



Jockey Club Project Well-being
賽馬會幸福校園實踐計劃



Well-being Toy Capsule Machine Teacher's Guide

Goal

1. Promote a positive and pleasant campus environment, help students and school staff to reduce stress.
2. Enhance students' connectedness with schools and peers, and enhance students' participation and sense of belongingness in school.
3. Increase students' awareness of their physical and mental health, and ways to enhance well-being.
4. Enhance students' Positive emotion (P), Engagement (E), Relationship (R), Meaning (M), Accomplishment (A), and Health (H)¹ (See Appendix 2)



Target

Primary and Secondary school students

Applied context

Incorporate it in a class teacher period, weekly assembly, or other school-based activities

Points to note



A. Pre-activity Preparation

- Nail down the time, place, format of activities, roles of relevant teachers and student helpers, etc.
- Brief the relevant teachers and student helpers (if applicable) on the objectives, schedule, implementation of using the toy capsule machines, and content inside the toy capsules.
- Coordinate the compilation of toy capsules, distribution of tokens, management of discipline, the count of tokens, and emptying toy capsules.
- Remind teachers (and student helpers) of the important elements of the event: Safety, Having Fun Together, and Creativity.
- We suggest providing taster activity to teachers (and students helpers) beforehand so that they can experience the joy of using the toy capsule machine. We believe that teachers' positive emotions will help to motivate students to participate in the process.
- Remind the role of the teachers who lead the program to observe students' reactions, motivate them to participate, so to collect information for debriefing. Also encourage students to take action on the suggested well-being task written on the paper slips.

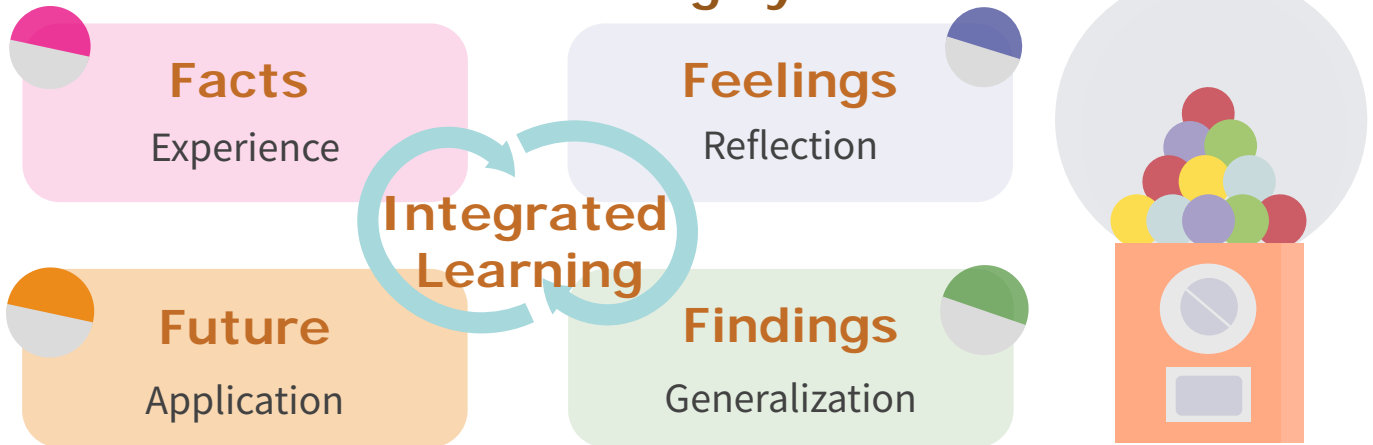
¹ 2017 Seligman's PERMA+ Model Explained: A Theory of Wellbeing <https://positivepsychology.com/perma-model/>



B. During the activity: Briefing + Leading

- Briefing - Brief students on the activity's goals, expectation, and process
- Leading - We suggest teachers observe students' reactions and interactions and encourage students to share or play with the toys they get from the toy capsule together.

4F-Active Reviewing Cycle



*Teachers can flexibly use the order of 4F questions according to the situation to guide students to share.

C. Post-activity Debriefing right after finishing the program

Facts

Invite students to share the toys they got.
Who also has the same toy? Please raise your hand.
Do you like your toy? Which toy do you like the most?
Invite a student to share the message on the note.
Who has a different message from the student?



Feelings

How do you feel when you receive the toy or note?(See Appendix 2)
(happy, excited, enthusiastic, satisfied, grateful, sad, envious, nervous, disappointed, etc.)

Findings

Which toys can I play with with my classmates?
Would you like to play with these toys with your classmates/family members? Who do you want to share the toys with?
Are the suggested action items on the note easy to implement?
Which do you think is the easiest/hardest to implement?

Future

If you are going to face the challenge on the note, what do you think you should do?
How would you like other students and teachers to help you?
Are you willing to implement the action item on your note?
How will you encourage others to complete their action item?



D. Post-event- Follow-up Debriefing (After some time)

Facts

Did you share your toy or note with your family members?
Did you implement the suggested action item?

Invite students to share the process of implementing the action item.



Feelings

How did you feel during the process of sharing/ playing the toys together/ implementing the action item?

(happy, excited, enthusiastic, satisfied, grateful, sad, envious, nervous, disappointed, etc.)



Findings

Were there challenges or difficulties during the implementation process?

Did you ask anyone to help? What was the result?

Do you think completing this action has changed you in any way?



Future

Will you continue to implement the action?

Will you adjust your action/ challenge yourself with other actions?

Will you encourage other students to accomplish the action?



