

## HAVE U CAN Programme Activity List

Name of Activity	Description of Activity
Amazing Race	<p><i>Amazing Race</i> is a 1.5-hour long activity which requires students to complete a list of challenging tasks within a limited period of time. The race is an exciting adventure that aims at encouraging students to build team spirit and teamwork, interact with others, and solve problems creatively.</p> <p>Groups of are given a map (marked with checkpoints) and a list of tasks (carrying different marks) to complete. Students have to manage their time, and decide on their own which checkpoints to challenge and what tasks to complete. There is a wide variety of tasks which challenge their intellectual ability, creativity and teamwork- some tasks require students to approach passersby, while some require them to cooperate with other groups.</p>
Hong Kong's Got Talent	<p><i>Hong Kong's Got Talent</i> is a 2-hour long activity which requires students to come up with a short performance of any form (drama, singing, dance etc.) within a limited period of time, and perform in front of all participants of the programme. This activity is a challenging yet exciting opportunity for students to demonstrate their manifold talents, also training their creativity, teamwork, confidence and appreciation for others.</p> <p>Students work in groups of 12 (except for 1 group that works in group of 8). They are responsible for the entire process of planning and executing the performance. They will be given time for preparation before they go up the stage group by group. At the end of the contest, students will have the opportunity to vote for their favourite performance.</p>
Stories of Hong Kong People	<p><i>Stories of Hong Kong People</i> is a 3-hour outing activity in which students go to the public to explore a community in Hong Kong. They are asked to communicate with people in the community, to find people who they think are interesting. They need to interview and ask the targeted person to share one of their most memorable memories in their life.</p> <p>Afterwards, each group will share to the whole class the photograph they have taken with the interviewees and will present the stories they have heard from the Hong Kong people.</p>

You Draw I Guess	<p><i>You Draw, I Guess</i> is a 20-minute long ice-breaking activity which requires students to explain a target word through drawing within a limited period of time, and pass the target “word” down the group until the last group member guesses it. This activity provides an opportunity for students to train their creativity, build team spirit, and interact with each other.</p> <p>Students work in groups. They have 30 seconds to draw and pass the “word” down the team, until the final member guesses what word it is. Within the limited time, students have to express the word through their pictures, without using verbal communication nor body language.</p>
Team Building	<p><i>Team building</i> is a 90-minute long activity which requires students to bond while brainstorming a group name, slogan and mascot/logo together. This activity provides an opportunity for students to train their creativity, build team spirit, and interact with each other.</p> <p>Students work in groups. They have approximately 50 minutes to brainstorm ideas for their team. Students of the same group are expected to find their similarities, common goals, etc. in order to establish their group name, slogan, and mascot/logo. At the end of the brainstorming session, each group will give a short presentation on the rationale behind their choices of group name, slogan and mascot/logo.</p>
Spaghetti Bridge	<p><i>Spaghetti Bridge</i> requires students to work in groups and build a bridge by using the given materials (i.e., spaghetti, tape and scissors) within 60 minutes. In order to raise the difficulty of the task, every 15 minutes, students are required to draw an “obstacle” card stating restrictions on the groups, for example “2 members of the group are not allowed to talk”. Students then have to abide by the restriction stated on the cards. To pass, each bridge should be able to carry at least 0.75kg for 5 seconds without collapsing. The bridge that can carry the most weight is regarded as the winner of this activity.</p>
What is Reflection	<p><i>What is Reflection?</i> is a 30-minute long activity that introduces students to the ideas of reflection and its benefits in learning. Students will engage in reflective learning as they log on to the YOCLE system (<a href="https://yocle.net/">https://yocle.net/</a>) and write their reflective journals by the end of each day of the workshop. Students will become more familiar with the reflective thinking process over time and see the power of reflective learning.</p>

Knots of Hearts	<p><i>Knots of Hearts</i> is a 1-hour long activity which requires students to learn to tie heart knots and write inspirational/encouraging memorandums to attach to the knots. This activity provides an opportunity for students to gain awareness of societal issues, and develop love and consideration for others. Through experiential learning, it is hoped that students will deeply understand the importance of these indispensable values in the community. Moreover, students are expected to practise these values in daily life and become well-round citizens.</p>
Writing a Thank You Note	<p><i>Writing a Thank You Note</i> is a 30-minute activity that helps students to reflect on their daily actions and aims to foster the virtues of consideration and appreciation among students.</p> <p>Each and every day, there are countless people contributing to the betterment of the society. However, their efforts are often overlooked. This meaningful task allows students to recall how others (apart from friends and family) have helped them in their everyday life and how the help usually go unnoticed. Moreover, students will learn to be more helpful to others and be more gracious towards the help from others in their daily lives.</p>
Heart-warming	<p><i>Heart-warming</i>, or <i>What is Your Dream?</i>, is a 1 hour session where students are asked to think about their own dreams and compare that to a short clip that is pre-recorded by some of their parents. This activity provides an opportunity for students to understand more about their parents and their dreams, such as before and after they have become parents. Students will learn that parental love is often unconditional and that parents can sacrifice a whole lot for the good of their children.</p> <p>Through reflective learning, students will think about their responsibility for their life and family.</p>
Letter to the Future Me	<p><i>Letter to the Future Me</i> is a 60-minute activity for consolidating students' self-understanding, self-reflection, self-appreciation and future planning skills. This activity contains three parts: flashback to the previous year, establishing goals for the upcoming year, and writing a letter that would be reviewed after a year. After writing the letter, students would be sharing a same promise which strengthens the bonding among them as they share memories together.</p> <p>Through reflective learning, it is hoped that students would have a better understanding of the importance of these indispensable values in the community.</p>