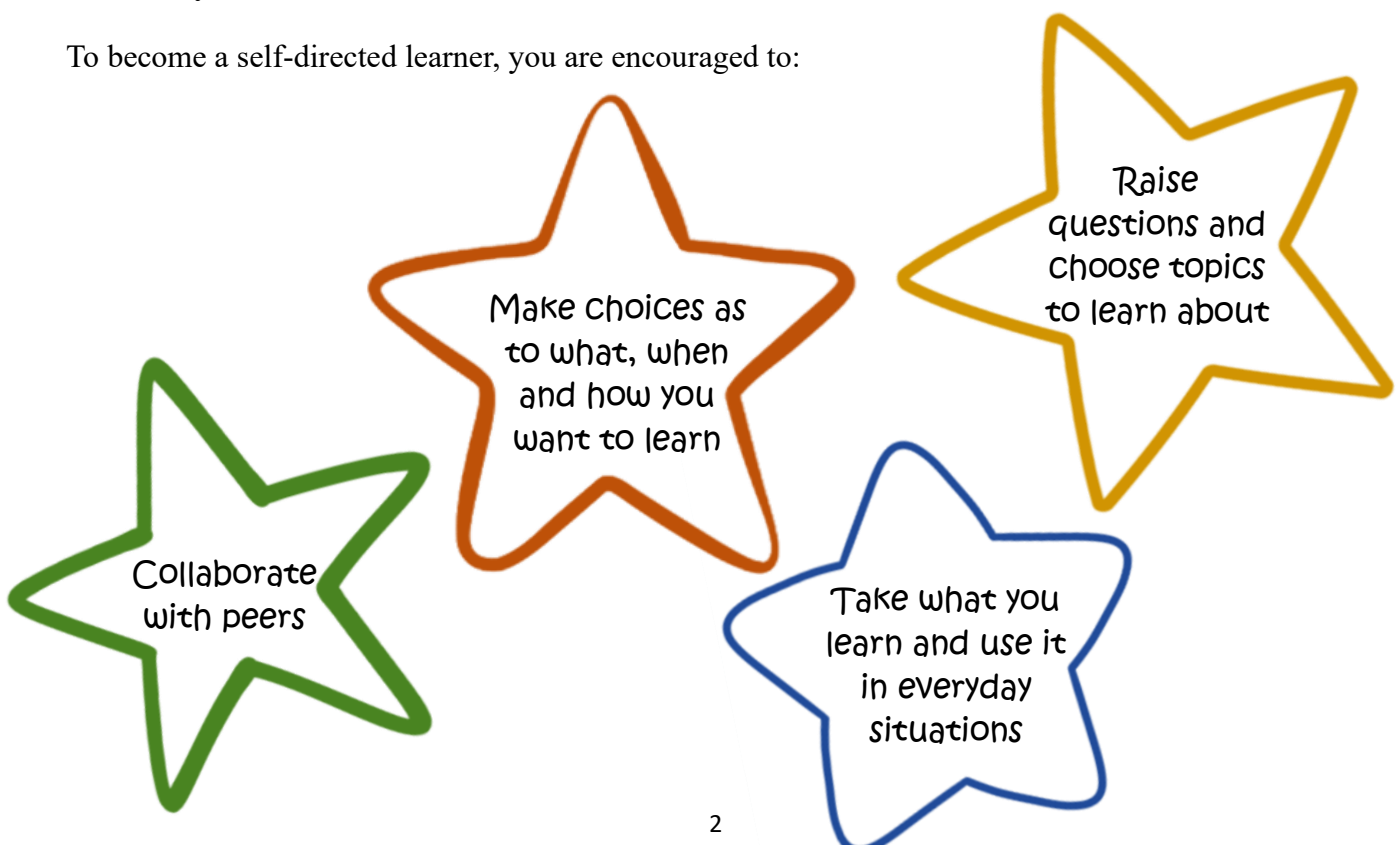
What is self-directed learning (SDL)?

Good SDL skills and habits can help you bloom into a responsible, lifelong learner. Self-directed learners think about the following questions in their process of learning:



How can you become a self-directed learner?

To become a self-directed learner, you are encouraged to:



A. Setting Personalised Learning Goals

Based on your learning needs, you may set **SMART** goals to help you stay focused with reference to the guiding questions below:

How do I set SMART learning goals?

Goals should be:	Guiding questions
 Specific	What will I achieve? What actions will I take?
 Measurable	How can I measure how much I have achieved?
 Achievable	Is the goal doable? What skills and resources do I need?
 Relevant	Is this relevant to my needs and learning styles?
 Time-based	How much time should I spend each day/week working on my goal?

Here are some examples of learning goals. Discuss with your classmates whether they are **SMART** goals. You may rewrite them in the space provided if they are not.

1. *To improve my listening skills.*
2. *To watch three short videos (e.g. SOW Motivational Talk Videos) every week to learn ten new words related to diligence.*

(Accept any reasonable answers.)

B. Formulating Plans

Write your learning goals and learning plans in the following table.

My Learning Goals and Plans

What is/are my learning goal(s)?	How can I get to my learning goal(s)? What resources and strategies should I use?

C. Monitoring the Learning Process



My Own Space

To track your learning, you may jot down some key points, use a mind map, or record your learning process in your own way. The following questions may help you:

- What have I learnt?
- Am I getting closer to my goals?
- Should I make any changes to my learning plans/strategies?
- Am I satisfied with my performance?

D. Reflection and Evaluation



An Overview of My Learning Path

1. My learning goals:

2. My current learning strategy:

3. How much do I understand what I have learnt?
Do I still have any questions?

4. Am I meeting my learning goals?

5. What do I need to work on more?

Any adjustment to the current learning strategy:

New Strategy:

Yes

No

Should I continue with the current learning strategy?

