



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

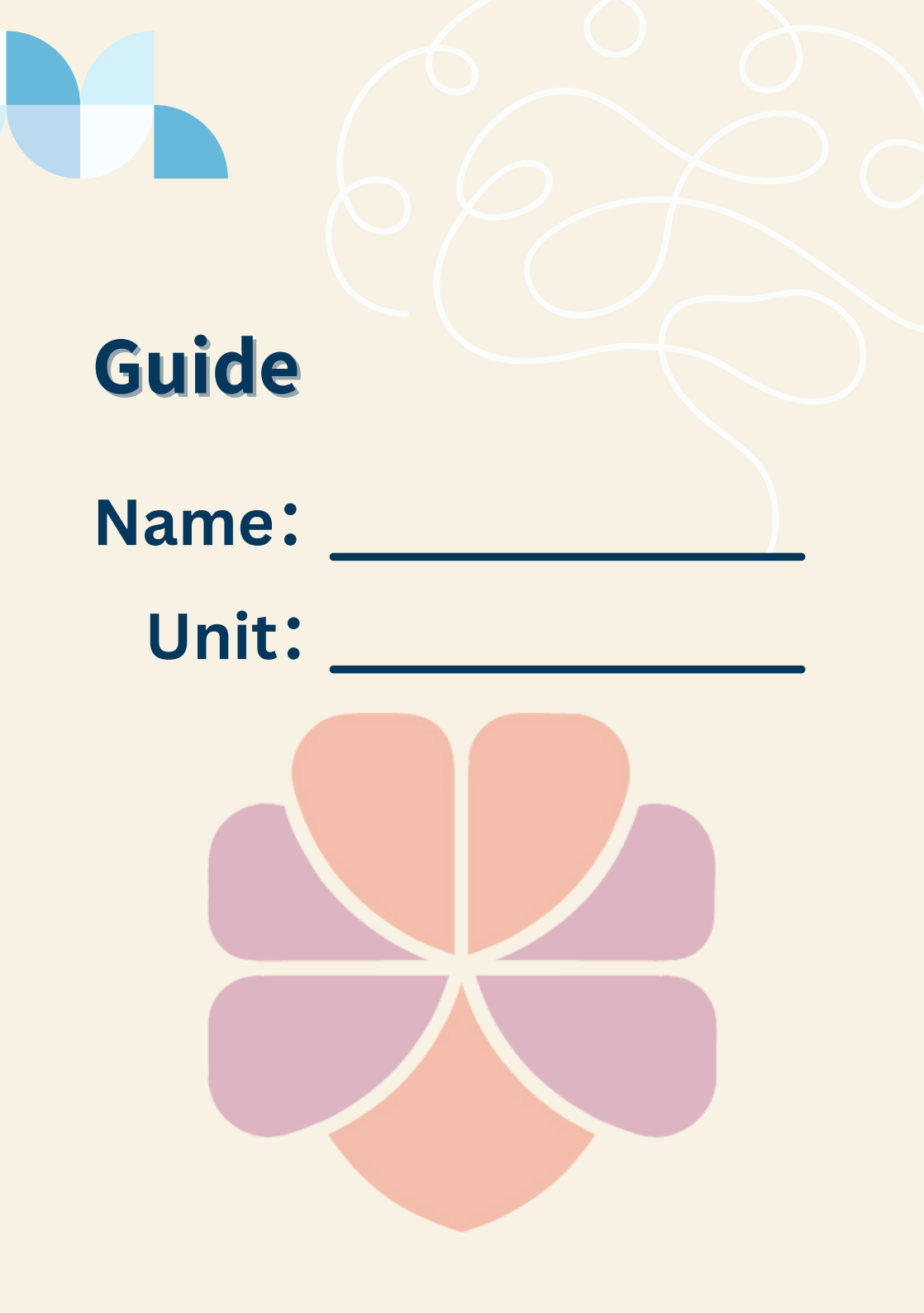
"Brain Master" Ambassador Scheme Logbook Guide



Funded by:



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



Guide

Name: _____

Unit: _____

TABLE OF CONTENTS

"Brain Master" Ambassador Scheme 2-3

"Brain Master" Ambassador Concepts 4

My Mission 5-17

- 1. Amazing Brain**
- 2. Brain Food**
- 3. Stay Hydrated**
- 4. Stay Active**
- 5. Good Posture**
- 6. Good Sleep**
- 7. Mindful Moment**
- 8. Manage Stress**
- 9. Brain Training**
- 10. New Experiences**
- 11. Thankful thought**
- 12. Social Interaction**



"Brain Master" Ambassador Appointment Certificate



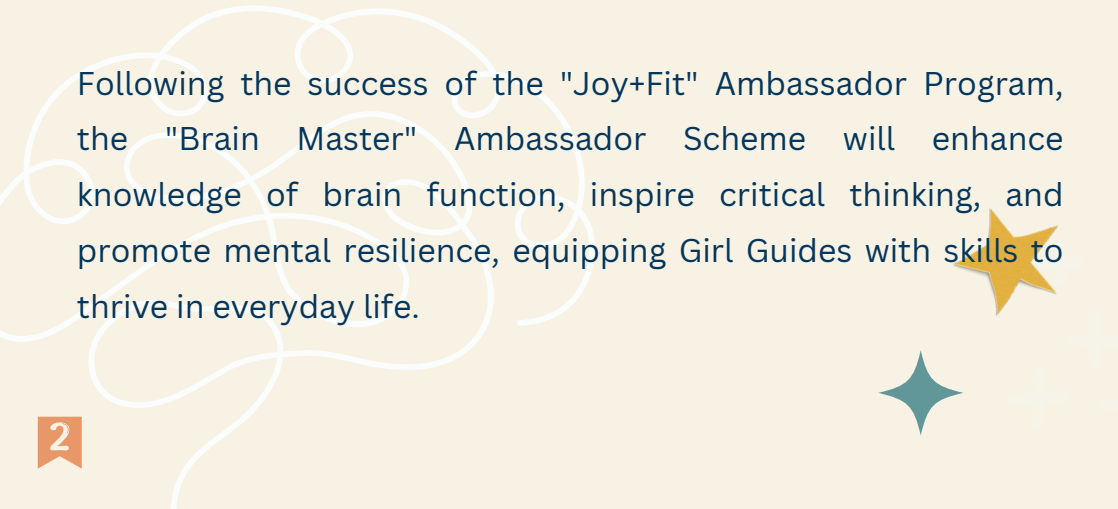


"Brain Master" Ambassador Scheme

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. Mindful Moment**

 **2. Brain Food**

 **8. Manage Stress**

 **3. Stay Hydrated**

 **9. Brain Training**

 **4. Stay Active**

 **10. New Experiences**

 **5. Good Posture**

 **11. Thankful Thought**

 **6. Good Sleep**

 **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/Parent's Signature : _____ Date: _____

1

Amazing Brain

Understanding the functions of different parts of the brain helps us promote brain health.

Cerebrum

Thinking, memory, perception, voluntary movement control



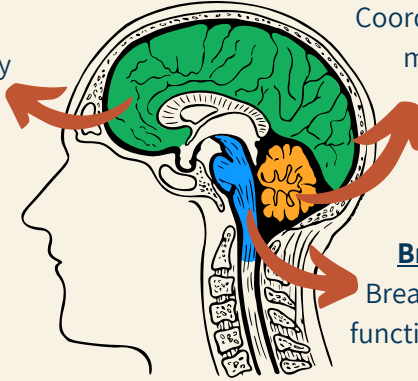
Cerebellum

Coordination and fine motor control



Brainstem

Breathing, heart function and reflex actions



Mission

Connect it :

Can you venture a guess as to which part of the brain we rely on to carry out the following activities?



A. Cerebrum •

B. Cerebellum •

C. Brainstem •

- 1. breath control
- 2. solve math problems
- 3. think about the past
- 4. maintain balance
- 5. sculpting
- 6. sneezing
- 7. reading
- 8. heart rate control
- 9. stand on one leg
- 10. coughing, vomiting



2

Brain Food

We can obtain a variety of vitamins and nutrients from our diet, and eating the right food can support brain development and provide us with more energy. To maintain good health, we need to eat in a way that is both healthy and enjoyable.

Mission Find 4 brain-boosting foods, and briefly describe their functions. Share what you have learnt with a friend.

