



香港女童軍總會

The Hong Kong Girl Guides Association

THE HONG KONG JOCKEY CLUB COMMUNITY PROJECT GRANT

"INTERGENERATIONAL RESPONSIBLE CITIZENSHIP PROJECT" 2023-2026

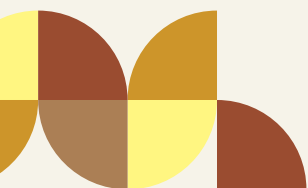
"Brain Master" Ambassador Scheme Logbook Brownie



Funded by:



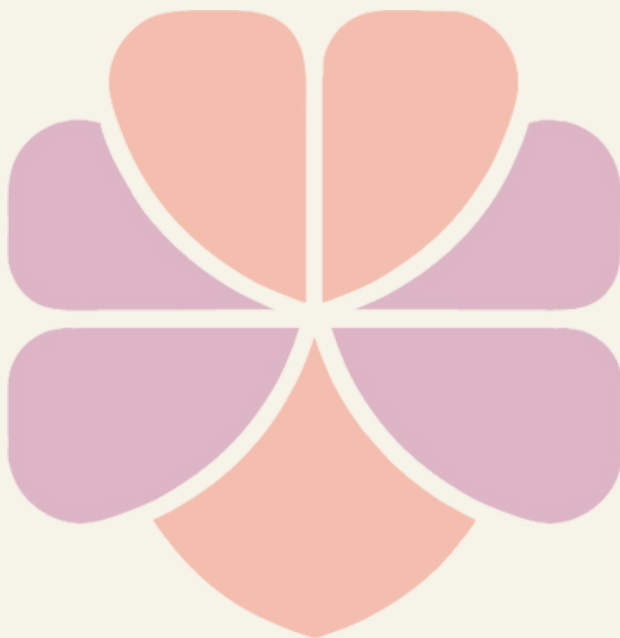
香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust



Brownie

Name: _____

Unit: _____



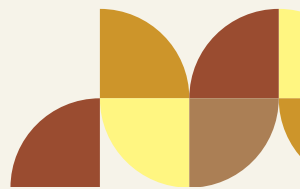
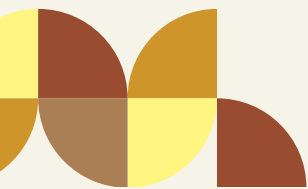


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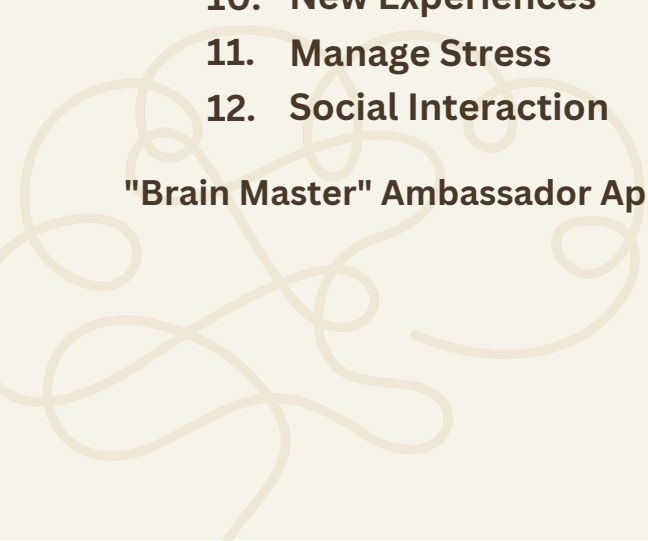
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"Brain Master" Ambassador Appointment Certificate





"Brain Master" Ambassador Scheme

Foreword

As an extension of our previous projects "The Hong Kong Jockey Club Community Project Grant – Intergenerational Responsible Citizenship Project" in 2014-2017, 2017-2020 and 2020-2023, The Hong Kong Jockey Club Charities Trust has approved a three-year (2023-2026) donation of HKD 5.94 million to the Hong Kong Girl Guides Association. The new phase, themed "Moving with the times, living in the new normal," will feature diverse intergenerational activities to foster civic responsibility, community care, and communication between the elderly and youth. Golden Guides will share life wisdom and traditional culture, while younger Guides introduce modern ideas, promoting mutual growth.

