

Be Priceless



SELF-VALUE, EMPOWER, EDUCATE
AND PROTECT FROM DANGERS
(SEED) COURSE

**Let's partner to provide the life-changing free
SEED Courses to strengthen our community's
growth, well-being and safety**





Our Vision:

Our community is empowered and committed to collective and inclusive flourishing.

Our Mission:

We provide education to strengthen personal growth, well-being, and safety. We transform our community to be inclusive, supportive, and to flourish regeneratively.

Our values:

Be Priceless is Rooted in **WE CARE** Values

WE before me in teamwork and service

Community - centred communication

A-team: Awesome impact, Adaptable, Absolute integrity

Responsible, Respectful, Reflective, Resilient, Regenerative

Empower, Engage, Educate, Equity in flourishing for all

Our service:

- 1) SEED Education
- 2) Community Partnership





SEED Courses

are empowering life skills training that strengthens children, youth, and caregivers' capacity and practices for personal and collective growth, well-being and safety.



Your experience here will be life-changing!

SEED Education Development

Our **FREE SEED Courses** were rigorously developed over 8 years with **multi-sectoral professionals** and **diverse community members** to support you and your community's flourishing.

2015 - 2021

Apply child-centered, design-thinking, and community-wide collaboration to develop SEED program:



Develop Educational Tools
e.g. animation, illustration,
and music



Translate Learning
materials from English
to Cantonese, Mandarin,
Urdu, Hindi,
Tagalog and more



External reviews by experts
(e.g. from IOM,
Save the children),
children, youth, and
caregivers



Finalize & Pilot
Course content,
tools & teaching

8/2021 - now



1. SEED Course
for 4-6 year-old
children



2. SEED Course for
8-15 year-old children

Improved health,
emotional regulation,
well-being and safety
for 406 students!



3. SEED Course for
Caregivers

Improved the quality of life
of 330 caregivers and their
children



4. Co-develop a
Community
Score Card for
Child's Flourishing

5. Reports on the
impact of
the SEED Courses



6. Translate Learning
materials to Bahasa,
Nepali and more



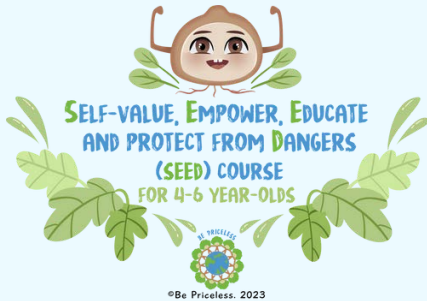
7. Interview children,
caregivers, and
professionals on their
views, needs, and ideas
on flourishing
(Situational Analysis)

8. Co-provide
SEED Courses with
more than 10
NGOs/schools



SEED Courses

Self-value, Empower, Educate, and Protect from Dangers (SEED) Course strengthens children's superpowers for growth, well-being and safety



SEED for Children (4-6 Year-olds)

The pilot Sprouts' course was held in June 2022. Different specialists, including early childhood educators, bring lots of insight when designing these impactful & engaging activities to cultivate young learners' life skills for personal growth, well-being and safety.



SEED for Children (7-10 Year-Olds)

The Seedlings' course aims to strengthen children's powers for personal growth, well-being and safety. Children learn valuable life skills through interactive activities to enhance self-value, confidence, resilience, social and emotional regulation, learning, problem-solving, decision-making, and ability to improve safety.



SEED for Children (11-16 Year-olds)

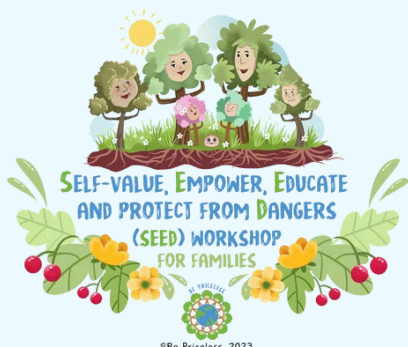
The Youths' Course aims to enhance learners' powers for regenerative flourishing with impactful, evidence-based, and practical life skills. The engaging lessons promote behavioral changes for growth, well-being and safety in youth, families and their communities.