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Section 2

Lower Primary



Campaign on “Promoting Positive Values and Attitudes through
English Sayings of Wisdom” (SOW Campaign)

SOW Motivational Talk Contest — Lower Primary Division

A Motivational Talk by KWOK Sofie

(video link: https://emm.edcity.hk/media/1_98p1q46b)



(Pre-viewing)

1. What is kindness? Circle the pictures that show kindness.

 A. open the door for others	 B. make fun of others	 C. help others
 D. fight with others	 E. comfort others	 F. scold others

2. Who do you think is a kind person in your class? Why?

(Accept any reasonable answers.)

(While-viewing)

3. Scan the QR code to watch Sofie’s video. Which of the following statements about the video is NOT true? Blacken the best option.

- ☐ A. The book that inspired Sofie was “Wonder”.
☐ B. It was difficult for August to make friends at school.
☒ C. August changed the way he looked by the end of the book.
☐ D. Sofie saw a girl without hair when she was at the lower primary level.

4. What did Sofie donate to the cancer patients? Blacken the best option.

- ☐ A. 
☐ B. 
☒ C. 
☐ D. 

5. What did you learn from Sofie?

Showing kindness is something that anyone can do. (Accept any reasonable answers.)

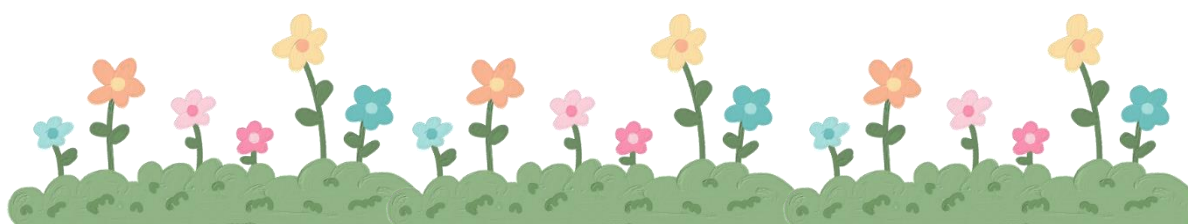
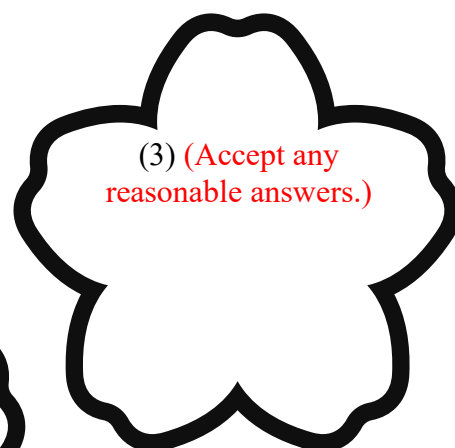
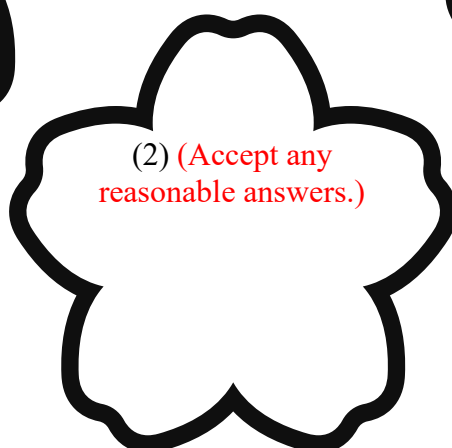
(Post-viewing)

6. Do you have any experience of donating to people in need before? Share your experience with your classmates. The following questions may help you:



- Who did you make donations to?
- What did you donate?
- When did it happen?
- How did you make donations?
- Why did you make donations?
- How did you feel when you donated things to others in need?

7. What else can you do to show kindness? Write down TWO more actions and colour the flowers after you complete them to paint a garden of kindness.





Campaign on “Promoting Positive Values and Attitudes through
English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Lower Primary Division
A Motivational Talk by WONG Man-bok, Hadriel
(video link: https://emm.edcity.hk/media/1_y984xbf8)

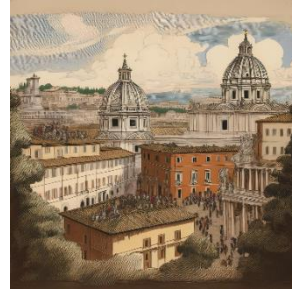


(Pre-viewing)

1. The pictures below show a European city named Rome. It took many years for Rome to develop into a city like today. How did it look in the past and how does it look now? Are there any similarities? Look at the pictures and write down your ideas in the Venn diagram below.

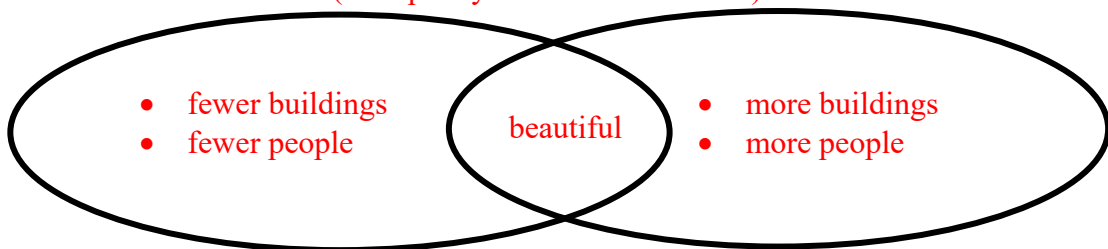


Rome in the past



Rome today

(Accept any reasonable answers.)



