



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 Golden Guide



Funded by:



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



Golden Guide

Name: _____

Unit: _____

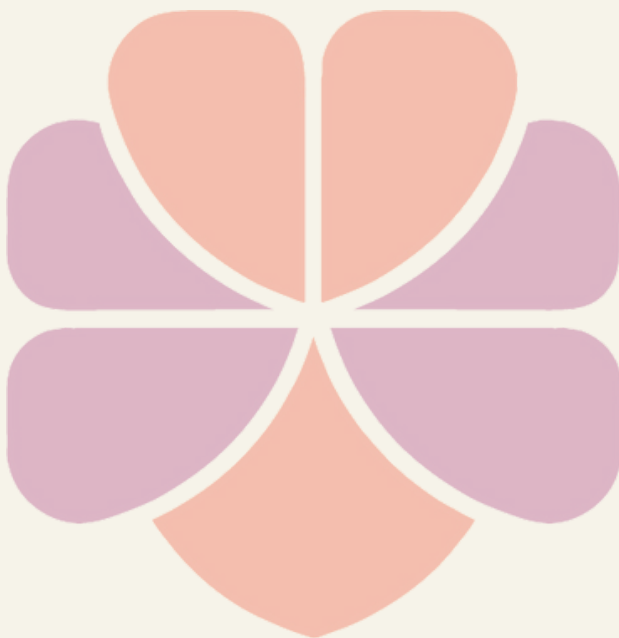




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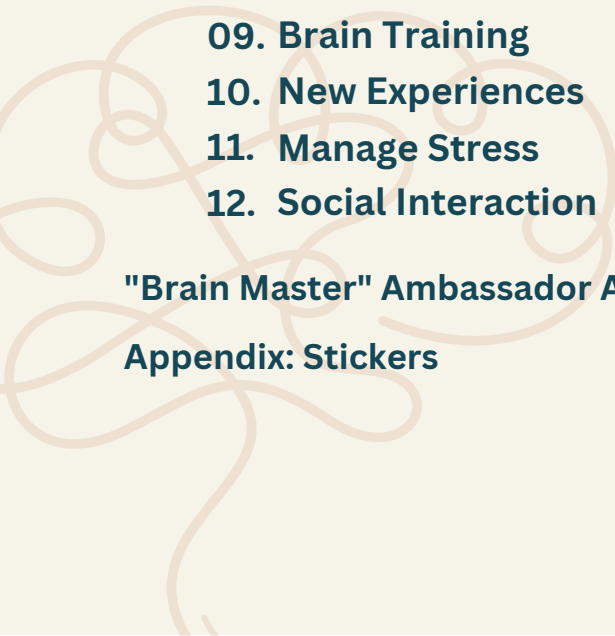
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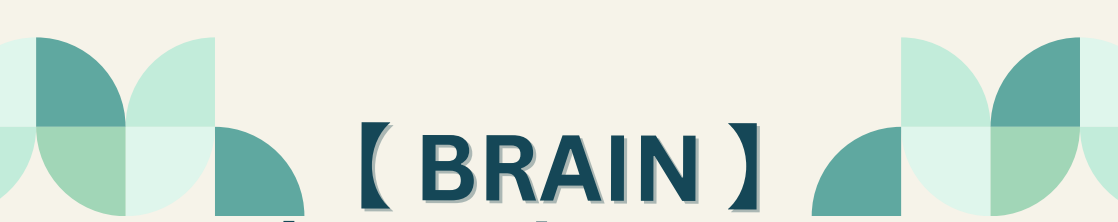
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【 BRAIN 】 Ambassador Scheme

