

Extended Learning Activities

Healthy living and beliefs

Relevant module and page number: Module 2.1 Overcoming growth challenges (P.3)

Learning objectives: Through classroom activities, students can learn how to build a fulfilling life with healthy habits and beliefs.

Activity 1: Lifestyle (Refer to textbook P.4)

A. My lifestyle

Do you think your lifestyle is healthy? Circle your answer.




I have a/an (very healthy/ balanced / unhealthy) lifestyle. (Free answer)

B. Examine my lifestyle

If you have the following healthy habits, put a "✓" in the box. (Free answer)

Drink 6-8 cups of fluids every day <input type="checkbox"/>	Attend school on time <input type="checkbox"/>
Have a balanced diet every day <input type="checkbox"/>	Study seriously <input type="checkbox"/>
Eat breakfast, lunch, and dinner every day <input type="checkbox"/>	Get enough rest time <input type="checkbox"/>
Brush your teeth in the morning and evening <input type="checkbox"/>	Get enough sleep <input type="checkbox"/>
Take a shower every day <input type="checkbox"/>	Help with housework <input type="checkbox"/>
Trim your nails regularly <input type="checkbox"/>	Chat with family members <input type="checkbox"/>
Cover your mouth and nose with a handkerchief or tissue when coughing or sneezing <input type="checkbox"/>	Do at least 60 minutes of moderate-to vigorous-intensity physical activity daily <input type="checkbox"/>
Clean your hands before eating <input type="checkbox"/>	Meet up with friends <input type="checkbox"/>
Keep your hair neat and clean <input type="checkbox"/>	Participate in interest classes <input type="checkbox"/>
Do not share personal items with others <input type="checkbox"/>	Maintain a positive mindset <input type="checkbox"/>

In the table above, each "✓" is worth 1 point, then calculate your total score.

<p>0-6 points : There is room for improvement in your lifestyle</p> <p>7-12 : You have a good lifestyle</p> <p>12-18 : You have a very healthy lifestyle</p>	
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What is your total score? Does this score differ from your expectations? (Free answer)

I have got ____ points, and this score (does / does not) differ from my expectations.

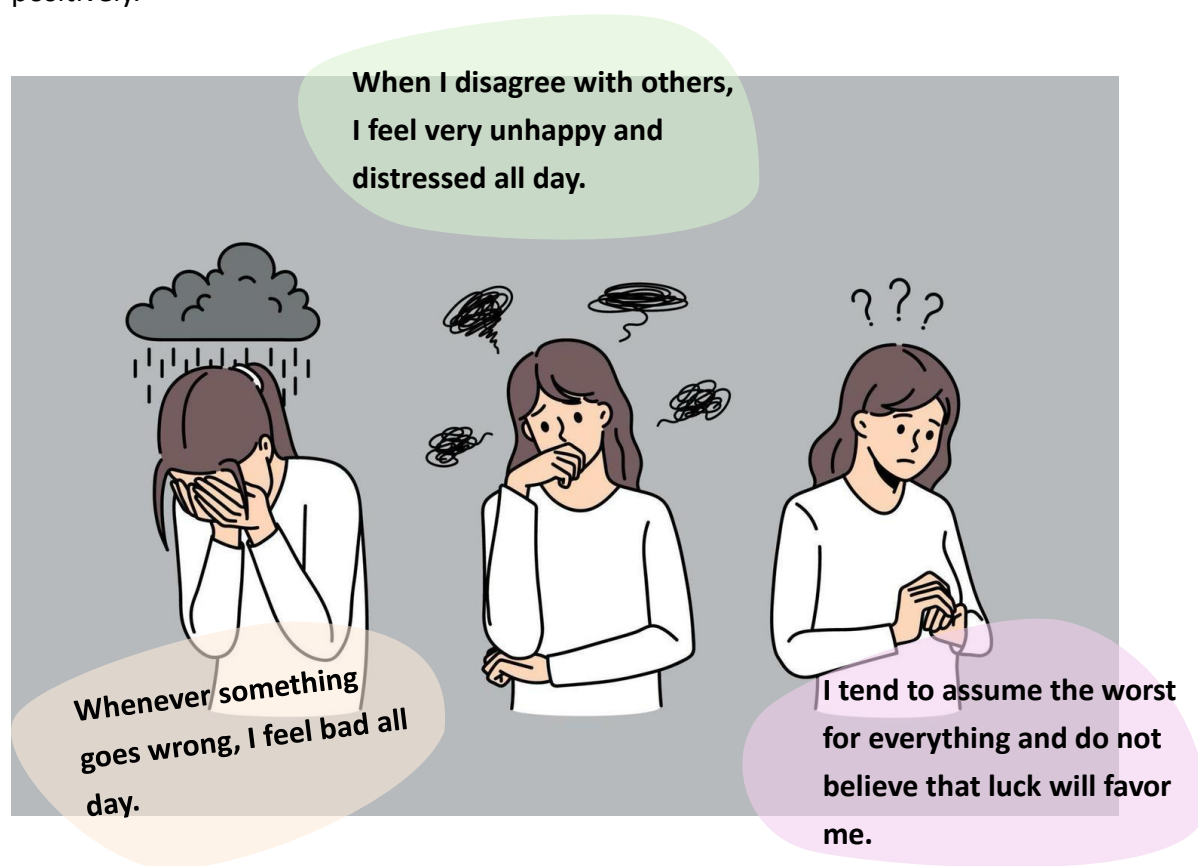
A healthy lifestyle means: practicing good and healthy habits; giving up bad habits that have a negative impact on health. Healthy habits include: maintaining a balanced diet to promote physical health; regular exercise to stretch the body and ease the mind, relieve mental stress, etc.; maintaining personal hygiene and a regular routine.