(While-viewing)

2. Scan the QR code and watch Hadriel’s video. Hadriel talked about “True Stories of the Blitz” in the video. Circle the correct words in the boxes below. (Video Time: 00:57 – 01:32)

A. Setting (When and Where?)

Time: the First / Second World War
Place: London

B. People (Who?)

London citizens

C. Problem (What happened?)

London was under attack, so it was
safe / unsafe.



D. Solution (How?)

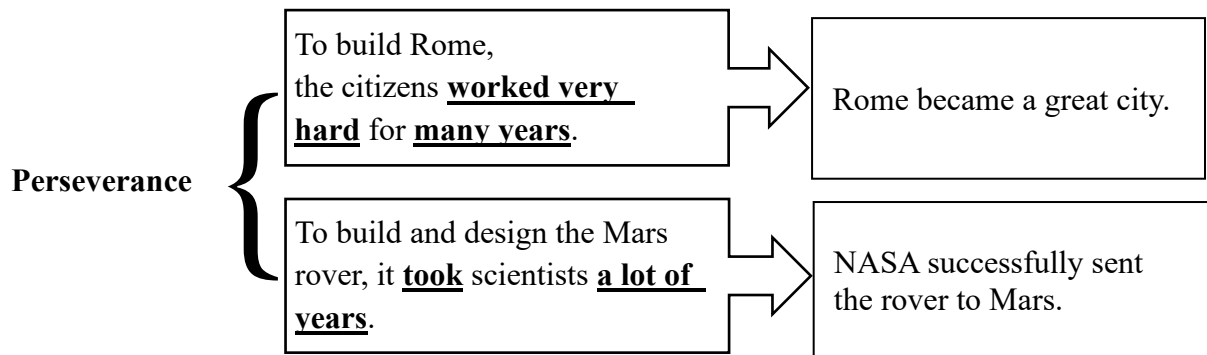
During the war, people found somewhere
to hide / rest in the trains that ran
above / under the ground and did not
give up.

E. Result (What?)

The war ended and people lived a peaceful / poor and
happy / unhappy life again.



3. What is “perseverance”? The following two situations exemplify the meaning of “perseverance”. After reading the flow chart below, blacken the best option.



- ☐ A. We need to be good builders.
 ☐ B. We need to be good at Science.
 ☒ C. We need to work hard for a long time.
 ☐ D. We need to be smart.

(Post-viewing)

4. “Rome was not built in a day.” We need to work hard and persevere over a long time to get to our goals.
- (a) For difficult goals, we can break them into smaller steps to succeed. Challenge yourself to complete the goals below. Colour the stars after you complete the goals.

Example: Be knowledgeable

Goal for the day: ★
Learn a new word

Goal for the week: ★
Watch/Read the news every day to learn more about the world

Goal for the month: ★
Read five books about something I am interested in (e.g. sea animals)

Goal: _____

Goal for the day: ★

Goal for the week: ★

Goal for the month: ★

- (b) Did you complete the goals? Were they difficult? What did you do to help you get to your goals? If you have not succeeded, how will you do better next time? Share your ideas with your classmates.



**Campaign on “Promoting Positive Values and Attitudes through
English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Lower Primary Division
A Motivational Talk by WONG Yik-chee, Ellen
(video link: https://emm.edcity.hk/media/1_pkv3q2kj)**



(Pre-viewing)

1. What is your experience of learning a sport?

(a) Circle the sport(s) that you know.



(b) Share your experience of learning a sport with your classmates. The following questions may help you:

- When did you learn that sport?
- Why did you learn that sport?
- Was it difficult to learn it? Why?
- Who helped you?
- How did you feel?

(While-viewing)

2. Watch Ellen’s video and fill in the blanks.

Saying of Wisdom

“A (1) bend in the road is not the (2) end of the road.”



3. Both Helen Keller and Ellen had a bend in their roads. How did they solve their problems? Complete the table with keywords taken from the video.

	Helen Keller	Ellen
Problem	She became (1) <u>blind</u> and deaf when she was young.	She found learning the breaststroke swimming style difficult.
Solution	She worked very hard on her studies. 	She asked her dad to (3) <u>practise</u> with her every day.
Result	She was the first blind and deaf person to graduate from a university in the United States. She became a famous (2) <u>writer</u> .	She could swim much better. She entered a swimming (4) <u>competition</u> .

4. Read the saying of wisdom again: “A bend in the road is not the end of the road.” What does “A bend in the road” mean? Blacken the best option.
- ☐ A. A turn that you make
 ☒ B. A problem that you face
- ☐ C. A blind and deaf person
 ☐ D. A swimming competition

(Post-viewing)

5. What did you learn from Ellen’s experience?

Giving up is never the solution. (Accept any reasonable answers.)

6. What would you say to Ellen when she wanted to give up on swimming? Colour the speech bubbles with sentences that you want to say to her. You can also write your words of encouragement in the blank bubble.



7. Are there any challenging tasks that you want to complete?
- (a) Write about your goal and make a plan to help you get to it. Complete the sentences and tick (✓) the boxes that apply.

My Goal:

I want to _____ (Accept any reasonable answers.)

It is challenging because _____

To get to my goal, I am going to:

- ☐ ask for help from parents/friends/teachers.
☐ practise doing it every day/week.
☐ read books / watch videos to learn about it.
☐ _____



- (b) Share your goal with your parents/classmates. Invite them to give you some encouragement.

Words of encouragement from _____:



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Section 3

Upper Primary



**Campaign on “Promoting Positive Values and Attitudes through
English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Upper Primary Division
A Motivational Talk by HO Sum-yi, Claire
(video link: https://emm.edcity.hk/media/1_yqb2mq96)**



(Pre-viewing)

1. Do you have any experience of helping others?

(a) Tick (✓) the box(es) for the thing(s) you have done before. Draw a picture and write down one more thing that you have done to help others.