Following the success of the "Joy+Fit" Ambassador Program, the "Brain Master" Ambassador Scheme will enhance knowledge of brain function, inspire critical thinking, and promote mental resilience, equipping Girl Guides with skills to thrive in everyday life.



"Brain Master" Ambassador Scheme

RATIONALE OF "BRAIN MASTER" AMBASSADOR

"Brain Master" Ambassador consists three core elements, "Wisdom", "Spirit" and "Life". "Wisdom" represents healthy cognitive development, "Spirit" signifies a joyful heart, and "Life" embodies a vibrant life. The goal is to cultivate a positive and optimistic attitude, making life more fulfilling.

Amid societal changes and life challenges, it is essential to maintain a positive mindset and an uplifting outlook. Through the "Brain Master" ambassador scheme, we aim to help Girl Guides unlock their inner potential, inspire those around them, and spread positivity by fostering happiness and resilience in their daily lives.

"BRAIN MASTER" AMBASSADOR APPOINTMENT REQUIREMENTS AND PROCESS OF EARNING THE AMBASSADOR BADGE

Happy Bee / Brownie / Girl Guide / Ranger / Golden Guide members complete at least 7 out of 12 tasks for the "Brain Master" ambassador by 31 March 2026. After completing each task, participants document it in the logbook and share the program's concept with at least two family members or friends. Leaders must sign the logbook to confirm completion, after which members will receive the badge.

HOW TO WEAR THE "BRAIN MASTER" AMBASSADOR BADGE

Happy Bees can sew the badge onto the right sleeve of their uniform, while Brownies, Girl Guides, Rangers, Golden Guides, and guiders/leaders can pin the metal badge on the front right lapel of their uniform. The "Brain Master" Ambassador Badge can be worn until 31 December 2027.

"Brain Master" Ambassador Concepts



Brain and Fitness

Brain flexibility and
body strengthening exercises

Nutritious Diet

Eat brain-boosting foods to
maintain brain health



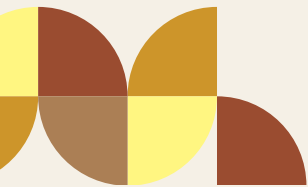
Happy State of Mind

Regulate mood and relieve stress

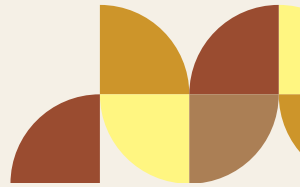
Abundant Life

New lifestyle,
connect with people,
serve others





MY MISSION



I have chosen the following items for my "Brain Master" ambassador scheme challenges, and have fulfilled the requirements of _____ concepts among the 12 lifestyle concepts.

(You must complete **7** concepts to receive the "Brain Master" ambassador badge.)

Please indicate completed tasks with a ☒:

☐

1. Amazing Brain

☐

7. Good Sleep

☐

2. Brain Food

☐

8. Happy Brain

☐

3. Healthy Diet

☐

9. Brain Training

☐

4. Stay Hydrated

☐

10. New Experiences

☐

5. Stay Active

☐

11. Manage Stress

☐

6. Good Posture

☐

12. Social Interaction

I have recommended the "Brain Master" ambassador scheme to two of my friends and family members.

(Please write down the number for the recommended concepts.)



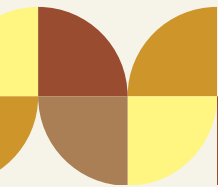
Name:

I Recommended:

Name:

I Recommended:

Guider's Signature : _____ Date: _____



1

Amazing Brain

My brain enables me to think, learn, and control my body movements. Keeping my brain healthy enhances my intelligence, so it's important for me to take good care of it. Additionally, my brain allows me to experience a range of emotions, including happiness, sadness, worry, and anger.

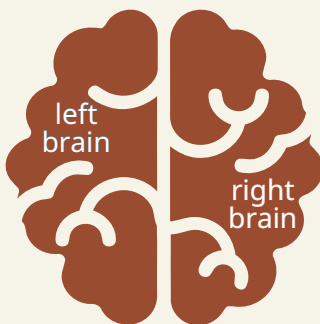
The brain is divided into left and right hemispheres and has a shape similar to that of a walnut. It is located within our skull.