E. Showcase and Evaluation

- Use E-learning tools, e.g. Padlet, for students to share their practice and photos.
- Invite students to write down their feedback with sticky notes and stick them on the classroom board.
- Invite students to fill in a questionnaire about their feedback on the event.

Remarks

- The activity goal is to create a positive and pleasant campus atmosphere. All school staff, teachers, and students (regardless of conduct or grades) should have a chance of getting a toy capsule, and that the whole school can participate.
- Try to involve students in the preparation of the activity, such as compiling toys/ notes into toy capsules, planning, publicity, designing interactive games, etc. Invite students to distribute tokens, maintain order during the activity, and count the number of tokens and toy capsules after the activity. Involving students to help and participate can increase their sense of meaning, belonging, and connectedness to school.



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Appendix 1A. List of gifts (Primary School)

Positive Emotion		Engagement		Relationship		Meaning		Accomplishment		Health	
Pink Capsule		Yellow Capsule		Blue Capsule		Green Capsule		Purple Capsule		Transparant Capsule	
i.	Smiley Sticker	i.	Burr puzzle	i.	Mini chess game	i.	Mini plant pot	i.	Mini harmonica	i.	Squeeze bean toy
											
ii.	Flashing Yo-yo	ii.	3D metal wire puzzle	ii.	Reaction ball	ii.	Seaweed bottle	ii.	3D balanced bead toy	ii.	Pop It fidget toy
											
iii.	Wooden spinning top	iii.	Magnet beads toy	iii.	Rubber building block	iii.	Dinosaur egg	iii.	Mini puzzle & pinball	iii.	Stress relief dice
											
iv.	Stress relief ball	iv.	3D maze cube	iv.	Assembled car toy	iv.	Solar powered toy car	iv.	Basketball shooting toy	iv.	Mini squeeze toy
											



Appendix 1B. List of gifts (Secondary School)

Positive Emotion		Engagement		Relationship		Meaning		Accomplishment		Health	
Pink Capsule		Yellow Capsule		Blue Capsule		Green Capsule		Purple Capsule		Transparant Capsule	
i.	Smiley Sticker	i.	Burr puzzle	i.	Mini chess game	i.	Mini plant pot	i.	Building block toy	i.	Squeeze bean toy
											
ii.	Flashing Yo-yo	ii.	3D metal wire puzzle	ii.	Reaction ball	ii.	Seaweed bottle	ii.	3D balanced bead toy	ii.	Pop It fidget toy
											
iii.	Wooden spinning top	iii.	Magnet beads toy	iii.	Rubber building block	iii.	3D maze cube	iii.	Rubik's cube	iii.	Stress relief dice
											
iv.	Stress relief ball	iv.	Kong Ming lock	iv.	Assembled car toy	iv.	Solar powered toy car	iv.	Mini harmonica	iv.	Mini squeeze toy
											



Appendix 2A. Messages on the paper slip (Primary School)

Note: English version is available for NCS students and provided upon request.

PERMA+H Elements	Note	Messages on the paper slip
Positive Emotion	It brings us happiness, warmth, gratitude, excitement, and a sense of well-being.	1) Think about one thing that brings you a sense of well-being or that you are grateful for before you sleep every night. 2) Treat yourself better! Go enjoy one dish you like the most!
Engagement	When we focus on what we truly enjoy and value, we are fully engaged and can enjoy the moment.	1) Try to develop one new interest in these coming two weeks. Challenge yourself! Yeah! 2) Fully engage in an interest/activity that you are good at or like the most. Enjoy!
Relationship	When we maintain contact, communication, show appreciation and offer help to others, we have the strength to face difficulties and adversities.	1) Try to comfort one friend who feels sad. 2) Praise or give thanks to three friends.
Meaning	When you find meaning and value in life, you gradually feel happy and have a sense of well-being.	1) Help others to finish one thing. 2) Spend time with people you value or care about.
Accomplishment	When we finish an activity, we feel satisfied and happy about it.	1) Set a plan for yourself and try to accomplish it! Add oil! 2) Think about things you are good at or do well. Praise yourself!



Appendix 2B. Messages on the paper slip (Secondary School)

Note: English version is available for NCS students and provided upon request.

PERMA+H Elements	Note	Messages on the paper slip
Positive Emotion	It brings us happiness, warmth, gratitude, excitement, and a sense of well-being.	1) Treat yourself better. Do one thing that makes you happy today! 2) Think about one thing that brings you a sense of well-being or that you are grateful for before you sleep every night.
Engagement	When we focus on what we truly enjoy and value, we are fully engaged and can enjoy the moment.	1) Share an experience where you paid full effort and enjoyed the process with your friends. 2) Fully engage in an interest/activity that you are good at or like the most. Enjoy!
Relationship	When we maintain contact, communication, show appreciation and offer help to others, we have the strength to face difficulties and adversities.	1) Offer help to one teacher/friend this week! 2) Thank those who helped you when you had a hard time.
Meaning	When you find meaning and value in life, you gradually feel happy and have a sense of well-being.	1) What do you want to say to yourself after five years? Write a letter to your future self! 2) Spend time with people you value or care about.
Accomplishment	When we finish an activity, we feel satisfied and happy about it.	1) Write a To-do-list for yourself this week and try to finish them! Fighting 2) Set a plan for yourself and try to accomplish it (such as exercising, engaging in a hobby, or studying)! Add oil!
Positive Emotion	Maintain a healthy diet, exercising regularly, and adopting a healthy lifestyle.	1) Try to eat fewer snacks and drink fewer soft drinks this week. 2) Try not to use your phone one hour before you go to bed!