☐  helping my friends with their homework	☐  offering my seat to someone on public transport
☐  completing a household chore for my parents	☒ (Accept any reasonable answers.)

(b) Talk with your classmates about an experience of helping others.

- ✧ Describe your experience in detail (e.g. when/where/how did you help others?).
- ✧ Why did you want to offer help?
- ✧ How did you feel after the experience?



(While-viewing)

2. Watch Claire’s video and fill in the blanks.

Saying of Wisdom

“Kindness is a (1) gift that everyone can (2) afford to (3) give.”

3. How did Claire feel when she saw two beggars on the street? Blacken the best option.

- ☒ A. empathetic
 ☐ B. sad
 ☐ C. scared
 ☐ D. worried

4.



(a) Was the little boy rich or poor? Why do you think so?

The little boy was poor because he wore dirty
and old clothes.

(b) How did the little boy help the old man?

The little boy shared his small amount of money with
the old man.

(c) How did the little boy's action show that everyone can afford the gift of kindness?

Even though the little boy was poor, he showed his kindness and empathy by sharing all
he had with the old man.

(Post-viewing)

5. What important messages does Claire want to share with us? Blacken the correct options.

- ☐ A. Young people offer better help than old people in general.
- ☐ B. We should be kind to people because it makes us feel proud.
- ☒ C. We should be kind to others without expecting anything back.
- ☒ D. Whether we are rich or poor, we can be kind and help others.



6. Write a thank-you card to someone who is always kind to others without wanting anything in return.

He/She can be a famous person or someone you know.

(Accept any reasonable answers.)

Dear _____,
(What did he/she do to show kindness?)

Thank you for _____

(What have you learnt from him/her?)

I have learnt that _____

(How will you show kindness to someone who needs help?)

From now on, I will _____

THANK
you

Love,



Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Upper Primary Division
A Motivational Talk by LEUNG Hoi-ching, Kelly
(video link: https://emm.edcity.hk/media/1_qakq42hz)



(Pre-viewing)

1. Who do you like to be friends with?
2. Are there people you don't like? Why?
3. How do you treat people you don't like?



Talk to a classmate and share your ideas with each other.

(While-viewing)

Kelly shared that the book “Wonder” and her personal experiences led her to reflect on the problem of discrimination. Watch Kelly’s video and answer the following questions.

4. In the saying “It takes all sorts to make a world,” what does “all sorts” refer to? Blacken the best option.

- ☐ A. different types of culture
☐ B. different types of food
☒ C. different types of people
☐ D. different types of things

5. According to Kelly, which of the following images best describes the character Auggie from “Wonder”? Blacken the best option.

☐ A.



☒ B.



☐ C.



☐ D.



6. Complete the summary of Kelly’s reflections on “Wonder” using the words in the box below.

respect diversity uniqueness discriminate



We should embrace (1) diversity and recognise the (2) uniqueness in others, treating everyone with (3) respect instead of choosing to (4) discriminate. Let's start with small steps to create a more peaceful and prosperous society.

(Post-viewing)

7. If you were Auggie's classmate, how would you treat Auggie? How should we get along with our classmates at school?

(Accept any reasonable answers.)

8. Everyone is special and unique. Now, design a poster for a meaningful school activity that teaches us to understand and respect how we are all different. For example, it can be a Cultural Diversity Fair where your schoolmates can learn about cultures from around the world and try yummy snacks from those places.

~ Don't forget to invite your schoolmates to join it! ~

(Accept any reasonable answers.)



Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)

SOW Motivational Talk Contest — Upper Primary Division

A Motivational Talk by YEE YWAE Chan Myaee Kyi, Eichen

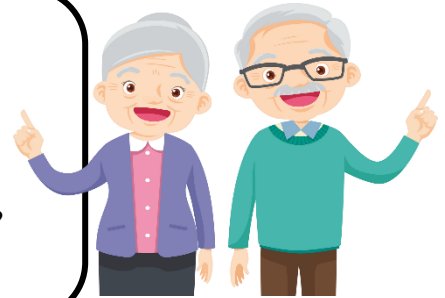
(video link: https://emm.edcity.hk/media/1_t6xnrn8i)



(Pre-viewing)

1. Have you ever helped an elderly person? Share your experience with your classmates. The following questions may help you:

- Who did you help?
- When did it happen?
- What did you do to help him/her?
- How did you feel?
- Do you think it is difficult to help an elderly person? Why?
- Why is it important to help others?



(While-viewing)

2. Watch Eichen’s video. How is the saying of wisdom introduced by Eichen connected with the song “Loving Kindness”? (Video time: 0:40- 0:53) Fill in the blanks.

The song emphasises that (1) love and (2) kindness are the power to bring light and peace to the people who are in despair.

3. Sequence the events with numbers 1-5. The first one has been completed for you as an example.

- (1) Eichen went to the Hong Kong Central Library.
- (5) Eichen helped the old lady check out her books.
- (2) The old lady did not know how to use the machine in the library.
- (4) The old lady talked to Eichen in Cantonese.
- (3) Eichen asked the old lady if she needed help in English.

4. How did the old lady feel after receiving help? Blacken the best option.

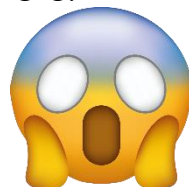
☐ A.



☒ B.



☐ C.



☐ D.



5. In the video, Eichen said, “Although we could not communicate in any common language, I could read her facial expression that she was grateful for my kind **deed**.” (Video time: 1:51-2:00) What does the word “deed” mean? Blacken the best option.