Thinking



Calculations



Art



Emotion
recognition



Verbal
abilities



Writing



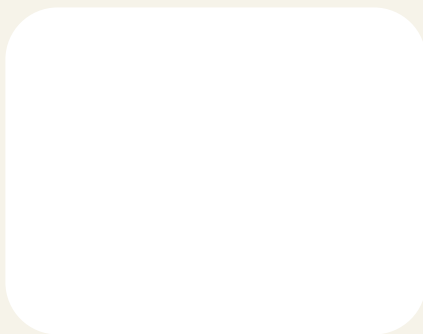
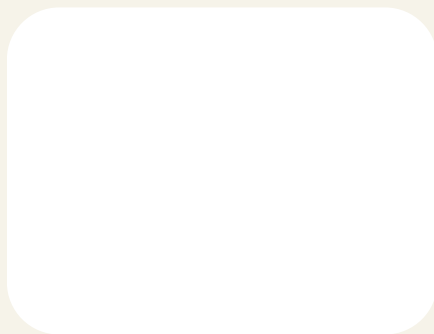
Creativity



Music

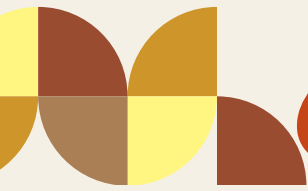
Mission

Try drawing a pattern using your left hand, then replicate it with your right hand. Compare the two patterns—do you notice any differences? Share your observations with a team member.



I shared what I learned with _____ (name).

Guider/Parent's Signature : _____ Date: _____



2

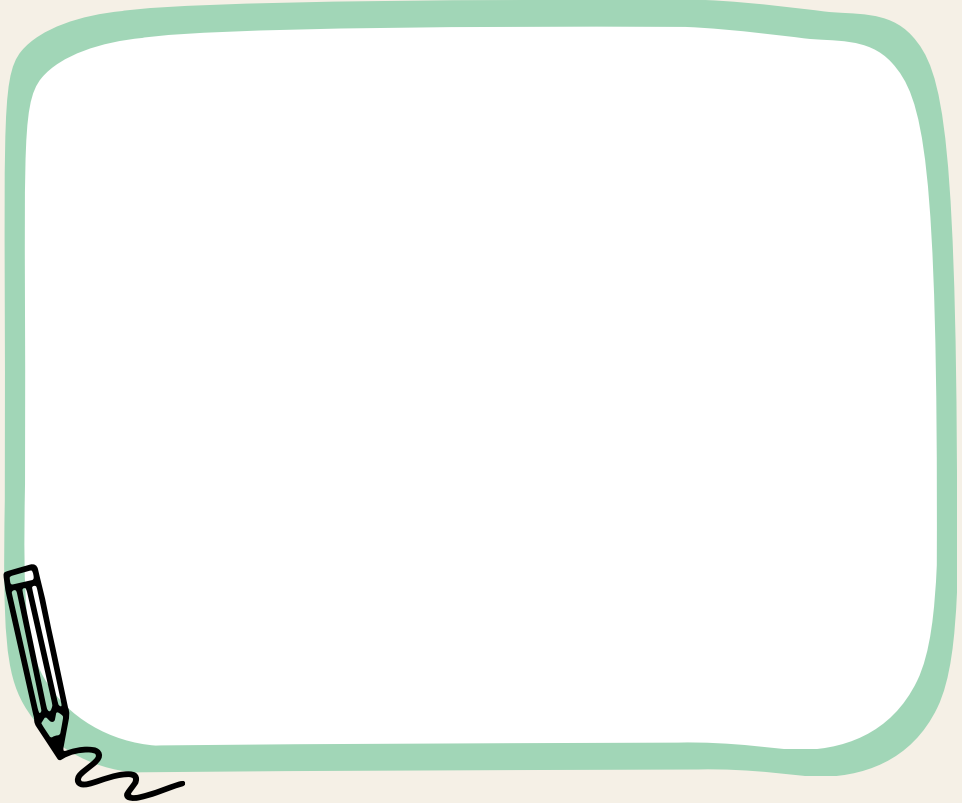
Brain Food



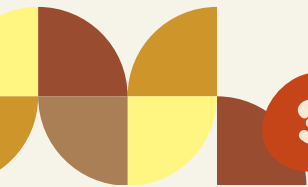
Our diet provides vital vitamins and nutrients. Eating the right foods can aid brain development and give us energy. Maintaining good health requires eating in a way that is both healthy and enjoyable.

