



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

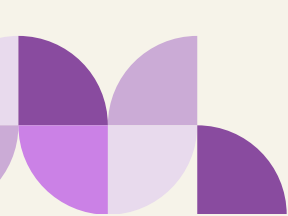
"Brain Master" Ambassador Scheme Logbook Ranger



Funded by:



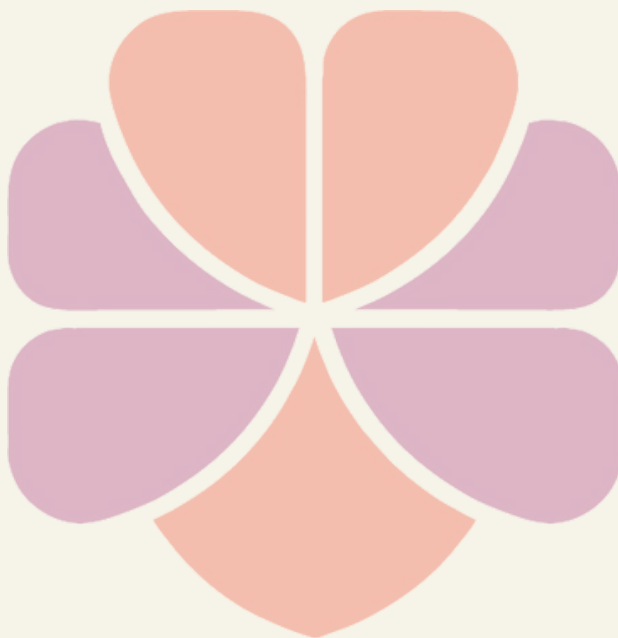
香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust



Ranger

Name: _____

Unit: _____



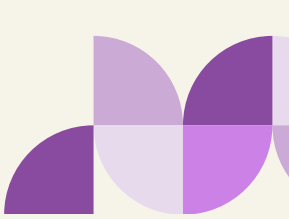
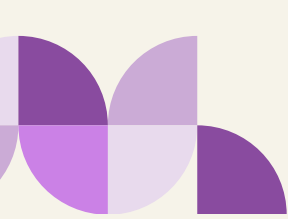


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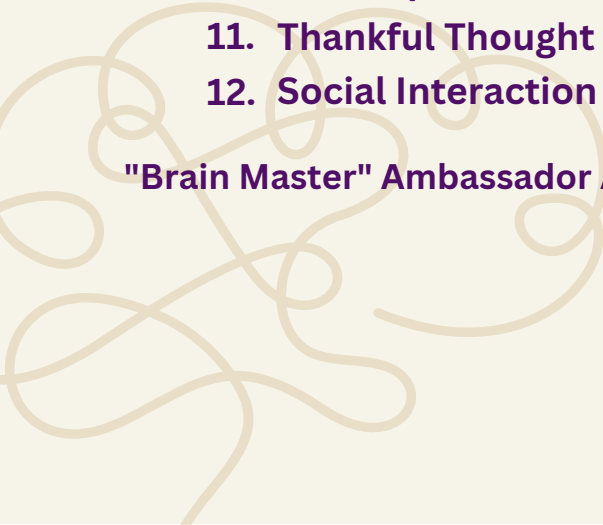
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"Brain Master" Ambassador Appointment Certificate



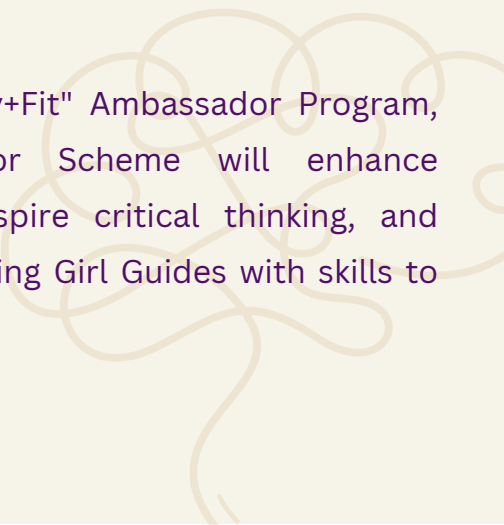


【 BRAIN 】 Ambassador Scheme

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 】

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.

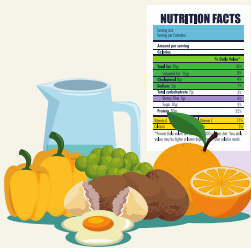
HOW TO WEAR THE "BRAIN MASTER" AMBASSADOR BADGE

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 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 topics for my "Brain Master" ambassador scheme challenges.
(You must complete at least **7** tasks to receive the "Brain Master" ambassador badge.)