☒ A. act

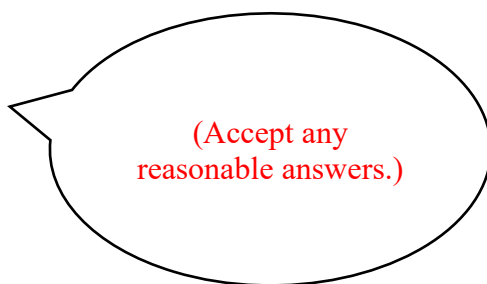
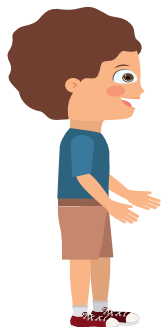
☐ B. face

☐ C. sharing

☐ D. words

(Post-viewing)

6. Eichen emphasised that “Kindness is a gift that everyone can afford to give.” Imagine that you are taking public transportation and you see a pregnant lady. What would you do or say to show kindness? Write it down in the speech bubble.



7. What can you do to show kindness at school, at home and in the community? Write down TWO good deeds in each of the boxes below. After you have completed them, share your experiences with your classmates.

At school

E.g. I can help my teacher clean the blackboard.

1. (Accept any reasonable answers.)

2. _____



At home

E.g. I can set the table for dinner.

1. (Accept any reasonable answers.)

2. _____

In the community

E.g. I can offer my seat to the elderly.

1. (Accept any reasonable answers.)

2. _____



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Section 4

Junior Secondary



Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Junior Secondary Division
A Motivational Talk by LEUNG Sum-yuet, Ginny
 (video link: https://emm.edcity.hk/media/1_p5m6qpb3)



(Pre-viewing)

- Imagine a fellow schoolmate cuts in line while you are waiting in the queue to buy lunch. How would you feel in this situation? What would you say to the student who cuts the queue? Write down your thoughts in the speech bubble below and share them with your classmate.



(Accept any reasonable answers.)

(While-viewing)

- Watch Ginny’s video. There is a mistake in each of the following lines. Underline the mistake and write the correct word taken from the video on the right. (Video time: 00:17 – 00:35)

(i)	Picture yourself standing in a long queue for the bus on a <u>cloudy</u> day.	sweltering
(ii)	After a gruelling three-hour <u>volleyball</u> practice and with an assignment	basketball
(iii)	due <u>tomorrow</u> , an elderly lady suddenly steps in front of you in line.	tonight

- Even though cutting in line is not a proper behaviour, why did Ginny think that we should choose to be kind in the case she mentioned? (Video time: 01:00 – 01:50)

Asking the old lady to re-queue under scorching heat is cruel. We should show empathy to others and be considerate to the old lady. (Accept any reasonable answers.)

- What did Ginny want to tell us with the example of August in the book “Wonder”? Blacken the best option. (Video time: 01:51 – 02:47)

Ginny’s **key message** is that _____.

- ☐ A. we should inspire our friends by being positive
- ☐ B. August was bullied by his classmates because of his deformed face
- ☐ C. August experienced acts of kindness despite the challenges he faced
- ☒ D. we can build better relationships with others when we show empathy

(Post-viewing)

- When given the choice of being right or being kind, Ginny encouraged us to always choose to be kind. After watching her video, would you say something different to the student in Question 1? Write down your ideas in the speech bubble if it is different. Share with your classmates why your answer is different or remains the same.

(Accept any reasonable answers.)



6. To show empathy, we need to put ourselves in others' shoes. Charlie, Jamie and Sam are your friends. Think and share with your classmates (i) how they would feel in the scenarios below; and (ii) what you could do to help them.

A.



B.



C.



7. Empathy helps us understand people's feelings and build social connection. Write an acrostic poem about empathy and post it online to engage others to put empathy into practice.



(Accept any reasonable answers.)

Empathy

E _____

M _____

P _____

A _____

T _____

H _____

Y _____





Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Junior Secondary Division
A Motivational Talk by SJAFII Eugenia Amabelle
(video link: https://emm.edcity.hk/media/1_pbagz08g)



(Pre-viewing)

1. Which of the following challenges are you facing now? Circle those that are relevant to you and/or write down your own ideas. Briefly describe the challenges to your classmates.

- a. study b. family issue c. lack of sleep
d. stress e. friendship



Others: (Accept any reasonable answers.)

2. (a) When you face difficulties, you may be down in the dumps and under pressure. How do you usually cope with stress? Tick (✓) the box(es) for the way(s) you have tried and/or write down your own ideas.

- ☐ a. watching a movie ☐ b. doing exercise ☐ c. reading
☐ d. talking to a friend ☐ e. playing a musical instrument



Others: (Accept any reasonable answers.)

- (b) Is/Are your way(s) of coping with stress effective? Share your thoughts with your classmates.

(While-viewing)

3. Scan the QR code and watch Amabelle’s video. How does Amabelle relieve her stress?

Amabelle listens to music.

4. Write down the meaning of the quote “A bend in the road is not the end of the road.”
How does the saying of wisdom (SOW) relate to your own experiences?



Meaning of the quote: It means that the unexpected obstacles in our ventures are not the end of our journeys because there are ways to overcome them.

Relevance of the SOW to my experiences: (Accept any reasonable answers.)

5. In the video, Amabelle mentioned that she got a bad exam score. What made her realise that she should never give up?

Her mother's encouraging words and the meaningful lyrics of the song "Sunday Best".

6. Which of the following sentences is NOT a main message in Amabelle's video? Blacken the best option.

- ☐ A. We need to cherish everything, including hardships.
☐ B. We need to maintain a resilient and positive mindset.
☒ C. Focusing solely on the present moment helps us learn to cherish life.
☐ D. Taking our minds out of stressful situations helps us overcome them.