Mission

What brain-boosting foods do you know? Draw 4 natural brain-boosting foods and share with your team members.



Guider/Parent's Signature : _____ Date: _____



3

Healthy Diet



Are you eating food that is good for your brain?

Mission

Eat brain-healthy foods for 5 consecutive days, and draw them in the boxes below.



1



4



3

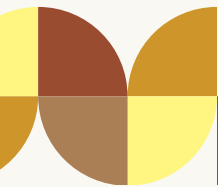


2



5





4

Stay Hydrated

Water is essential for brain health. Staying properly hydrated enables the brain to function at its best, potentially boosting your cognitive abilities!

Fluids include:
water, tea, milk, clear broth

BRAIN IS
75%
WATER



DAY 5

Drank ____ glasses

DAY 4

Drank ____ glasses

DAY 3

Drank ____ glasses

DAY 2

Drank ____ glasses

DAY 1

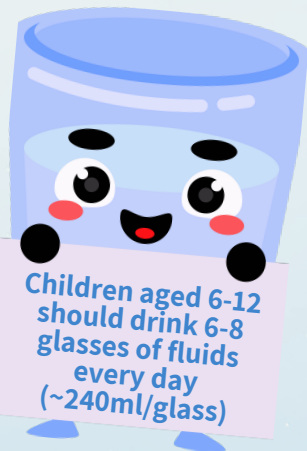
Drank ____ glasses

Mission



Drink 6-8 glasses of fluids every day for 5 consecutive days!

Complete the daily tasks and fill in with color



Children aged 6-12 should drink 6-8 glasses of fluids every day (~240ml/glass)

Guider/Parent's Signature : _____ Date: _____

Aerobic exercises improve cognition by increasing blood flow and oxygen supply to the brain, as well as raising levels of brain-derived neurotrophic factor (BDNF), which enhances concentration and long-term memory.



Aerobic exercises refer to exercises that increase heart rate and the rate of breathing, resulting in better blood circulation in body and enhanced heart and lung functions.



swimming



cycling



rope skipping



ball games

Mission Let's do aerobic exercises 3 times a week, 30 minutes each time, and keep a record of what exercises you did!

WEEK 1

1

2

3

DATE: _____

TYPE OF EXERCISE: _____

WEEK 2

1

2

3

DATE: _____

TYPE OF EXERCISE: _____

WEEK 3

1

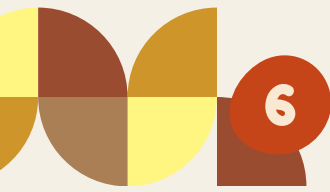
2

3

DATE: _____

TYPE OF EXERCISE: _____





6

Good Posture

Sitting up straight and maintaining proper neck alignment promotes smooth blood flow to the brain, supporting optimal brain function. Conversely, poor posture can lead to neck and shoulder stiffness and reduced oxygenation to the brain, resulting in fatigue and even dizziness.

SITTING WELL NATURALLY IMPROVES BLOOD CIRCULATION TO THE BRAIN



- Sit up straight, with your back resting against the back of the chair.
- Relax your shoulders.
- Keep your back and neck straight, with hips bent at around 90 degrees.
- Put your feet flat on the ground, with your knees bent at around 90 degrees.



Mission

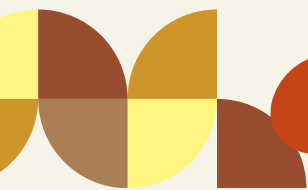
Take a picture of yourself sitting with a good posture.

PHOTO

I CAN SIT UP STRAIGHT WHEN I DO MY HOMEWORK OR USE THE COMPUTER!



Guider/Parent's Signature : _____ Date: _____



7

Good Sleep

During sleep, the brain remains active, consolidating learning and memory. Thus, sufficient and high-quality sleep is essential for improved cognitive performance, creativity, and emotional regulation.

How much sleep is needed to keep your brain healthy?

Children aged 6-12 should get at least 9-12 hours of sleep per day.

Mission

Plan and track the number of hours you slept each night and your energy level when you wake up for a week. Motivate yourself to develop healthy sleep habits.