Please indicate completed tasks with a  :



1. Amazing Brain



7. Good Sleep



2. Hormones in Brain



8 . Happy Brain



3. Brain Food



9. Mindful Moment



4. Stay Hydrated



10. New Experiences



5. Stay Active



11 . Thankful Thought

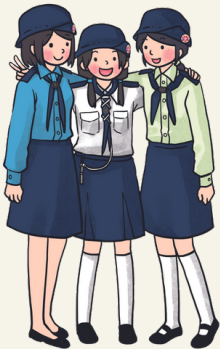


6. Good Posture



12 . Social Interaction

I have recommended the "Brain Master" ambassador scheme to
2 friends/ family members.
(Please write down the number for the recommended concepts.)



Name:

I Recommended:

Name:

I Recommended:

Guider'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



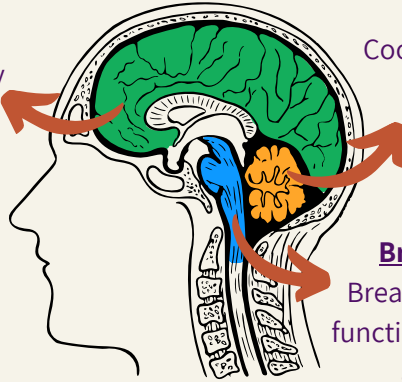
Cerebellum

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?

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

Answer: A: 2,3,7 B:4,5,9 C:1,6,8,10

2 Hormones in Brain

There are four hormones in our brain that affect our mood and happiness:

Serotonin, dopamine, endorphins, oxytocin

Serotonin

regulates emotions, reduces stress and irritability, helps uplift the mood, and gives people a sense of happiness and satisfaction.

Endorphins

helps managing stress and alleviates pain, providing the motivation to overcome challenges and persevere in achieving goals.

Dopamine

acts as a motivational hormone, making people feel good and eager to experience that sensation again.

Oxytocin

the "hormone of love," inducing relaxation and feelings of affection. It enhances interpersonal relationships and helps us combat loneliness and fear.



Mission

Think of something that makes you happy. Which hormone in the brain triggers happiness? Circle the hormone.

Things that make you happy:



Serotonin



Dopamine



Endorphins



Oxytocin

3 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.



Blueberries and bananas

Blueberries are brain-boosting fruits, containing flavonoids and polyphenols that promote neurogenesis. Bananas are rich in vitamin B6, which aids the brain in synthesising serotonin to promote a relaxed mood.



Tofu

Soy products are rich in protein and vitamins, particularly vitamin B complex which are essential for brain health. They facilitate faster neural transmission and maintain serotonin levels, contributing to an increased sense of happiness.



Salmon

Salmon contains Omega-3 fatty acids, which promote neuronal growth and synaptic transmission in the brain, thus help with memory and concentration.



Eggs

They contain nutrients such as protein, vitamins A and E, folate, and calcium, which help to enhance brain metabolism and activate brain cells.



Nuts

They contain vitamin E and linolenic acid, making them superfoods for brain health. They protect neurones, enhance communication, improve memory, and stimulate neurogenesis.



Vegetables of various colours

Examples include pumpkins, carrots, red and orange bell peppers, and dark leafy greens. They are rich in vitamins A, B, and C, as well as magnesium, potassium, and carotenoids, which help delay neural degeneration and enhance cognitive function.

Mission

Suggest 3 other brain-boosting foods.



4 Stay Hydrated

BRAIN IS
75%
WATER



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

Follow a water drinking plan!

When a goal is met, indicate with a ✓.

The recommended daily fluid intake for girls aged 15 or above is 1,800-2,200ml (~240ml/glass)



Time



I plan to drink
(Glasses/ml)

Day 1 Day 2 Day 3

Before school /
Breakfast

Morning

Lunch

Afternoon

Evening

Dinner

☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Fluids include:
water, tea, milk, clear broth



Goals were met
for ____ days!

5 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.

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: _____

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.



**Have a habit of doing aerobic exercises regularly
to keep your brain healthy and smart!**

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.



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.

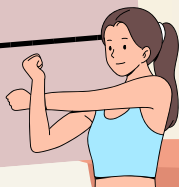


Upper body stretches

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.



7 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

Create a desirable sleep environment so that you can enjoy good sleep quality.

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)

How much sleep is needed to keep your brain healthy?

Young people aged 15-23 should have at least 8-10 hours of sleep per day.

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

Things NOT to do:

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

Share what helps you sleep most comfortably, so that you feel refreshed in the morning!



8 Happy Brain

When engaging in activities that are healthy and enjoyable, the brain releases happy chemicals such as dopamine, serotonin, and oxytocin. The more active the secretion of dopamine, the more it enhances learning ability and work efficiency, while also evoking emotions of joy and satisfaction.

Mission

Do 2 things that you like doing, and indicate your Happiness Index below. Write down some encouraging words for yourself!

Two things I like doing, e.g.

1

cooking



flower arrangement



2

eating desserts



go on an outing



reading



Happiness Index



(Circle your answer, 1=lowest, 6=highest)

Tasks Completed

Encourage yourself!