(Post-viewing)

7. Among the concerns raised by your classmate in Question 1, select one of the issues that was mentioned. Write a message to him/her to offer comfort and advice on how the issue can be addressed by drawing upon your own experiences. You may follow the steps below:

1

• **Acknowledge his/her feelings**

E.g. "Thank you for sharing with me. It must be very discouraging that your parents don't understand you."

2

• **Acknowledge his/her effort**

E.g. "You must have done your very best and tried different ways to make your parents understand your difficulties."

3

• **Share a similar experience of yours**

E.g. "I was quite stressed out when my parents arranged tutorial classes for me even though I was very busy."

4

• **Provide practical advice**

E.g. "From my experience, staying calm is important when expressing myself. Sometimes, it is easier to tell my parents how I feel by writing to them."

5

• **Give encouragement**

E.g. "I hope my sharing helps. Remember, you are not alone, and we are always here for you."



Message to _____:

(Accept any reasonable answers.)



Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Junior Secondary Division
A Motivational Talk by YUEN Hayley
(video link: https://emm.edcity.hk/media/1_lbqr6vyf)



(Pre-viewing)

1. On a scale of 1 to 10, with 1 being “not at all happy” and 10 being “extremely happy”, how would you rate your overall life satisfaction right now?



Share the number you chose with a partner. Ask your partner to explain the reasons behind the life satisfaction rating they chose.

(While-viewing)

Hayley shared that the movie “Soul” inspired her to shift her mindset away from constantly striving for a bigger purpose, and instead find fulfilment by appreciating the simple joys in everyday moments. Watch Hayley’s video and answer the following questions.

2. When the pianist was asked about his plans for the future, he said, “I’m not sure, but I do know I’m going to live every minute of it.” (Video time: 00:18 – 00:32) How did his response reflect his attitude towards life?

Although the pianist doesn’t know what the future holds, he is determined to make the most of it. He is aware of the present moment and ready to take advantage of every chance he gets by “living every minute of it”. This reflects his positive/optimistic/“carpe diem” attitude towards life.

(Accept any reasonable answers.)

3. According to Hayley, when the jazz pianist Joe Gardner in “Soul” took the time to appreciate the small, simple pleasures in life, what were some of the little things he noticed or experienced?

- a) enjoying a slice of pizza
 - b) making connections with strangers while getting his haircut at the barbershop
 - c) appreciating the gentle drifting of leaves in the breeze
- (Accept any reasonable answers.)

4. What language feature did Hayley use to make her speech more engaging and persuasive for the audience? What was the effect of this language feature?

Questions were used to engage the audience and prompt their self-reflection.
(Accept any reasonable answers.)

What comes to mind when you hear the word “live”?

What’s one thing that you’re grateful for today?



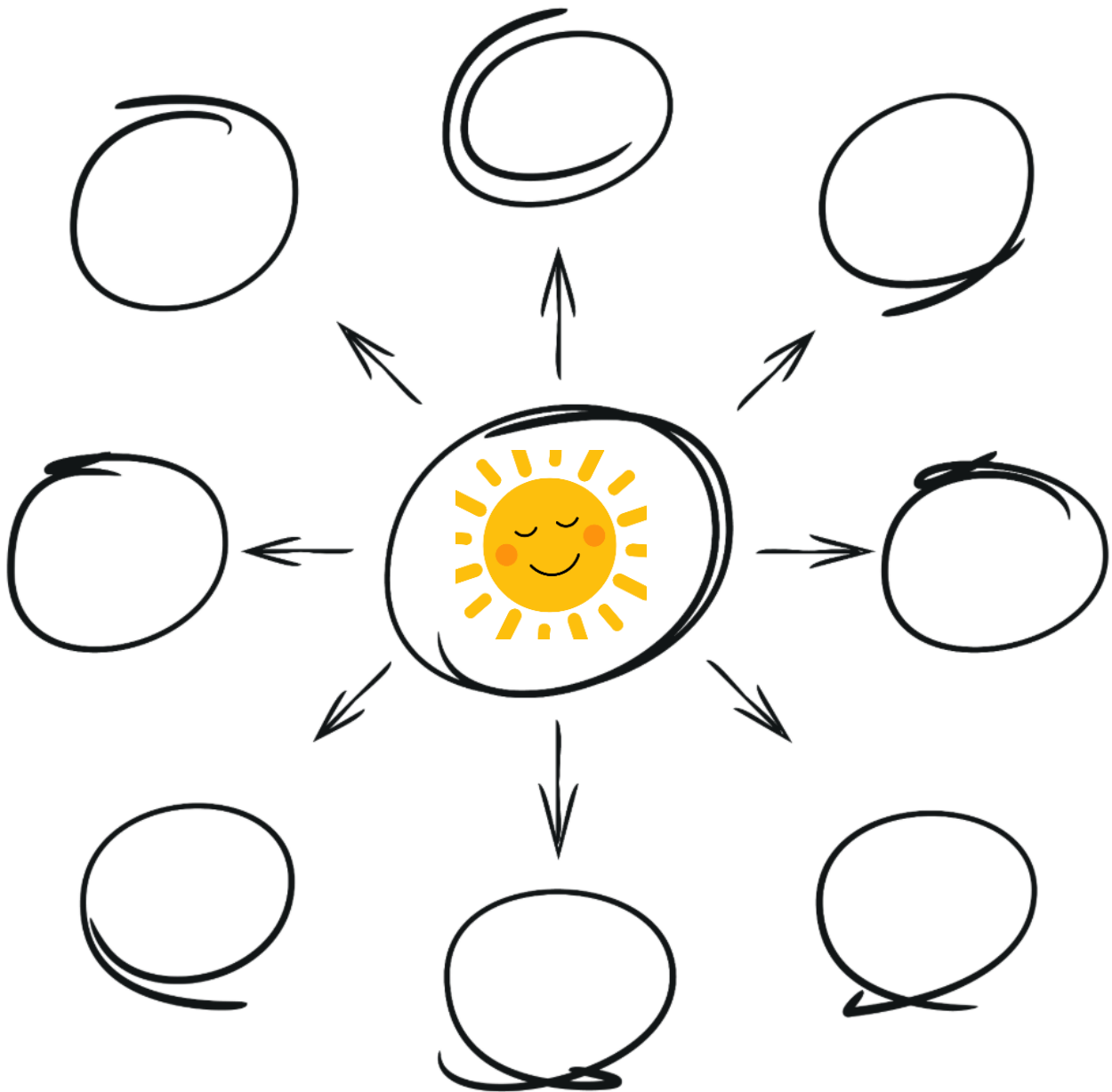
(Post-viewing)