SEED for Caregivers

The Caregivers' Course aims to empower caregivers' growth, well-being and safety.

We grow skills and practices for communicating and connecting with children, as well as for enhancing their self-care, mental-physical-social well-being, and safety.



SEED Family Workshop

The Family Workshop is a celebration party with refreshment of some key capacities through interactive games and activities. It will be held every 6 months.

SEED Course Content

SEED is developed for children of 3 age groups and for caregivers on topics of:



Growth:

Self-value, confidence
Resilience, Growth mindset
Inner powers for flourishing
Positive communication



Well-being:

Self-care
Emotional regulation
Mindfulness
Mental health
Physical health
Social health
Community and ecosystem health



Risk Reduction:

Prevent, Prepare, Respond, Recover against:
Violence and exploitation
Mental and physical disorders
Climate disasters and extreme weather events



Integrated values:

Children's rights, inclusivity, equity,
factfulness, kindness, integrity,
support each other



SEED Teaching

This journey is full of fun games and life skill practices to learn healthy ways to flourish like a strong tree.

Game-based Learning

Our many games empower and engage our learners! We made it easy and fun for learners to gain capacity, practice, and healthy behavioral change!

Risk Seesaw: a digital interactive game on our Website where the public gain capacity on risk reduction.

The content is based on our public health expertise and is aligned with the United Nations Disaster Risk Reduction framework.



Behavioral Intervention

Our course is designed to bring about learners' behavioral change that strengthens growth, well-being and safety.

We nurture awareness, self-efficacy, knowledge, skills, action, home practices, as well as social norms and supportive environment within the classroom and with supportive caregivers for the child to maintain healthy behaviors.

Lessons are ALL Interactive! No Lectures!

We strengthen learners' healthy capacity, mindsets, behaviors and environment by guiding them to experience a range of reactions, practices and transformations through the course.

E.g.: Parents are encouraged to bring real examples of communication challenges with their children. In our activities, we layer the application of skills in home routines. We step-by-step change to positive and kind ways of responding rather than reacting.



Well-being practices in daily life

Children, youth, and caregivers can practice a list of fun well-being practices together to cultivate key aspects of mental, physical and social well-being.



Personalized Learning Toolkit

Worksheets, and more were specially created in multiple languages and age-appropriate adaptations to make it easy and fun for learners to apply what they learned in class to their situations.

Animations and Comic Books

We created storytelling animations and comics about Dawn, their friend and family facing and overcoming a range of challenges that our learners may also experience.



Multicultural children and youth script writers, voice over artists, illustrators, and animators made these a true voice of our community.



Growth Journal
a personalized development plan to cultivate skills, mindsets, and routines for healthy flourishing



Safety Plan
a step-by-step action plan for children and caregivers to grow aware of the levels of diverse risks they face, and to build their readiness to prevent, prepare for, respond to, and recover from risks

SEED Educators

Our team of educators with extensive teaching experiences comes from a diverse background, including psychology, early childhood education, medicine, nursing, public health, Music (PhD Candidate), Chinese Language, and yoga.



Dr. CZARINA

- Founding Director
- Co-Lead for child protection
- SEED Education designer and Educator
- Funder
- Specialist doctor in critical care medicine
- Former Assistant Professor at Chinese University of Hong Kong
- Former World Health Organization (WHO) consultant - e.g. emergency risk reduction plans that protect of vulnerable populations
- Researcher in care of vulnerable populations; former Coordinating Editor of the WHO's Western Pacific Disaster and Response Journal
- Humanitarian health worker for more than 20 year (volunteer)