Activity 2: Positive beliefs (Refer to textbook P.6)

A. Why are positive beliefs important?

Positive beliefs can bring us positive influences: they can help us find direction when facing difficulties and making decisions, ignite personal drive, encourage us to pursue goals and dreams, overcome challenges; guide us to discover goals, and find satisfaction in the process of pursuing these goals; positive beliefs also help shape self-identity, giving meaning and direction to our lives. Beliefs are an important component of personal psychological structure, cultivating positive and healthy beliefs is crucial for enhancing our quality of life.

If one of following situations has occurred, you need to improve your ability to think positively.



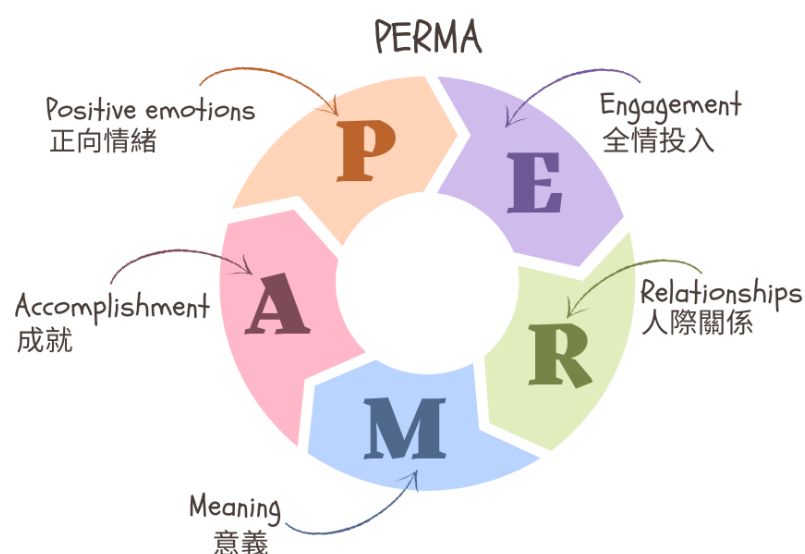
When faced with the above situations, we can find things to cheer us up / make us happy, such as:

What books/ comics/ magazines/ media/ e-books do you like to read?	(Free answer)
What channels/ live streamers/ YouTubers/ podcasts/ radio programs do you like to watch or listen to?	
Who do you like to talk to among your family members/ teachers/ friends?	

