



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

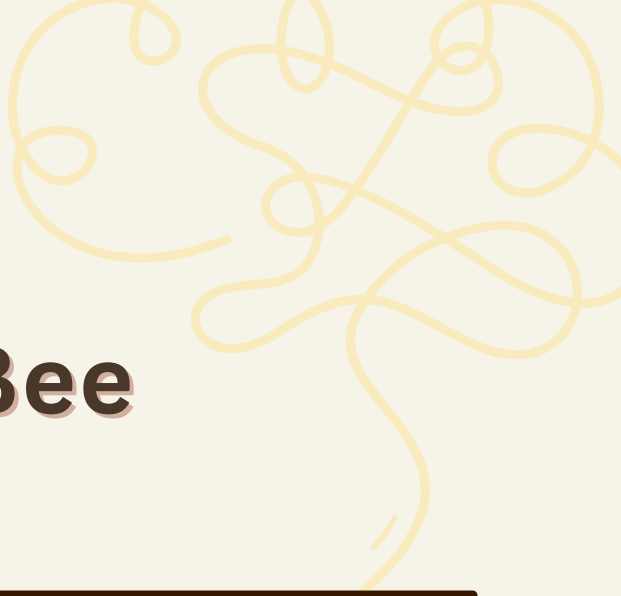
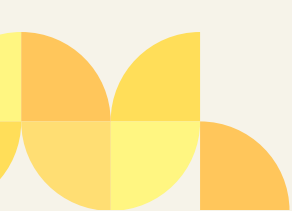
"Brain Master" Ambassador Scheme Logbook Happy Bee



Funded by:



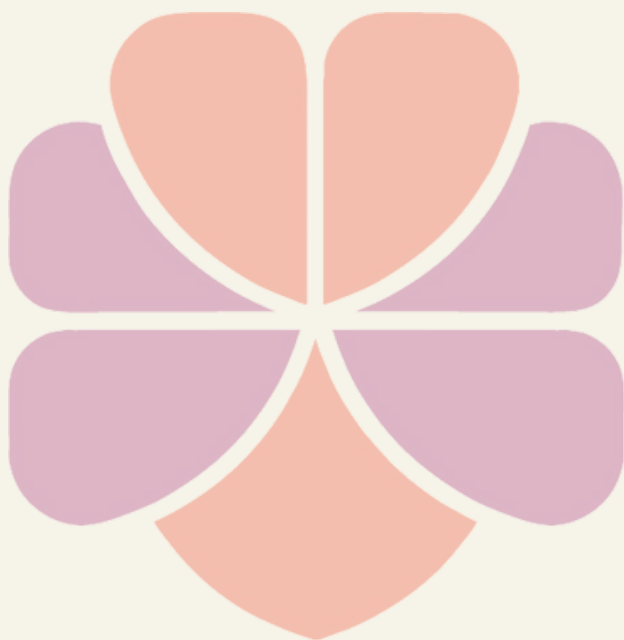
香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust



Happy Bee

Name: _____

Unit: _____



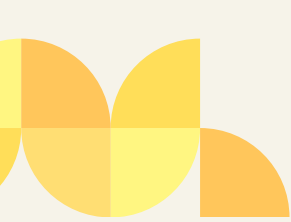


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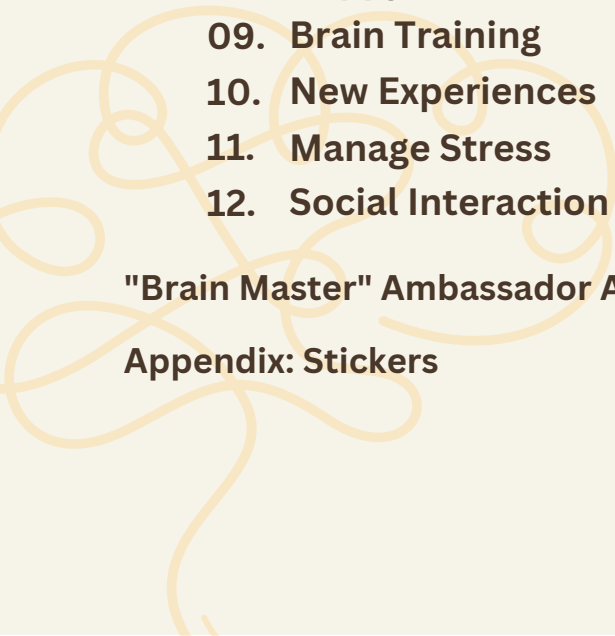
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"Brain Master" Ambassador Scheme

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:

Leader's Signature : _____ Date: _____

1

Amazing Brain

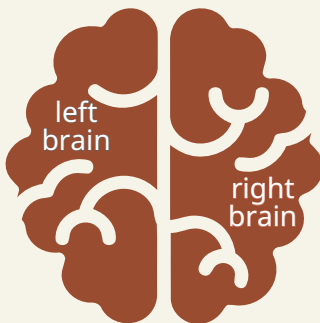
The brain is divided into left and right hemispheres and has a shape similar to that of a walnut. It resides in our head.