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.Mindful Moment**

☐ **3.Healthy Diet**

☐ **9.Brain Training**

☐ **4.Stay Hydrated**

☐ **10.New Experiences**

☐ **5.Stay Active**

☐ **11.Manage Stress**

☐ **6.Brain Exercise**

☐ **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: _____

Basic functions of the Brain

Frontal Lobe

- Reasoning, Thinking, Emotions

Parietal Lobe

- Tactile sensation

Temporal Lobe

- Speaking, hearing

Occipital Lobe

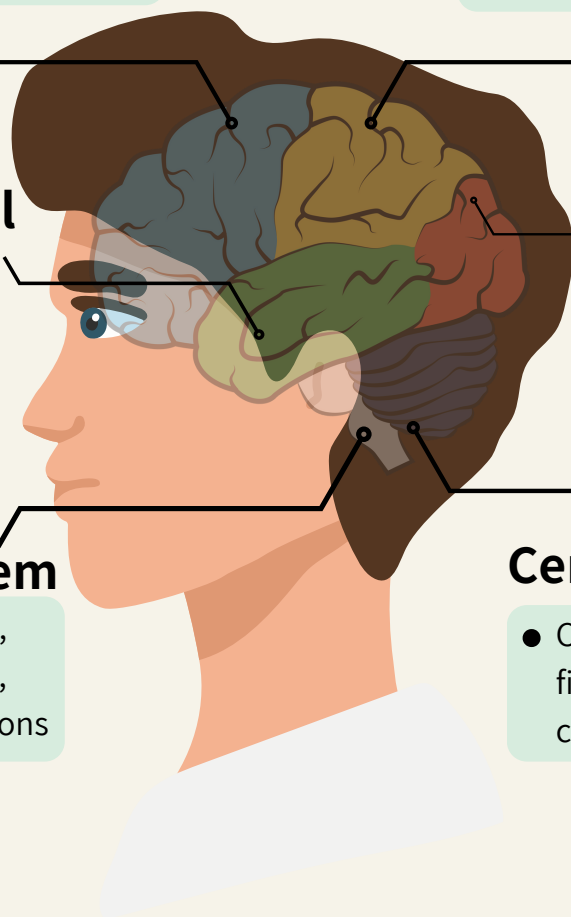
- Visual information

Brainstem

- Breathing, heart rate, reflex actions

Cerebellum

- Coordination, fine motor control



1

Amazing Brain

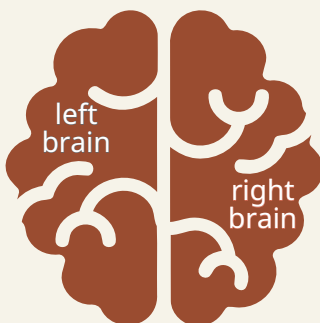
The brain is divided into left and right hemispheres and has a shape similar to that of a walnut. It is located within our skull.



Thinking



Calculations



Art



Emotion
recognition



Verbal
abilities



Writing



Creativity



Music

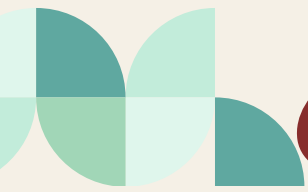
Mission

Try drawing a pattern with your left hand, then repeat it with your right hand.

Compare the two patterns, do you notice any difference?
Share what you have learnt with a team member.

Finish

I shared what I have learnt with _____ (name).



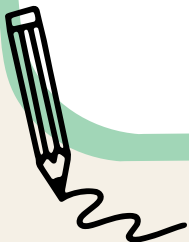
2 Brain Food

Our diet provides vital vitamins and nutrients. Eating the right foods can aid brain development and give us energy.

Mission

What brain-boosting foods do you know? Try suggesting four natural brain-boosting foods with photos, cut-outs, drawings or words, and share with a team member.

Finish



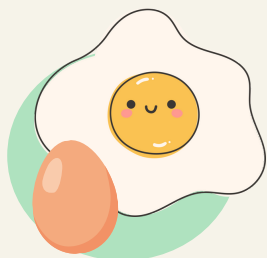
3

Healthy Diet



Mission

Cross out “X” the unhealthy food choices below, and promise yourself to eat healthier!

Finish

4

Stay Hydrated

BRAIN IS
75%
WATER



Water is essential for the brain. Drinking enough water allows the brain to function optimally, making you smarter!

Mission

Circle  how many glasses of fluids you had each day for 7 days.