B. Positive psychology

The father of positive psychology, Martin Seligman, proposed the "PERMA" model to help people enhance their sense of happiness. He believes that happiness consists of five measurable elements: positive emotions, engagement, relationships, meaning, and accomplishment. However, none of these elements can individually define happiness, they all contribute to establishing happiness.

The Five Elements of Happiness



Positive Emotions	Positive emotions are the cornerstone of happiness theory. They refer to subjective feelings that bring us pleasure, joy, warmth, comfort, and so on. Living a life that successfully incorporates these elements is referred to as a "pleasant life."
Engagement	When a person focuses on doing something they truly enjoy and value, they become fully immersed in the present moment.
Relationships	Relationships involve regular communication, engaging in activities together, showing care and support, mutual appreciation, and expressing gratitude. These positive relationships provide us with support, comfort, encouragement, and reminders, empowering us to face difficulties and adversities with strength.
Meaning	Meaning is a sense of personal belonging that goes beyond the inherent value of things. To feel happy and fulfilled, we must perceive life as meaningful and valuable.

Accomplishment	Accomplishment is the pleasant or successful feeling a person experiences when completing a task or undertaking something.
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Source: City University of Hong Kong – Positive Education Laboratory

Quiz: According to the five elements of happiness, which element do you think the following examples represent?