Brain-boosting food: _____

Main functions: _____

Brain-boosting food: _____

Main functions: _____

Brain-boosting food: _____

Main functions: _____

Brain-boosting food: _____

Main functions: _____

Mission Write down 3 brain-boosting foods you have each day for 5 consecutive days, and promise to eat healthier!



Date	Brain-boosting food		



Guider/Parent's Signature : _____ Date: _____

3

Stay Hydrated



We drink water to replenish body fluids lost through metabolic processes and sweating. Water helps our body transport nutrients, deliver oxygen and remove waste products, while maintaining our core body temperature.

The human brain is composed of approximately 75% water.

Mission

Drinking record :

Circle how many glasses of water you drank each day for 7 days.

 = ~240mL

1 Date: _____



2 Date: _____



3 Date: _____



4 Date: _____



5 Date: _____



6 Date: _____



7 Date: _____



The recommended total daily fluid intake for girls aged 9-13 is 1,600 ml.

The recommended total daily fluid intake for girls aged 14-18 is 1,800 ml.

Smart tips:
Fluids include plain water, tea, milk and clear soup

4

Stay Active



Aerobic exercises enhance cognition by improving blood flow to and oxygenation of the brain, and raising the levels of BDNF (Brain-derived neurotrophic factor), thereby boosting concentration and long-term memory.

Aerobic exercise refers to moderate to high-intensity exercise that makes you sweat, and increases your heart rate and breathing, thereby promotes blood circulation and enhances heart and lung functions. Examples include running, jumping rope, swimming, etc.

Mission

Challenge yourself:

Try to do aerobic exercises for 30-45 minutes, 3 times a week, for 3 consecutive weeks!



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: _____

Guider/Parent's Signature : _____ Date: _____

5

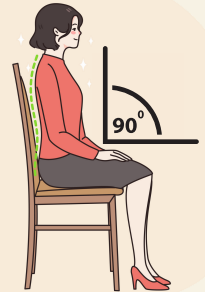
Good Posture

Sitting up straight, with your neck in the right position, helps blood flow smoothly to your brain to ensure optimal brain functions. If you sit with the wrong posture, it may cause neck and shoulder stiffness and poor oxygenation of the brain, causing tiredness and even dizziness.



Correct Posture

- 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 Try to complete the following tasks for 5 days in a row:

- Do neck and upper limb stretching exercises
- Sit up straight and maintain a good posture

Completion date:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Neck stretches

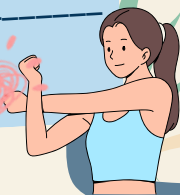
- Put your hands on your hips,
- Tilt your head to the left, count to 10;
- Tilt your head to the right, count to 10;
- Turn your head to the left, count to 10;
- Turn your head to the right, count to 10;
- Stay in each position for 10-15 seconds. Relax afterwards, and repeat the whole set for 2-3 times.



Upper body stretches

Triceps: Extend your right arm. Use your left hand to grab behind your right elbow. Slowly pull your right arm towards your body and count to 10. Return to the starting position. Repeat on the other side.

Chest: Stand up straight, chest out, back straight. Place your hands behind your back, arms extended. Slowly raise your arms up and count to 10. Return to the starting position. Repeat from the first step for 2-3 sets.



6

Good Sleep



When we sleep, our brain cells undergo restorative processes and further development. Getting sufficient sleep allows the hippocampus to develop better, in turn enhances memory capability and supports the learning process.

Mission

Challenge - create a quality sleep environment:
Follow the Quality Sleep Environment Checklist.
Try to do or not to do 5 things which can help your sleep well!

Checklist:

Things I want to do:

- ☐ Clean my bedroom to create a comfortable sleeping environment
- ☐ Dim the lights before sleeping
- ☐ Adjust temperature to 1-2°C below room temperature
- ☐ Stick to a set bedtime and wake-up time
- ☐ Set a bedtime routine (such as bathing, brushing teeth, wearing pyjamas, reading)

We generally need 8-10 hours of sleep every day!