5. Take some time to jot down your small pleasures. Reflecting on these can inspire you to live each moment to the fullest and ultimately enhance your life satisfaction. You will likely experience a sense of achievement and meaning, which can bring you great happiness.

To find a small sense of personal fulfilment, don't forget the overlooked yet pleasant details in our life.

My Small Pleasures

(Accept any reasonable answers.)



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Section 5

Senior Secondary



Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Senior Secondary Division
A Motivational Talk by JIANG Ruyi, Lucy
 (video link: https://emm.edcity.hk/media/1_v4ytd9ai)



(Pre-viewing)

1. Talk to your classmate about your childhood, interests and future goals among other topics. Find out three things that you share in common and three differences. Complete the following table.

Similarities	Differences
(1)	(1)
(2)	(2)
(3)	(3)

Is it easier to identify similarities or differences? While there may be a number of differences, we often share more things in common than we think. This is an entry point to where you can learn to respect and celebrate diversity. Scan the QR code and watch Lucy’s video to find out more.

(While-viewing)

2. According to Lucy, what made Mr Keating so special in “Dead Poets Society”? Fill in the blanks with keywords taken from the video. (Video time: 01:11 – 01:40)



Mr Keating was an English teacher who was new to a school of

(1) high standard and (2) feudal

tradition. Mr Keating brought fresh ideas to the boys at the school.

He taught them to break out of their (3) shells and

(4) pursue dreams of their own.

3. Read the saying of wisdom again (i.e. “A single flower does not make spring, while hundreds of flowers in full blossom bring spring to the garden.”). Based on the context of “Dead Poets Society”, what do you think “a single flower” and “hundreds of flowers in full blossom” refer to?

“a single flower”: Limited career choices that society expects teenagers to choose from / The same type of people in terms of personalities, goals, career choices, etc. (Accept any reasonable answers.)

“hundreds of flowers in full blossom”: Many more options beyond the traditional system and choices that society provides for teenagers / The diverse paths that the students desire / Different types of people with diverse personalities, goals, career choices, etc. (Accept any reasonable answers.)



4. “Life isn’t a multiple-choice question. It’s an essay question.” What does Lucy imply with this metaphor?

A multiple-choice question requires us to select from a limited set of options while an essay question is open-ended, allowing us to state our stances and elaborate on personal opinions. Lucy wants to tell us that we are no longer restricted to choosing from a few options. Instead, our lives have unlimited possibilities and should not be defined by the given choices. (Accept any reasonable answers.)

(Post-viewing)

5. Imagine living in a world where everyone looks, thinks, and acts the same, a world that does not allow any form of diversity. How would that world be different from ours today? Share your ideas with your classmates. The following questions may help you:

- What would schools be like if there were no diverse classmates or teachers?
- How would you feel if you could not express your individuality?
- How would a lack of diverse customs, traditions, and languages impact our society?
- Why is diversity crucial for innovation and creativity?
- How does having diverse viewpoints help make the world better?

6. How can you show respect for diversity?

(a) Select the ways you would like to commit to respecting diversity from the list below (you may choose more than one option).

To show respect for diversity, I am going to:

- ☐ learn something new from people that are different to me.
- ☐ listen without interruption, arguing or defensiveness.
- ☐ ask questions to encourage sharing of ideas and input.
- ☐ think carefully before speaking to avoid making offensive comments.
- ☐ _____

(b) Implement the strategies you have selected. Reflect on your experience and feelings about it.

(Accept any reasonable answers.)

(c) Create a slogan to encourage others to respect diversity.

(Accept any reasonable answers.)



Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Senior Secondary Division
A Motivational Talk by MAGUIGAD Joshua Paul Lucing
(video link: https://emm.edcity.hk/media/1_8wga23z9)