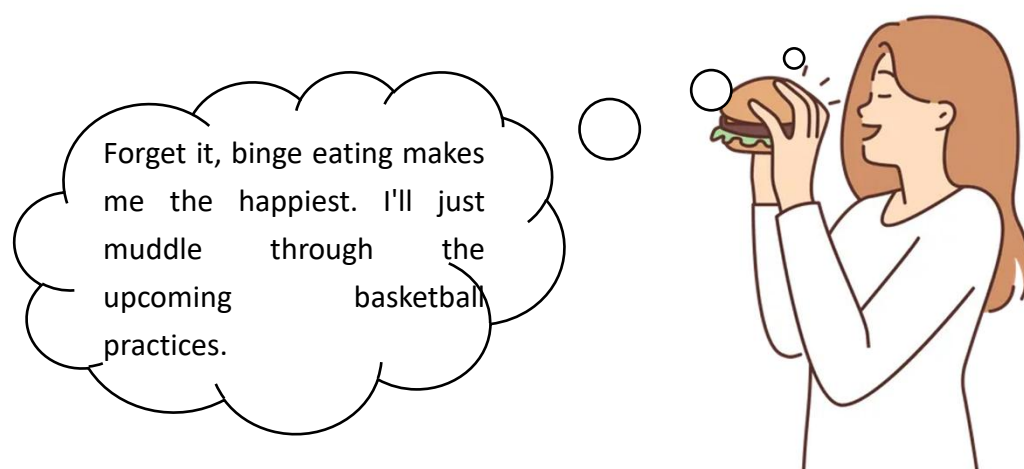
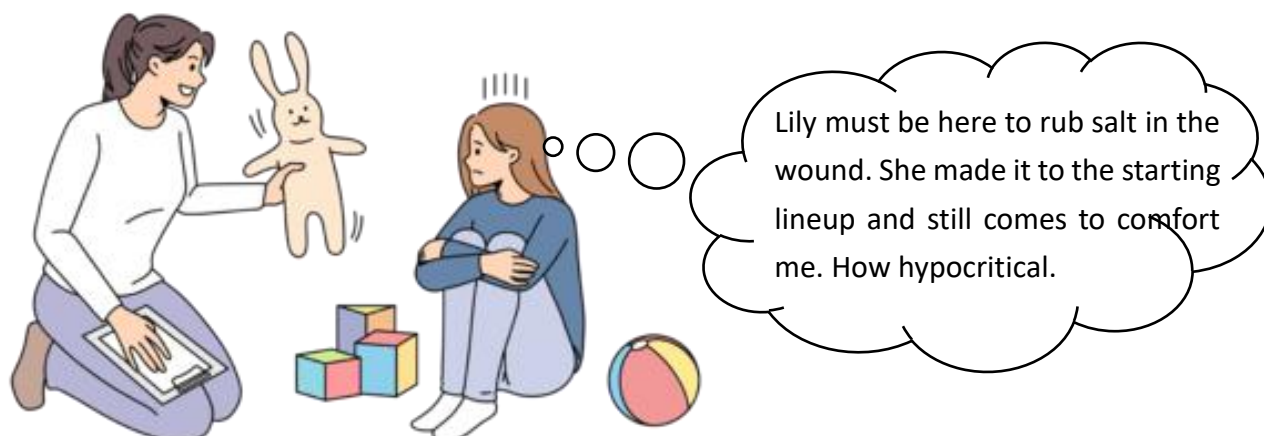
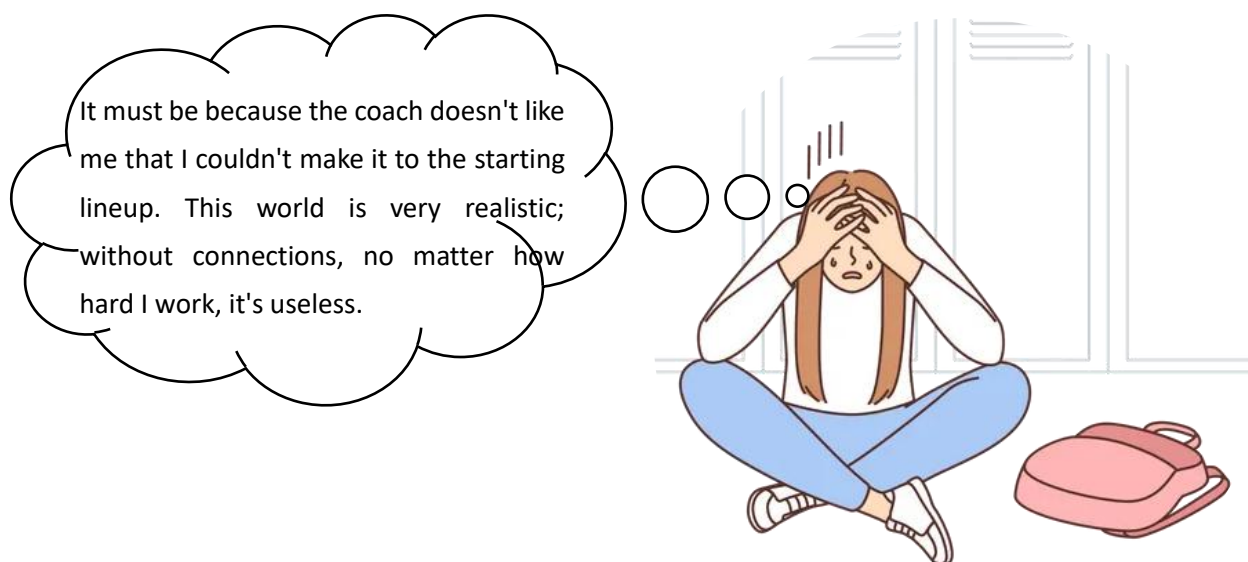
Element	Example
I. Positive emotions	A. Completing a 10km marathon race, experiencing the joy and satisfaction of pushing personal limits.
II. Engagement	B. Feeling joyful and relaxed while admiring a beautiful piece of artwork in an art gallery.
III. Relationships	C. Participating in a community environmental conservation activity, contributing to environmental protection, practicing love and responsibility towards the earth.
IV. Meaning	D. Gathering with friends, sharing life experiences, supporting each other, and building good friendships.
V. Accomplishment	E. Engaging wholeheartedly in the joy of cooking while preparing delicious food.