Things NOT to do:

- ☐ Do vigorous physical activities shortly before bedtime
- ☐ Consume beverages or food containing caffeine
- ☐ Do activities unrelated to sleep while in bed (such as watching TV, playing video games, or doing homework)

Worth doing:

- ☐ Turn off all electronic devices one hour before bed
- ☐ Engage in device-free activities before bed (such as reading, drawing)
- ☐ Play soft music
- ☐ Perform deep breathing exercises

Guider/Parent's Signature : _____ Date: _____



Mindful Moment



Meditation cultivates brain emotional management and establishes a positive mindset. With continuous meditation practice, the density of gray matter in the brain increases, helping people regulate emotions. It activates the prefrontal lobe, reduces the activity of the amygdala, encourages positive feelings, reduces anxiety, and improves concentration.

"Five Senses Exercise" focuses attention on one's five senses and helps calm thoughts amidst the hectic pace of life, thereby calming the mind and improving mental ability.



Mission

Schedule a time to take a leisurely stroll in the park, gather some fallen leaves to bring home and create a leaf collage.

Take the leaves you've collected,

🍃 first smell their scent,

🍃 quietly observe their beauty,

🍃 feel their texture,

🍃 use the fallen leaves to create a collage,

🍃 and paste a photo of your artwork here.

photo



Write down how you feel when you look at the leaf collage:

1 2

Guider/Parent's Signature : _____ Date: _____

8

Manage Stress



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.

Mindfulness is a method of relaxation that helps us reduce stress and anxiety, enhance attention and concentration, and also allows the parts of the brain responsible for managing emotions - the prefrontal cortex and amygdala to work better, so as to handle our emotions optimally.

Mission

Try 2 mindful breathing exercises:

1. Direct your attention to your breathing, observe and feel each inhalation and exhalation. Allow yourself to breath slowly and naturally.
2. Pay attention to the depth, pace, and rhythm of each breath.
3. Sense the air flowing into the body upon inhalation, notice the temperature of the breath, and feel the expansion and contraction of the abdomen, letting the exhalation occur naturally.



When I experience emotional distress, I perform a mindfulness breathing exercise.

Completion Date: _____



I perform a mindfulness breathing exercise before I sleep.

Completion Date: _____

Guider/Parent's Signature : _____ Date: _____

9

Brain Training

We should all engage in more mental challenges and games to enhance the connectivity of your brain's neural networks, cultivate thinking and reaction abilities, and develop the whole brain!

Mission

Engage in problem-solving games to boost your brain power!

I selected 5 games and played with family or friends:



Riddles

times



Rubik's cube

times



Scrabble

times



Sudoku

times



Origami

times



Other: _____

times



Maze

times



Other: _____

times



Puzzles

times



Other: _____

times

My favourite game is:



10

New Experiences

Neurons in the brain become active through learning or exposure to new things. If they are not used frequently or the working mode remains unchanged, the brain will operate slowly. Changing behavioural patterns by taking on new challenges, learning new things, creating new sensory experiences, building new neuronal connections can help us develop a stronger brain!

Mission Challenge yourself:

Complete 3 of the following new attempts within a month, and get a family member to sign to show his/her support!

- ☐ Learn a new skill: _____
- ☐ Draw a picture with your non-dominant hand
- ☐ Join a new nature exploration activity
- ☐ Try making a new dessert
- ☐ Learn the basic vocabulary of a new language or dialect
- ☐ Read a different type of book than what you usually read
- ☐ Choose a new endeavor yourself: _____

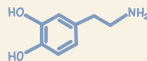
Signature of a family member: _____



Guider/Parent's Signature : _____ Date: _____

11

Thankful Thought



Gratitude promotes the secretion of dopamine and helps relieve stress. Gratitude also activates the medial prefrontal cortex of the brain, helping us manage our emotions. Regular expression of gratitude can activate our neural circuits and create new neural connections, making it easier for us to regulate our emotions.



Monday

What I am grateful for:

Tuesday

What I am grateful for:

Wednesday

What I am grateful for:



Thursday

What I am grateful for:

Friday

What I am grateful for:

Saturday

What I am grateful for:



Sunday

What I am grateful for:



Mission

Gratitude Diary:

Write down one thing you are grateful for each day, for 7 consecutive days.



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

Practical exercises:

Choose to do two of the activities below.

Helping and caring for others can improve the mood and well-being of both the recipient and yourself, while also strengthening your relationship.

☐ **Help your parents with household chores:** such as tidying the room, washing dishes, or helping to prepare the table for meals.