Finish

1

Today I drank



2

Today I drank



3

Today I drank



4

Today I drank



5

Today I drank



6

Today I drank



Fluids include:
water, tea, milk, clear broth



For someone aged 55 or above, it is recommended to consume 6-8 cups of fluids per day (~240ml/cup).
(*except people on fluid restriction as ordered by their doctor)

I promise to drink
adequate fluids
every day!

5

Stay Active

Aerobic exercises include swimming, dancing and running, they help to keep our brains healthy and alert!

Mission

Let's do aerobic exercises 3 times a week!
Keep a record of what exercises you did by
placing stickers in the boxes below.
(Please use stickers in the Appendix)

Finish



 **GOOD
BLOOD
CIRCULATION**
SENDS OXYGEN
AND NUTRIENTS
TO OUR
BRAIN CELLS

WEEK 1

WEEK 2

WEEK 3



Doing aerobic exercises regularly
to keep your brain healthy!

6

Brain Exercise

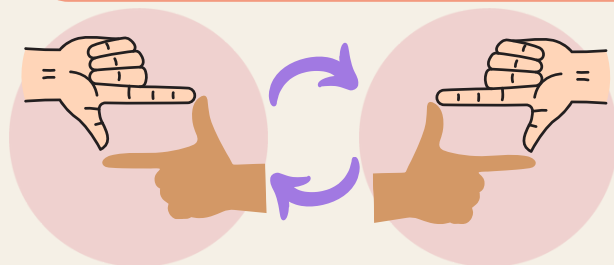
Utilising the interaction between the body and the brain, we can do exercises that require body coordination to stimulate the left and right hemispheres and enhance the brain's function.

Mission

Play these brain-stimulating exercises with your friends!

(1) ROTATING THUMB AND INDEX FINGER

Finish

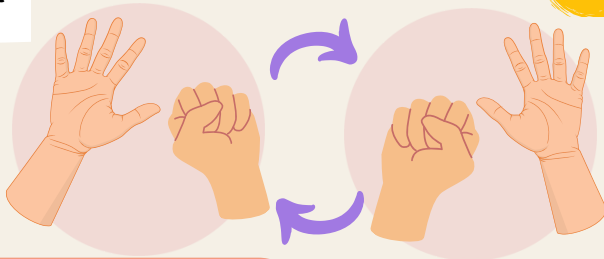


Try this for 30 times!



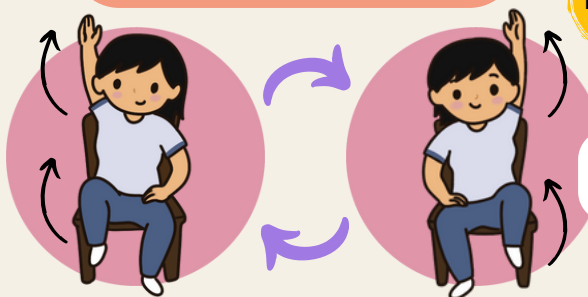
(2) OPEN AND CLOSE

Finish



(3) LEFT HAND LEFT FOOT, RIGHT HAND RIGHT FOOT

Finish



Repeat 30 times!

Good Sleep

How much sleep is needed to keep your brain healthy?
 Women aged 55 or above should have at least 7 hours of sleep per day.

Mission

Plan and track the number of hours you sleep each night. Do you feel energised in the morning? Encourage yourself to build good sleep habits.

Finish

DAY	HOURS OF SLEEP	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

Tips for creating the ideal sleep environment:

1. Dim the lights
2. Adjust the room temperature to around 20°C
3. Have a set bedtime and wake-up time
4. Set a bedtime routine (such as bathing, brushing teeth, wearing pyjamas, reading)
5. Avoid activities unrelated to sleep while in bed (such as watching TV, using the phone)



Learn to focus our attention on our five senses. This helps us calm our thoughts amidst the hectic pace of life, thereby calming the mind and improving mental ability.

Mission

Follow the instruction below and perform a mindfulness exercise. Tick ☒ to indicate completed tasks.