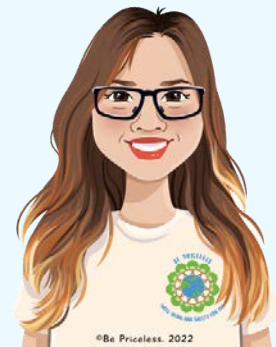
Ms. Rachael

- Educator
- Educator coordinator
- Partnership coordinator



Ms. Shelly

- Co-Lead for well-being and children protection
- Educator coordinator



Ms. Olivia

- Educator
- Translator



Cho Yi

- Educator
- Community engagement coordinator



Albee

- Educator
- Translator



Janaki

- Educator
- Translator
- Researcher

SEED Resources



Toolkits



Comic Books



Safety Plan



Stickers



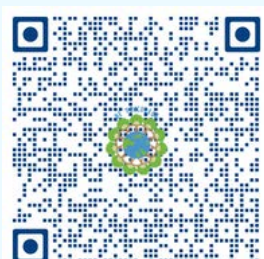
Other Learning Materials



Be Priceless Youtube Channel



Be Priceless Songs



Be Priceless Animations



Be Priceless Risk Seesaw



Be Priceless Well-being



Our SEED Course Structure



All courses and resources are currently self-funded by our founders as a commitment to support our community to flourishing equitably.

| Target Audience | Course Language | Class Size | Total no. of hours | Sample Course Arrangement | | |
|--------------------------|-------------------------------------|------------|--------------------|----------------------------------|----|----------------------------------|
| 4-6 year-old children | English, Chinese | 15-20 | 12 hours | 1.5 hours/workshop x 8 workshops | | |
| 7-10 year-old children* | English, Chinese | 15-20 | 12 hours | 2 hours/workshop p x 6 workshops | OR | 1.5 hours/workshop x 8 workshops |
| 11-16 year-old children* | English, Chinese | 15-20 | 12 hours | 2 hours/workshop p x 6 workshops | OR | 1.5 hours/workshop x 8 workshops |
| Caregivers* | English, Chinese, Bahasa Indonesian | 20-40 | 8 hours | 2 hours/workshop p x 4 workshops | OR | 4 hours/workshop x 2 workshops |

*Can take place at the partner's center, the Be Priceless Learning Center, or on Zoom.



Family's Information Session

An Introduction of the SEED Program through interactive and fun activities about Growth, Well-being and Safety.



Course Structure



Mindful Tree activity



Signs of Emotion Game



Introduction of our priceless resources





4-6 years old Children's SEED Course



A

I am a growing seed
Our path to grow begins with taking good care of ourselves and practising self-love. We are unique and priceless!

B

Positive ways of seeing myself
We all have the superpowers to face challenges. Let's discover our limitless strengths for healthy mind, body and relationships.

C

The Pause
In facing challenges, it is normal to feel stressed. Take a pause and check into our feelings. Let's rest and recharge.



D

Risk reduction
We can grow our superpowers to lower the chance of being hurt. We can get help from our trusted adults!



E

My mind and body belong to me
We have the right to be well and safe! Let's use SMARTS actions to stay safe.

G

Stay away from respiratory tract infections
We have many superpowers to stay safe from germs like COVID-19. We can strengthen our body to fight infections.



F

Mental health and well-being
Learn to handle our emotions and thoughts healthily to take great care of our mind. Remember that you are not alone.



Flourishing Children

Resources for 4-6 years old Children's SEED Course



During the SEED Course



Toolkit



Animations



Risk Seesaw Art & Craft



Stickers



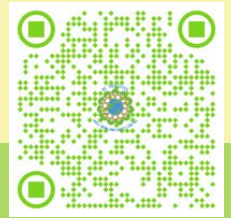
Certificate



After completing the SEED Course



Potential Prizes



7-16 years old Children's SEED Course



I am a growing seed
Our path to grow begins with taking good care of ourselves and practising self-love. We are unique and priceless!