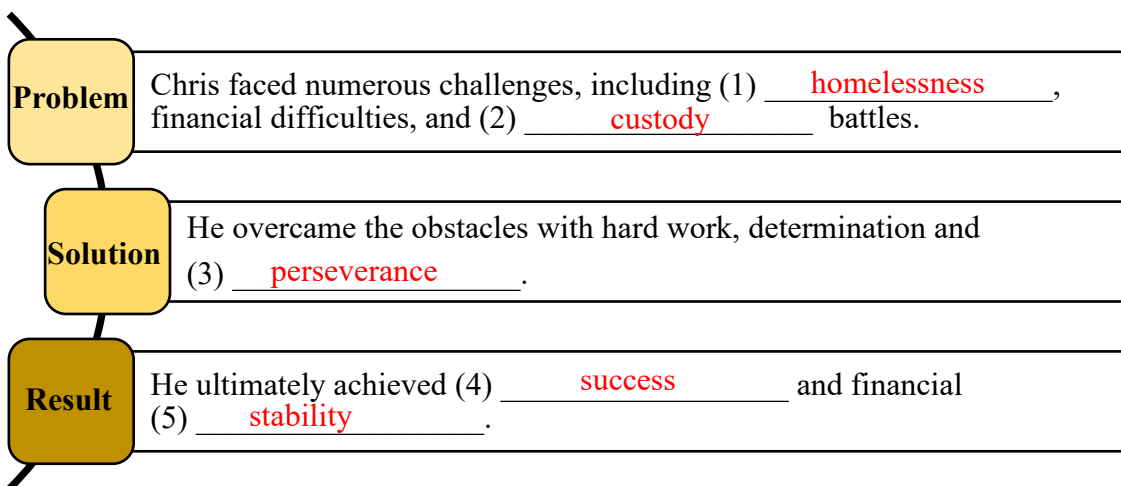
(Pre-viewing)

1. Can you think of a person or a fictional character whose perseverance inspired you? What were the challenges that he/she faced? How did perseverance help him/her achieve goals? What did you learn from him/her? Share your ideas with your classmates.



(While-viewing)

2. Scan the QR code to watch Joshua’s video. According to Joshua, what problems did Chris face in “The Pursuit of Happiness”? How did he overcome the obstacles to achieve greatness? Fill in the blanks with keywords taken from the video. (Video time: 00:16 – 00:53)



3. “Great works are performed not by strength but by perseverance.” When Joshua introduced this saying of wisdom, he shared with us two steps towards greatness. Summarise the two steps.

Step One: We can control our own path. What matters most is how we react to obstacles overcome them along the way to greatness.

Step Two: We should set clear, realistic goals and plans for ourselves. We should celebrate each milestone along the way to the ultimate success.

4. To make his message more powerful and memorable, Joshua used the presentation technique known as the “Rule of Three”, where words, phrases, or sentences appear in the pattern of three. An example is on the right. Identify another example of “Rule of Three” in his speech.

It is not the circumstances that define you, but rather how you respond to them, how you rise above them and how you push forward./
Surround yourself with people who believe in you, support you, and inspire you to be the best version of yourself. (Accept any reasonable answers.)

“It all begins with the belief **that we can** overcome, **that we can** achieve, and **that we can** create the life that we desire.”

(Video time: 01:51 – 02:00)

5. What does it mean when Joshua said that “the pursuit of greatness is not a solitary endeavour”? It means that the pursuit of greatness _____.
- ☐ A. helps you find the best version of yourself
 - ☐ B. makes you a member of the community that aims for success
 - ☒ C. often requires the encouragement of others
 - ☐ D. should not be the only goal of our desired life

(Post-viewing)

6. Take a moment to look back on your growth journey. What accomplishments have you achieved? Write a letter to your past self to celebrate these victories and express gratitude to yourself for the perseverance that carried you through the challenges. Tell your past self your current goal and make a promise that you would not give it up no matter what obstacles may arise.

Letter to my past self

Dear ____-year-old me,

With love and support,



Campaign on “Promoting Positive Values and Attitudes through English Sayings of Wisdom” (SOW Campaign)
SOW Motivational Talk Contest — Senior Secondary Division
A Motivational Talk by WONG Joyce Sin-size
 (video link: https://emm.edcity.hk/media/1_5jvvg7vj)



(Pre-viewing)

- Here is a glass that is filled halfway with water. Do you see it as half empty or half full? Discuss with a classmate who has a different perspective from yours, and listen attentively to their views.



Now, scan the QR code and watch Joyce’s video to see how she views it.

(While-viewing)

Joyce shared that the novel “The Fault in Our Stars” encapsulates the essence of the remarkable love story between two cancer-stricken teenagers, Hazel and Augustus. Through her relationship with Augustus, Hazel changed her perspective of the world, of life, and of death.

- According to Joyce, are the following things finite or infinite? Tick (✓) the appropriate boxes.

	Finite	Infinite
Life	☒	☐
Number sets	☐	☒
Time	☐	☒
Time segments	☒	☐

- Hazel told Augustus, “You gave me a forever within our numbered days, and I’m thankful.” What do the phrases “forever” and “numbered days” symbolise? What was Hazel thankful for?

The term “forever” symbolises the everlasting love and happiness that Augustus brought into her life, while “numbered days” represents Hazel’s life over a short time. Hazel was grateful for the endless love and memories that Augustus gave her, turning their brief time together into a lifetime of joy. (Accept any reasonable answers.)

- How did Hazel and Augustus live their lives despite knowing they were seriously ill?

Hazel and Augustus decided to love and enjoy each moment they had. They saw how love could change lives and go beyond time, leaving a lasting effect on them. They found comfort in being together and felt a connection that would last forever. (Accept any reasonable answers.)

5. Joyce created analogies between various concepts. Which of the following pairs is one of the analogies? Blacken the correct answer.
- ☐ A. humans and living beings with longer lifespans
 - ☐ B. life and air
 - ☒ C. lifetime and water molecules
 - ☐ D. water molecules and fragments of happiness
6. Do you remember the glass that is filled halfway with water? Compare your view with Joyce's. How does her interpretation differ from yours?

(Accept any reasonable answers.)

(Post-viewing)

7. Take a moment to reflect on the finite number of days left in your secondary school journey. Create a bucket list that may include the following:

- Activities you want to participate in before graduation
- Personal or academic milestones you hope to achieve
- People you want to spend time with or express gratitude to
- Places you wish to visit or revisit during this time
- Lessons learnt and how you want to carry them into the next chapter



Bucket List

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____