DAY	HOURS OF SLEEP	TIME OF WAKING UP	ENERGY LEVEL (CIRCLE YOUR ANSWER; 1 = LOWEST, 5 = HIGHEST)
Day 1			1 2 3 4 5
Day 2			1 2 3 4 5
Day 3			1 2 3 4 5
Day 4			1 2 3 4 5
Day 5			1 2 3 4 5
Day 6			1 2 3 4 5
Day 7			1 2 3 4 5



8

Happy Brain

Engaging in activities that bring us joy and a sense of achievement triggers the release of feel-good chemicals like dopamine and serotonin in the brain, enhancing our learning capacity and work efficiency.

**Complete the goals or tasks you set,
and reward yourself to boost
dopamine levels!**



Mission

Set a goal for yourself, and write down how you will reward yourself after you succeed.

My Goal:

Success

**How to reward
yourself:**

**Words of encouragement
from family:**

My Happiness Index

Please circle:



(1 = lowest, 6 = highest)

Guider/Parent's Signature : _____ Date: _____

Brain Training

Fully develop you brain. Improve your thinking skills. Cultivate a sharp mind by training through problem-solving games!

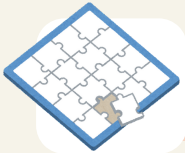
Mission

Try 3 brain training games with family and friends (indicate with a ☒). Play each game at least 3 times. This will help your brain think better and faster!



RUBIK'S CUBE

☐ _____ times



PUZZLES

☐ _____ times



RIDDLES

☐ _____ times



ORIGAMI

☐ _____ times



BOARD GAMES

☐ _____ times



SCRABBLE

☐ _____ times



OTHER: _____

☐ _____ times



OTHER: _____

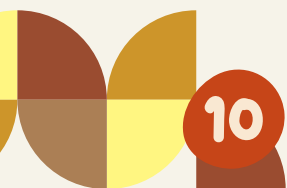
☐ _____ times

The most fun!

I PLAYED BRAIN TRAINING GAMES WITH

_____ AND

I THINK THE ONE THAT IS MOST FUN IS _____



10

New Experiences



Taking on new challenges, learning new skills, or experiencing new sensations can help build new connections in your brain. This can enhance our learning abilities, memory and cognitive performance.

Mission

Create new experiences. Try using different eco-friendly materials to make a new toy or tool.



PHOTO

I used eco-friendly materials to make a new

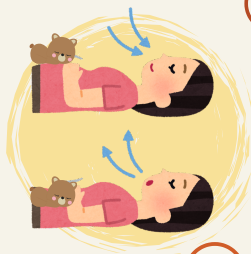
_____.

Creating this gave me new experiences!

Guider/Parent's Signature : _____ Date: _____

Manage Stress

Relaxing the body and mind can help regulate stress and emotions. This can reduce mental fatigue, leading to inner calm and improved focus.



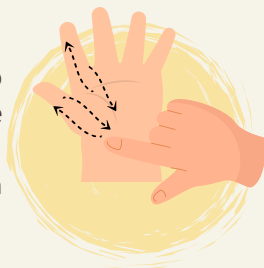
Relaxation Practice (1)

1. Lie down, and place your favorite doll/toy on your belly.
2. Breathe in deeply, counting 1-2-3 in your mind as you watch the doll/toy rise.
3. Breathe out deeply, counting 1-2-3 as you watch the doll/toy fall.
4. Repeat 5-10 times.



Stress Relief Practice (2)

1. Open the palm of one hand.
2. Use the index finger of your other hand to slowly trace a line up along the thumb, counting 1-2-3 in your mind until you reach the fingertip, while inhaling.
3. Trace a line down the other side of the thumb, counting 1-2-3 in your mind until you reach the base of the thumb, while exhaling.
4. Repeat this on the other fingers, one by one.



Mission

Write down the stress-relieving exercises you do to regulate stress and negative emotions.

When I am mad,
my way to relieve
stress is:

When I am scared,
my way to relieve
stress is:

When I am sad,
my way to relieve
stress is:

Family member's
support
(signature):

Family member's
support
(signature):

Family member's
support
(signature):

Playing games with friends, joining social activities, serving and caring for others are ways to increase brain stimulation and enhance feelings of happiness and fulfillment. When we help those around us, our brain releases dopamine, which brings us joy!

Mission Plan 2 activities with friends and family.

Date: _____

Location: _____

With whom?



Name: _____

Name: _____

Date: _____

Location: _____

With whom?