Positive ways of seeing myself

We all have the superpowers to face challenges.
Let's discover our limitless strengths for healthy mind, body and relationships.



Risk reduction

We will face storms sometimes.
We can grow our superpowers to lower the chance of being hurt.
We can make a safety plan and get help from our trusted adults!



The Pause

In facing challenges, it is normal to feel stressed. Take a pause and check into our feelings. Let's rest and recharge.



G

Stay away from respiratory tract infections

We have many superpowers to stay safe from germs like COVID-19.

We can strengthen our body to fight infections. Let's help each other to protect our community.



H

Stop exploitation

We have the right to be protected.

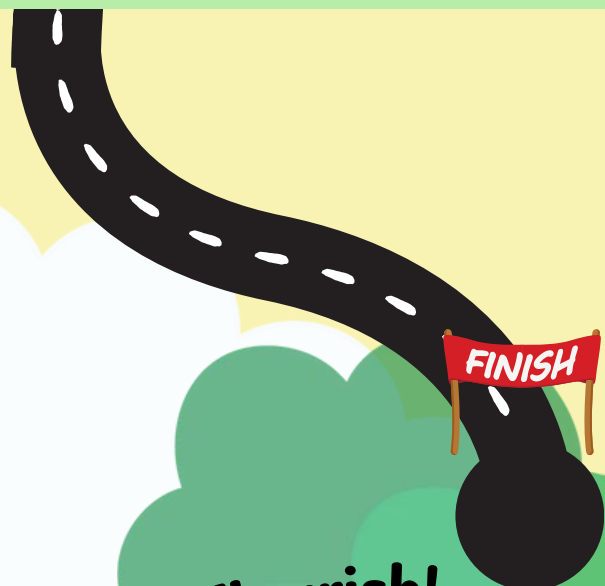
It is wrong for anyone to take advantage or hurt others!

Let's practise the many ways that we can stop exploitation together!

F

Mental health and well-being

Learn to handle our emotions and thoughts healthily to take great care of our mind. Do get support from others when facing mental disorders or stress. Remember that you are not alone.



E



My mind and body belong to me

We have the right to be well and safe!

Let's use SMARTS actions to stay safe.

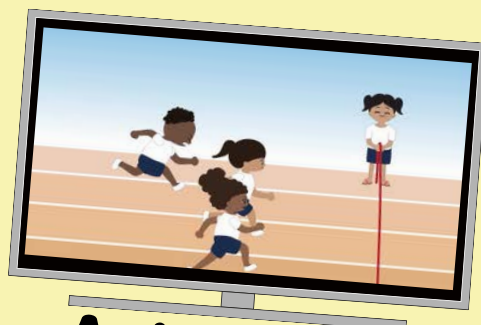
We flourish!