9 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 also 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 fragrance,



quietly observe their beauty,



feel their texture,



use the fallen leaves to create a collage,

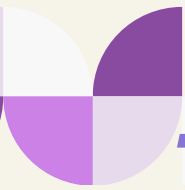


and paste a photo of your artwork here.

photo



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



10 New Experiences

Neurones 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, and briefly describe what you did!

☐

try a new art form or hobby:

☐

cook a new dish:

☐

try a new hiking trail:

☐

join a new sport:

☐

read a book of a new genre:

☐

join a new group activity:

☐

Play a new board game:

I AM WILLING TO EXPLORE
UNFAMILIAR THINGS TO
MAKE MY BRAIN MORE
AGILE!



List two more new challenges you have given yourself in the past two months!





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.



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.

12 Social Interaction

Playing games with friends, joining social activities, serving and caring for others are ways to increase brain stimulation, improve cognitive performances, and enhance feelings of happiness and fulfillment by inducing the secretion of dopamine in the brain.

Mission

Practical exercises:

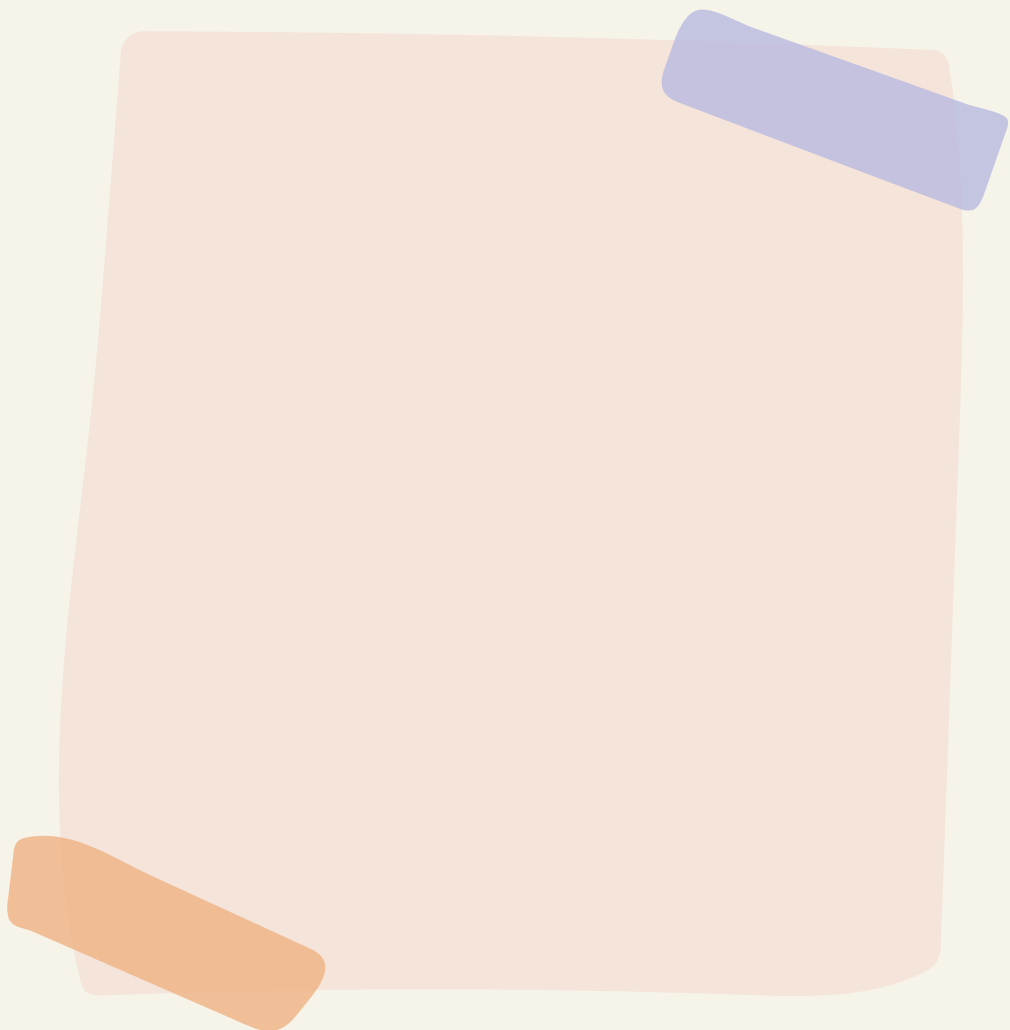
Choose to do two of the activities below.

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: _____



Editors

Ms Tam Wai Hing
Deputy Chief Commissioner
(Membership Development)

Ms Man Ming Nga
Assistant Chief Commissioner
(Membership Development)

Ms Siu Kun Suen
Assistant Chief Commissioner
(Membership Development)

Badge Design

Ms Vicky Chu
Division Commissioner
(Yuen Long)

Coordinator

Ms Elisa Lee
Executive
(Affiliated Members Department)

Publisher

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

Publication Date

February 2025