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.



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

2

Brain Food

Mission

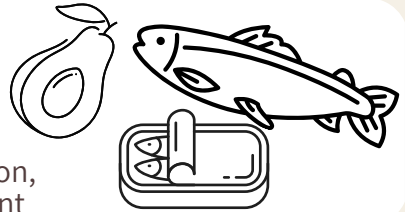
After learning about brain-healthy foods, colour in your favourite food items.



Omega-3 fatty acids

Examples: salmon, cod, sardine, avocado

Benefits: Help with memory, concentration, visual and cognitive development



Lutein, multivitamins

Examples: vegetables of different colours

Benefits: enhance cognitive function



Flavonoids, linolenic acid

Examples: berries, nuts

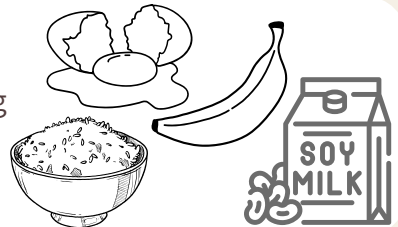
Benefits: improve memory, stimulate neurone regeneration



Vitamin B, proteins

Examples: Soybeans, banana, grains, egg

Benefits: regulate emotions and promote relaxation



Leader/Parent's Signature : _____ Date: _____

3

Healthy Diet

Mission

Choose stickers of healthy and brain-boosting foods, stick them below, and commit to eating healthier!

(Please use stickers in the Appendix)



4

Stay Hydrated

Mission

Drink 5-8 cups of fluids a day for 6 days.

Circle  to show how many glasses of fluids you drank in each day.

BRAIN IS
75%
WATER



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

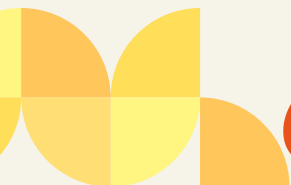


Children of 4-6 years
old should drink 5-8
glasses of fluids every
day (~240ml/glass)

I want to develop the good
habit of drinking 5-8 cups of
fluids every day!



Leader/Parent's Signature : _____ Date: _____



5

Stay Active



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)

WEEK 1

WEEK 2

WEEK 3



I need to do aerobic
exercises regularly
to keep my brain
healthy!



Good Posture

**SITTING WELL WILL NATURALLY IMPROVE
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!**

Leader/Parent's Signature : _____ Date: _____

7

Good Sleep

How much sleep is needed to keep your brain healthy?

Children ages 4-6 should get at least 10-12 hours of sleep per day.



Mission

Track the number of hours you sleep each night and your energy level when you wake up for a week. Encourage yourself to build good sleep habits.

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

Leader/Parent's Signature : _____ Date: _____

8

Happy Brain

Mission



Share with your family about a goal you want to meet (example: finish reading a book), and write down how you will reward yourself after you succeed.

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

My Goal:

Success

How to reward yourself:

Words of encouragement from family:

My Happiness Index

Please circle:



(1 = lowest, 6 = highest)

Leader/Parent's Signature : _____ Date: _____

Brain Training

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!



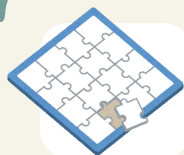
RUBIK'S CUBE

☐ _____ times



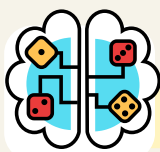
SCRABBLE

☐ _____ times



PUZZLES

☐ _____ times



OTHER: _____

☐ _____ times



RIDDLES

☐ _____ times



OTHER: _____

☐ _____ times



ORIGAMI

☐ _____ times



BOARD GAMES

☐ _____ times

The most fun!

I PLAYED BRAIN TRAINING GAMES WITH

_____ AND

I THINK THE ONE THAT IS MOST FUN IS _____

Leader/Parent's Signature : _____ Date: _____

10

New Experiences



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!

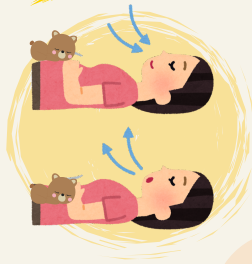
Leader/Parent's Signature : _____ Date: _____



Mission



Relaxation Practice (1) - Doll/Toy Elevator



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 3 times.

(Colour in a  each time you do the practice!)



Family member's signature of support: _____

When I am unhappy or worried, I use relaxation and stress relief practices to help myself!