Resources for 7-16 years old Children's SEED Course



During the SEED Course



Animations



Growth Journal



Safety Plan



Other Learning Materials



Certificate



Comic Books



After completing the SEED Course

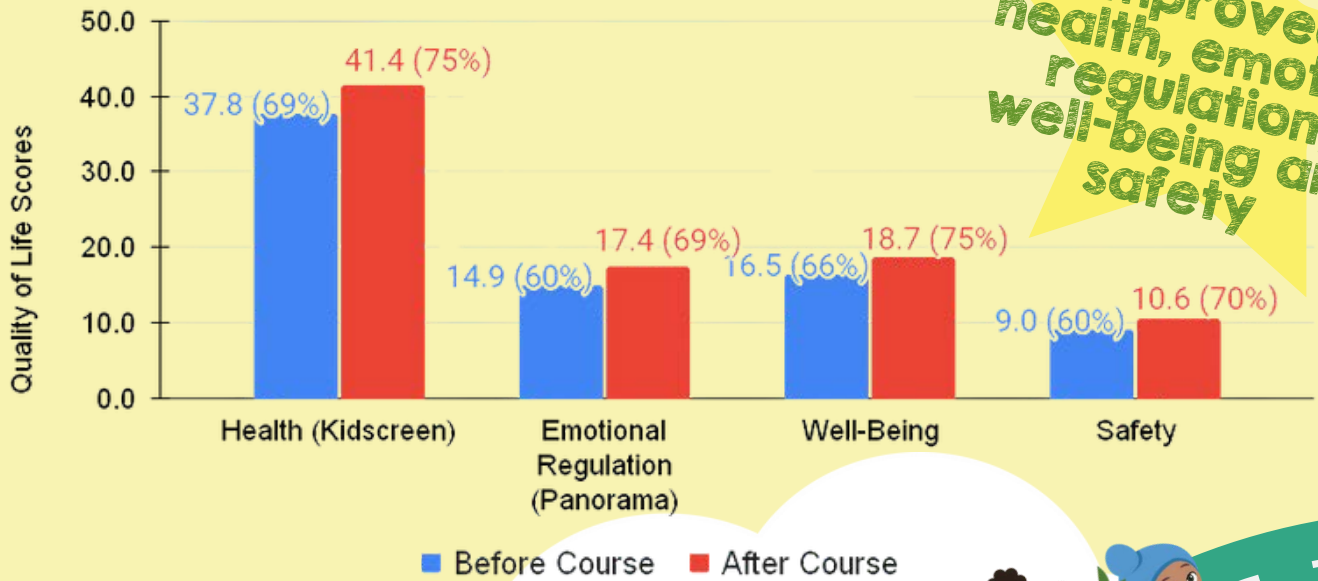


Potential Prizes

Impact of SEED on Children from 2021/9 to 2022/12

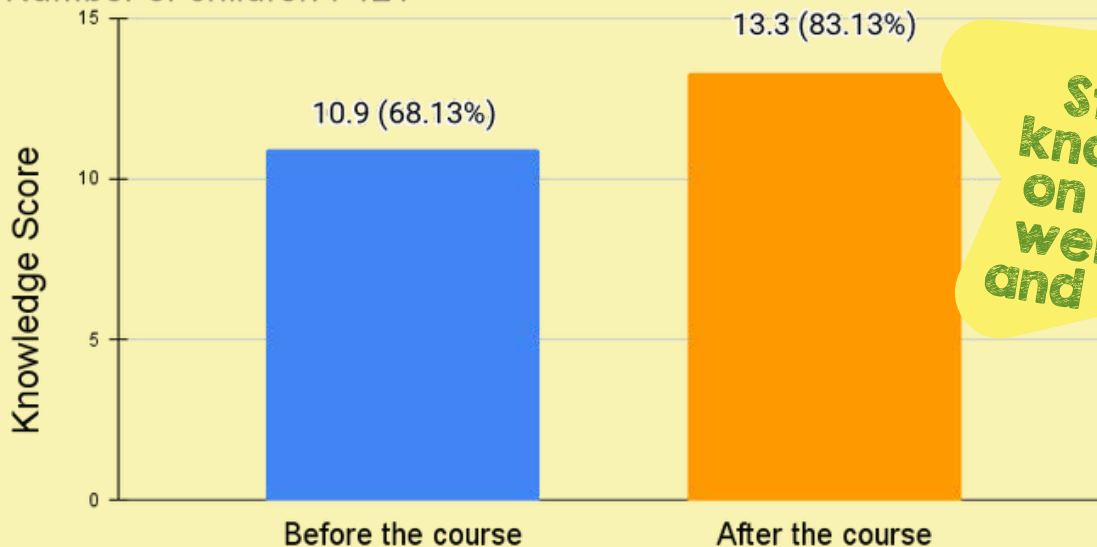
Comparing the children's survey scores in 4 key areas of their flourishing before and after the SEED Course

Number of children = 352



Knowledge of children regarding growth, well-being and safety before and after the SEED Course

Number of children : 121



Here are some of what the children shared...

