



Self Encouragement Challenge



Do you ever feel frustrated because it is difficult to handle all your homework or you don't know how to do it well? Sometimes you may feel angry and want to give up.

Instead, take a deep breath and try to think of some encouraging statements that will help you face these challenges.

Find memo paper and write encouraging statements on them to cheer yourself up and feel supported:

(e.g. I am better than I was yesterday; I have learnt from my mistakes, etc.)



Tips: Stick the memo papers around the house; on cupboards, desks or the computer. Then each time you see them you will be encouraged to do well. We hope you enjoy this activity!

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