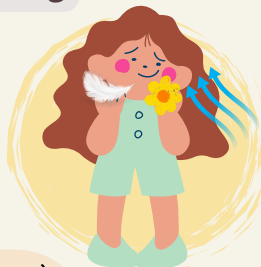
Mission



Stress Relief Practice (2) - Fragrant and Floating

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 times.

(Colour in a  each time you do the practice!)



Family member's signature of support: _____

Leader/Parent's Signature : _____ Date: _____

12

Social Interaction

Mission

Join a family activity.



Date:

Location:

With whom?



✓ by family member upon completion:



Mission

Do 4 things to help others. Tell your family about them so that they can give you a "star badge"! (Please use stickers in the Appendix)

Food donation



Star badge



Waste sorting



Star badge



Care for the elderly



Star badge



Help with household



Star badge



After helping others, I feel:

Please circle (1=bad, 5=great)

1

2

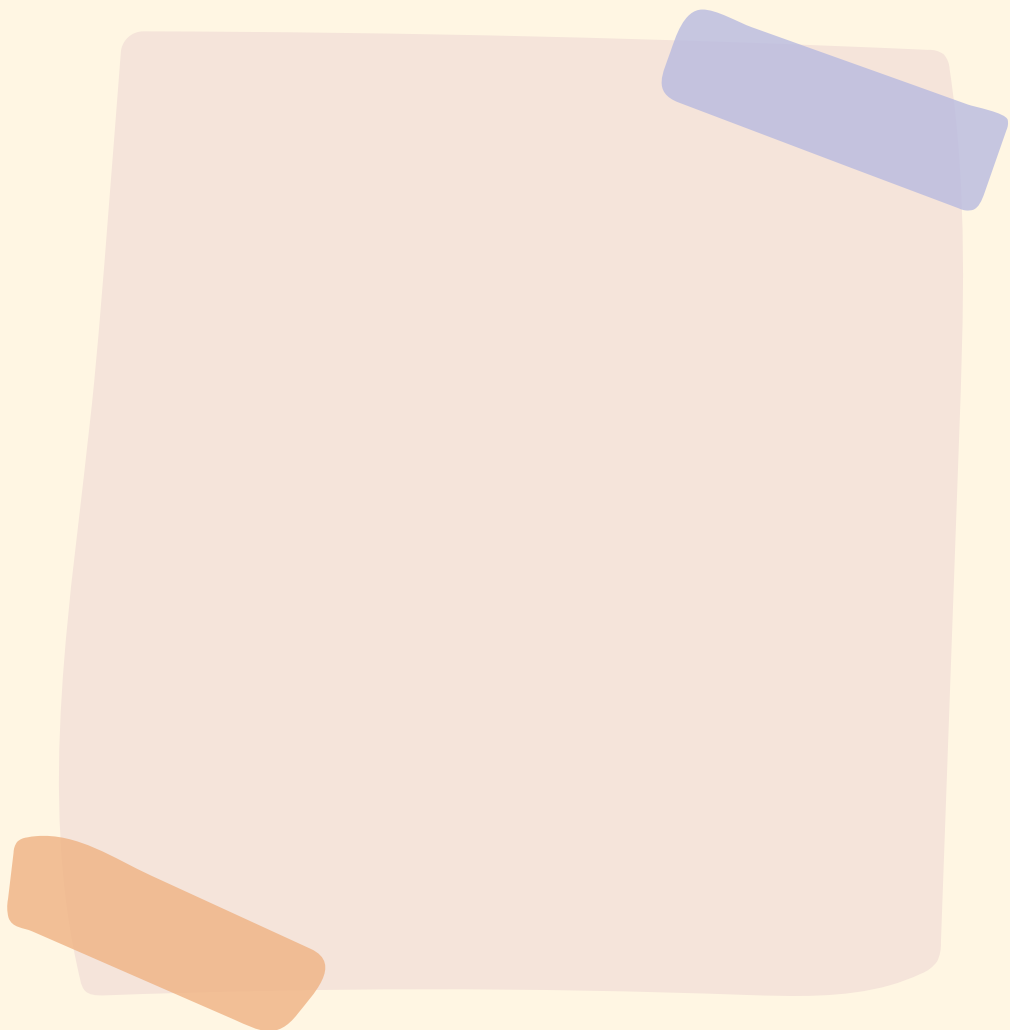
3

4

5

Leader/Parent's Signature : _____ Date: _____

NOTES





香港女童軍總會

The Hong Kong Girl Guides Association

"BRAIN MASTER" AMBASSADOR CERTIFICATE OF APPOINTMENT

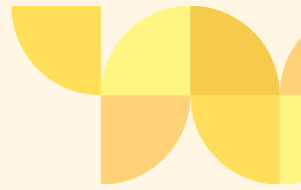
This certificate is proudly presented to

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.



Leader's Signature: _____

Date: _____



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