Question:
How did the SEED Course
affect your life?

Improved well-being



Emotion regulation

"... I usually get really stressed out a lot and but once I learned the pause that really helped me a lot... I calm myself on the inside and let my upper lid, and just let me connect with my downstairs brain and just help me connect with each other... and help me calm my body."

Improved self-love

"It has made me love myself a little bit more than usual,"



Improved growth

Inner Superpowers

"... I thought that I gained so many superpowers after this class. I know about the inside world (check into your feelings and pause bubble)..."

Growth mindset

"Yes, even though if some people say that you're no good, but to yourself, to your mindset, you're just good."



Improved safety

Increased risks awareness

"It improves about my safety. I know about what human trafficking is. I know about exploitation. I know what to do."



New Learnings

Grooming and Exploitation

"I didn't know the human trafficking could even be a thing in the world we're living in and now I do well and that now even better, I know how to even, like, be safe with that... maybe then ask parents to help me control it or a trusted adult."

My mind and body belongs to me

"... whenever elder people just touch my hair... I don't mind. But when I did this course and I realized that... my full body and my mind belongs to me, so I didn't let anyone touch my body like that... I just say 'Stop. No.' And then I just run away from them."

Children's SEED Adventure



"Signs of Emotions"
card game



We are a growing seed!



We draw journey maps to
show our growth



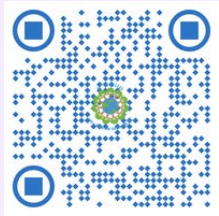
We use "Signs of Emotions"
game cards to identify our
many emotions



SELF-VALUE, EMPOWER, EDUCATE
AND PROTECT FROM DANGERS
(SEED) COURSE
FOR CAREGIVERS



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Caregivers' SEED Course

START
HERE

1

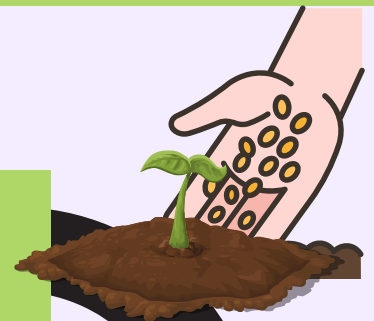
Introduction to SEED Course

We learn about positive parenting.
We nurture strong roots so our
children seedlings can flourish into
healthy trees!

2

Growth

We are like gardeners creating
a positive environment for our
seedlings to grow!
Let's practise our superpowers,
positive ways of seeing ourselves,
and growth mindset.





4

Safety

We all value safety.
Let's get ready to reduce risks
with our children.
We can teach them to get help
from trusted adults and
prepare a safety plan.



3

Well-being

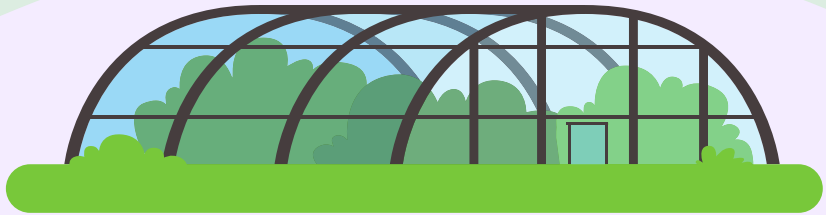
To take care of our children well,
self-care is very important.
Let's grow our skills and routines to
nurture our minds, bodies and
relationships.
This includes emotional regulation.



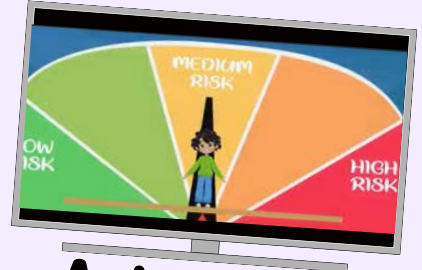
We flourish!