Name: _____

Name: _____

Mission

Do 5 things to help others, such as doing household chores, donating food, caring for the elderly... and share with your friends and family.



1. _____ 2. _____

3. _____ 4. _____

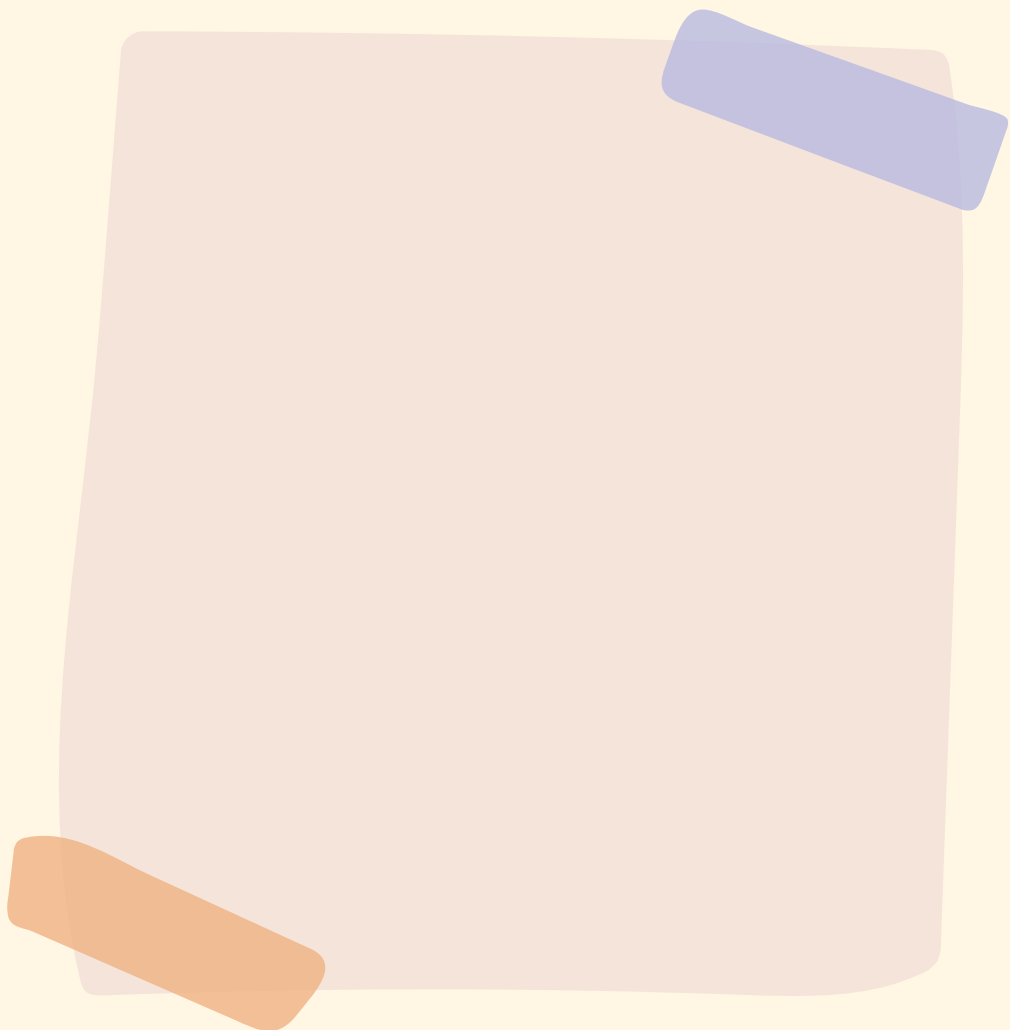
5. _____

After helping others, I feel _____



Guider/Parent's Signature : _____ Date: _____

NOTES





香港女童軍總會

The Hong Kong Girl Guides Association

"BRAIN MASTER" AMBASSADOR CERTIFICATE OF APPOINTMENT

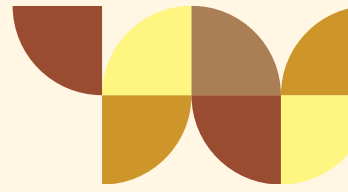
This certificate is proudly presented to

Congratulations on successfully completing the mission of "Brain Master" Ambassador and being appointed as the "Brain Master" Ambassador of the Hong Kong Girl Guides Association.



Guider's Signature: _____

Date: _____



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