

BCSW

HHCKLA BUDDHIST CHAN SHI WAN PRIMARY SCHOOL

SHI WAN NET POST

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"Activities We Can Do To Relax!"



Taking Photos



Playing Video Games



Writing Journals



Reading Books





Miss Catherine

When I want to relax and unwind at home, I like **listening to Christmas music** because it reminds me of the holidays! **Christmas** is one of my favourite holidays and it makes me feel calm and happy at the same time.



Another activity I like to do is to **exercise** with my friend, Grace. We enjoy spending time with one another and **going to the gym** is something we both love. It is healthy and helps us relax after a tiring day!



When we're not exercising, we enjoy playing 'Animal Crossing' together! It is a cute **video game**! You can see different animals or islands and decorate your house. Here are some **songs from the game** that you can listen to if you want to relax. They are **soothing and calming**!



Miss Elaine

Reading makes me feel **relaxed**. I love to drink a cup of tea and read a nice book on the sofa. When I read, I can pretend I am one of the book characters in a new world.



My favourite book is **Matilda**. This book is about a girl who is very **clever** and loves to read. Her family does not like reading. They are not kind to her. She begins to spend a lot of time at the library. She becomes friends with the **librarian** and discovers that reading has given her **magical powers**! Do you want to read this book?

Mindful walking is another activity which helps me to relax. I like to walk outside and use my **senses** to **see, hear, and smell** the things around me. I can smell the salty sea air and I can see the sun in the sky. I can hear birds singing and dogs barking. Next time when you go for a walk, try to be **mindful** of what is around you.





Miss Alex



I like to write in my **journal** to help me feel relaxed. A journal is a book that you can write your feelings in. Writing in my journal helps me to **reflect** on my day and remember **happy memories**. Sometimes I feel sad that I can't go home to see my family.



Writing in my journal helps me **understand** my feelings and makes me feel **calm**. Every morning, I write three things that I am **thankful** for. I am **thankful** for my family because they are **loving** and **caring**.



Miss Sandy

Photography is my go-to activity when I need to relax. I pick up my **camera** and usually head out for a walk. I take **photos** of buildings and the nature. I live on **Lantau Island** and it is surrounded by **mountains**. Sometimes, when the weather is bad outside, I make a photography set-up at home and take photos. It really helps me to relax and feel happy.



Other than photography, I also enjoy **listening to music** when I want to relax. There is music for every mood. When you feel sad you can listen to slow music and when you feel happy you can listen to fast music. I really love the song '**Baby Shark**'. It is a song I can sing with people of all ages. Everyone knows the song and the **dance steps**. The music is fast and fun! What activity do you do to relax?



Scan me!

Matching Activity

INSTRUCTIONS: CHOOSE THE CORRECT ANSWER AND MATCH THEM TO THE CORRECT TEACHER.

1.

I enjoy taking photos of the nature with my (computer / camera / laptop) ! It helps me to relax.



2.

- A) Miss Alex
- B) Miss Sandy
- C) Miss Elaine
- D) Miss Catherine

3.

My (journal / phone / book) is very important to me. I feel relaxed when I write about my feelings and what I am thankful for!

THANK YOU

4.

- A) Miss Alex
- B) Miss Sandy
- C) Miss Elaine
- D) Miss Catherine

5.

Playing (basketball / video games / football) and exercising are my favourite things to do to relax in my free time!



6.

- A) Miss Alex
- B) Miss Sandy
- C) Miss Elaine
- D) Miss Catherine

7.

Whenever I read (newspapers / books / comics) and drink a cup of tea, I feel relaxed. I also go on mindful walks to see, hear and smell my surroundings to relax!

8.

- A) Miss Alex
- B) Miss Sandy
- C) Miss Elaine
- D) Miss Catherine