☐ **Write a thank you card:** Write a thank you card to someone who has helped you, such as a teacher, classmate, leader or team member.

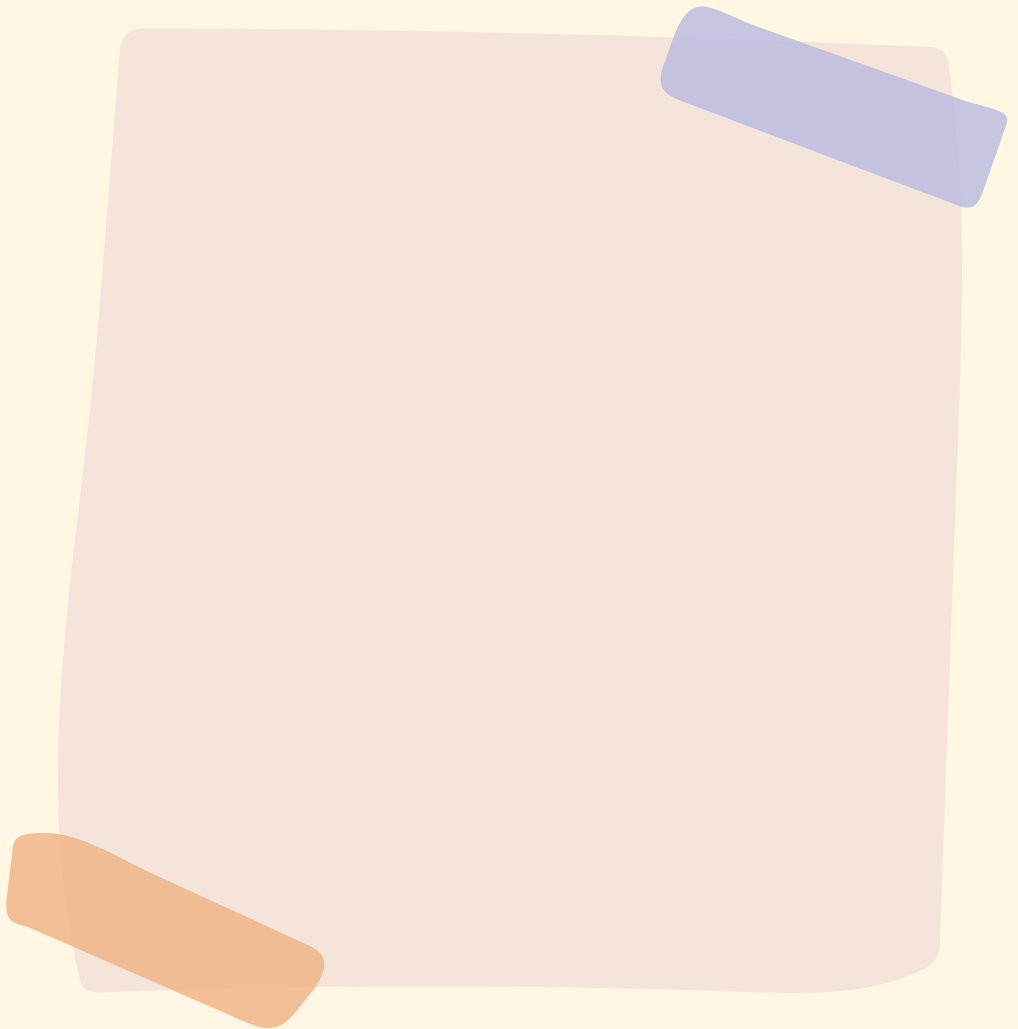
☐ **Compliment others sincerely:** Compliment your friends' strengths and achievements sincerely to make them feel appreciated.

☐ **Volunteering activities:** Participate in volunteering activities and help those in need.

☐ **Others:** _____



NOTES





香港女童軍總會

The Hong Kong Girl Guides Association

"BRAIN MASTER" AMBASSADOR CERTIFICATE OF APPOINTMENT

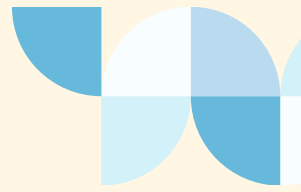
This certificate is proudly presented to

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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