



Self Love Challenge 1 2 3

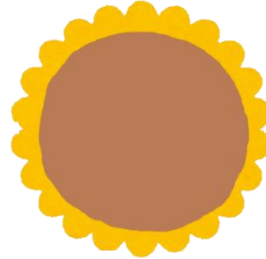
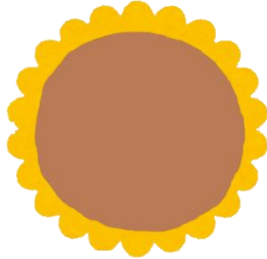
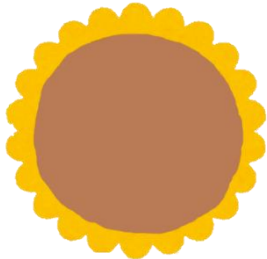


Have you felt lonely before, because no one will play with you or it is difficult to make friends in school? It takes some time to build friendships. While we are learning how to do so, let's try to be our own best friend with this self-love challenge!

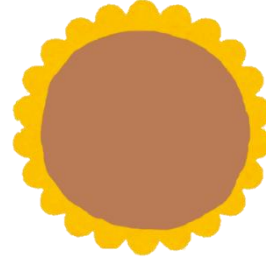
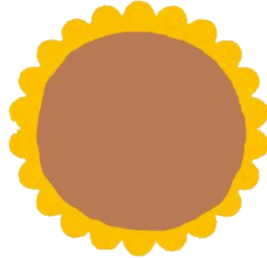
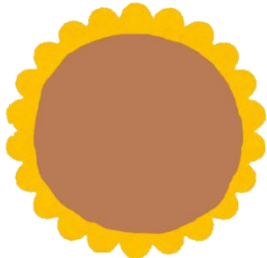
In each sunflower, write a positive and encouraging statement:

1 trait I am most proud of:
(e.g. I have a warm smile.)

2 activities where I help others:
(e.g. I help my mother to do housework.)



3 things that keep me happy and healthy:
(e.g. I eat my favourite snack.)



You may draw more sunflowers and write more positive statements to yourself. We hope you enjoy this challenge!

Produced by



Funded by



The Hong Kong Jockey Club Charities Trust