Finish

- ☐ Schedule a time to take a leisurely stroll in the park.
- ☐ Pick some leaves from the park and make a leaf collage.
- ☐ Choose a leaf and smell its scent.
- ☐ Quietly observe its beauty.
- ☐ Feel its texture.
- ☐ Write down or tell a team member about how you feel.

-
- ☐ Stick a photo of your leaf collage below.

photo

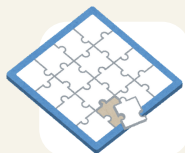
Brain Training

Improve your problem-solving skills and cultivate a sharp mind by playing brain training games!

Mission

Play problem-solving games can make the mind sharper. Record the brain training games you have played with family or team members over the past six months. Mark the activities you have participated in with a ☒.

Finish



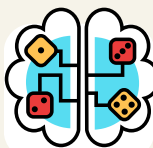
☐ **PUZZLES**



☐ **MAZE**



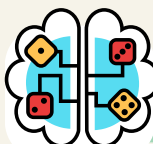
☐ **CARD MATCHING GAMES**



☐ **OTHER:** _____



☐ **RIDDLES**



☐ **OTHER:** _____



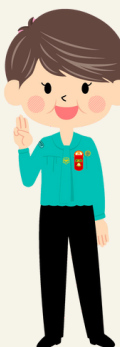
☐ **SCRABBLE**



☐ **ORIGAMI**



☐ **BOARD GAMES**



Playing brain training games with family and friends is a fun experience!

10

New Experiences

The brain is like the muscles in our body. It needs constant training to stay active. Take part in intellectual activities and learn new skills will help your brain function healthily.

Mission

Try 2 of the following challenges. Take a photo for each challenge, and choose one to stick in the box below, to remind yourself the importance of having new experiences!

(indicate completed tasks with a ☒).

Finish

- ☐ take a stroll in a park you have never been before
- ☐ try new food in a new restaurant
- ☐ join a new interest class
- ☐ learn to play a new instrument
- ☐ learn to use a new electronic device

PHOTO



Excessive stress will increase cortisol secretion in the brain, causing mood swings and feelings of fear and anxiety, which will have an impact on brain health. Finding ways to relax the body and mind, regulate stress emotions, and reduce brain fatigue can bring peace of mind and higher concentration.

Mission

Try the relaxation exercises below.



Relaxation Practice (1) - Tissue Elevator

Finish



1. Lie down, and place a bag of tissue on your belly.
2. Breathe in deeply, counting 1-2-3 in your mind as you watch the bag of tissue rise.
3. Breathe out deeply, counting 1-2-3 as you watch the bag of tissue fall.
4. Repeat 5-10 times.



Stress Relief Practice (2) - Fragrant and Floating

Finish

1. Imagine holding a fragrant flower in one hand.
2. Imagine holding a light feather in the other hand.
3. Place the hand with the flower under your nose, take a slow, deep breath and smell the fragrance of the flower.
4. Place the hand with the feather under your nose, and exhale with your nose slowly and deeply.
5. Repeat this 3-5 times.



12

Social Interaction



Socialising with people, serving others and having more exposure to new things can help stimulate dopamine release and form new neural connections in the brain, resulting in improved mood and better cognitive abilities.

Mission Share with your team members
2 experiences of going out with friends.



I shared my experience
with _____

I shared my experience
with _____



Finish

Mission

Do the following and give yourself a “star badge” for each completed task. Remember to keep helping other, stay connected and expand your social circle!
(Please use stickers in the Appendix)



Finish

Accompany
friends



Praise
others



Care for
others



Help
others



Join
gatherings





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

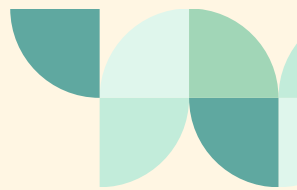
_____.

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.



Leader's Signature: _____

Date: _____



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Publisher

The Hong Kong Girl Guides Association
Affiliated Members Department (AMD)

Publication Date

February 2025