- I. B
- II. E
- III. D
- IV. C
- V. A

Activity 3: Change ourselves (Refer to textbook P.6)

A. Why am I always unhappy?

Kelly often feels unhappy but doesn't know where the problem is. Recently, she was not selected for the basketball team's starting lineup, which has left her feeling defeated. Take a look at her thoughts when facing adversity.



The reason why Kelly often feels unhappy is (due to her negative mindset / that her life is too unfortunate).

B. Change ourselves

Give some advice to Kelly in order to change her way of thinking.

(Reference answer)

Change perspective: The coach's choices may be influenced by various factors, not just personal preference. Do not confuse self-worth with whether or not you are selected.

(Reference answer)

Mindset shift: Try to change your way of thinking, accept help and care from others. Believe in the goodwill of others and give yourself the opportunity to understand the behaviour of others.

(Reference answer)

Set goals: Reevaluate your goals, consider the importance of basketball training to you and the achievements you want to reach, and strive towards those goals. Remember, everyone faces setbacks on the path of growth; giving up is not the solution.



C. Attitudes towards facing problems and adversities

When facing inevitable problems and adversities in life, we should confront them with positive and proactive attitudes. Procrastination only complicates the issues, so they should be addressed immediately. While a positive mindset may not solve all problems, it can help us avoid sinking into excessive negativity, which could lead to undesirable behaviours or involvement in harmful activities. Learning to relax and adjust our mindset is the first step to solving problems. Here are some suggestions:

1

Perseverance and patience

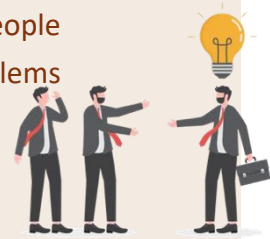
Patience is key to successfully facing adversity. Give yourself time to handle stress and pain, don't give up easily, and actively seek opportunities to solve problems.



2

Appreciation and gratitude

Appreciate the love and care of others, cherish the people around you. Remember, no one can solve all problems alone.



3

Proactive attitude

We should always maintain an optimistic attitude, face challenges with confidence and actively seek help and encouragement. Remember, determination to solve problems is the key to success.



4

Taking responsibility

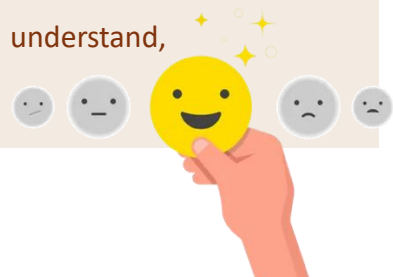
Learn to take responsibility and not avoid it. Even if others have taken responsibility for us in the past, we must now shoulder some responsibility ourselves and seek help when needed.



5

Forgiveness and understanding

Release resentment, accept the imperfections of yourself and others. Learn to forgive and understand, let go of biases, and rebuild confidence.



Quiz: Based on the above information, complete the following multiple-choice questions.

1. When facing adversity, in order to enhance our resilience, we should...

- A. Be indecisive
- B. Be lazy and give up
- C. Be indifferent and ruthless
- D. Be perseverant and patient

D

2. What attitude should we adopt when facing difficulties?

- A. Pessimistic complaining
- B. Proactive
- C. Cowardly retreat
- D. Avoid first then deal with it

B

3. What role does forgiveness and understanding play in the process of resilience?

- A. Increase resentment
- B. Increase difficulties
- C. Reduce psychological burden
- D. Weaken self-confidence

C

4. When facing problems that are hard to solve, we can...

- A. Actively seek support
- B. Shoulder the burden alone
- C. Continuously reflect on ourselves
- D. Keep things bottled up inside

A

5. **Scenario:** Your classmate answered a question incorrectly in a group quiz, causing the team to miss out on the championship. Initially, you felt angry and disappointed, questioning your classmate's abilities. However, upon reflection, you realized that everyone makes mistakes, and this doesn't necessarily mean your classmate is incompetent or intentionally causing errors.

Which attitude towards adversity does the above situation reflect?

- A. Giving up
- B. Forgiveness and understanding
- C. Avoiding reality
- D. Complaining about fate

B