



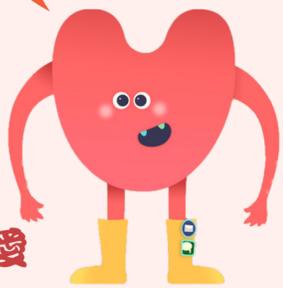
“Have Fun in Summer” Series

Well-being Action@Home #1

Let's Take Action!

Finish the task below and create a colorful picture by filling in the blanks with different colors.

Remember to cheer yourself up!



關愛
CARE

Share three things that you feel blessed with.

Search and follow the steps in one interest-related video on Youtube, such as drawing, singing, and preparing a meal. Enjoy the process.

Do not look at your phone. Forget about other things. Stay focused and complete one of your homework.

Invite your family members to play one of your favorite games.

Send a message to one person who helped you

Watch a comedy, have a great laugh!

How about chatting with someone?



尊重
RESPECT

Call your good friend(s) in your class, and tell them: "I miss you!"

Tidy up your wardrobe and appreciate your clothes one by one.

Eat your favorite food.

ANY INTERESTING GAME IDEAS? SHARE WITH US!

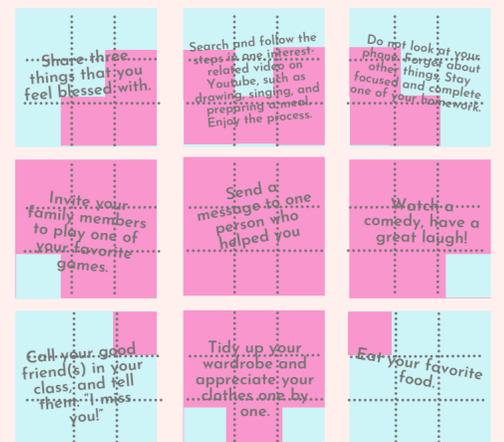


I feel so great when I'm fully engaged in doing an activity! That's what we call "flow"!



盼望
HOPE

Example





“Have Fun in Summer” Series

Well-being Action@Home #2

Let's Take Action!

Finish the task below and create a colorful picture by filling in the blanks with different colors.

Initiate one online class activity.

Count how many things you are good at! Give a “like” to yourself!

Search a tutorial video on YouTube. Practice until you master it!

Drink 8 cups of water a day.

Send a wishing card to your family members and help them complete one task, such as washing the dishes, throwing trash, or giving a massage.

Take a video to encourage people who got COVID-19 and share it with your friends.

Run on the spot at home for 20 minutes.

Do not watch your phone or computer one hour before sleep.

Search for the most difficult tongue twister online. Train yourself to read it fast and accurately.

See how much contribution I've made!



同行
ACCOMPANY

I am a healthy kid.



休息
REST

ANY INTERESTING
GAME IDEAS?
SHARE WITH US!



盼望
HOPE

Example