Resources for Caregivers' SEED Course



During the SEED Course



Animations



Toolkit



Safety Plan



Other learning materials



Games



Certificate



Potential Prizes

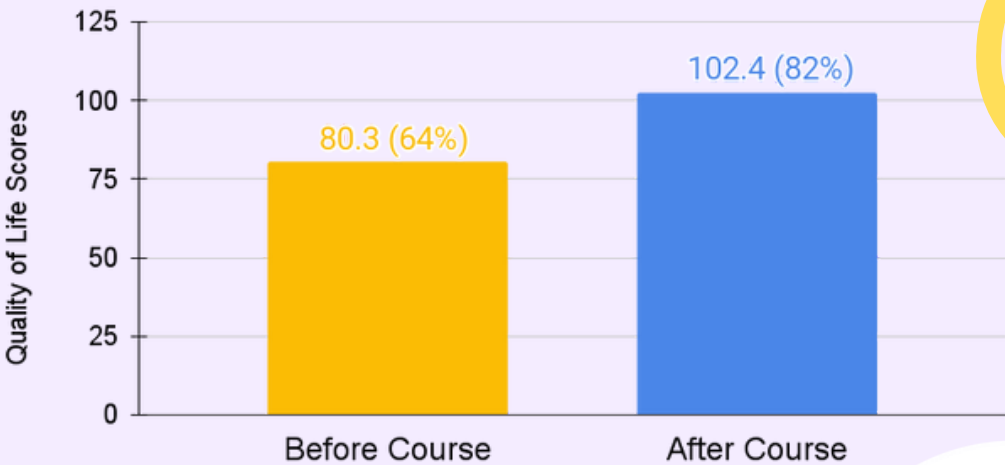


After completing the SEED Course

Impact of Caregivers' Course from 2021/9 to 2022/12

Total Quality of Life score of caregivers

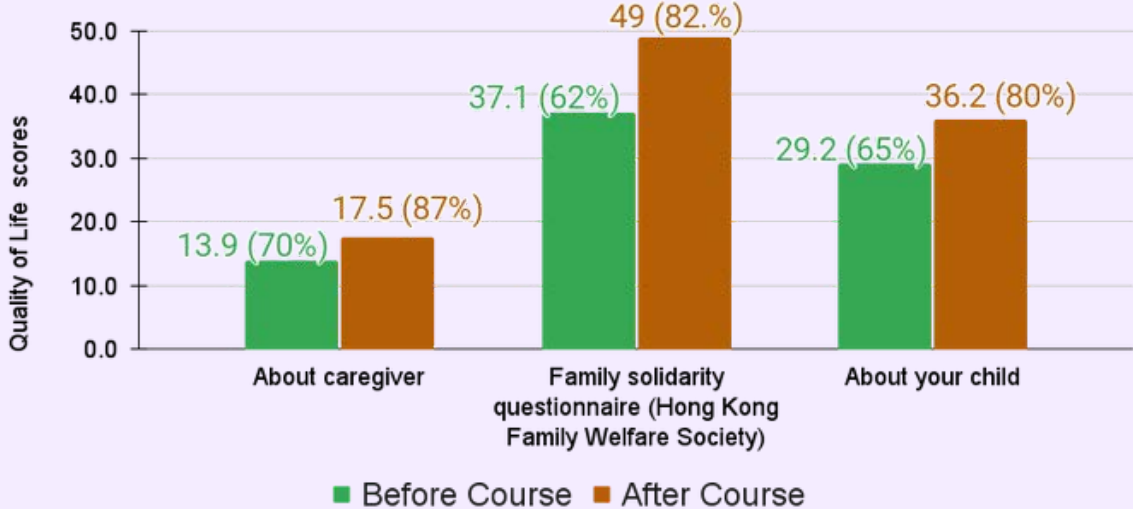
Number of caregivers= 295



Both caregivers' and their children's lives improved! Their family relationships also got better!

Comparing the caregiver's survey scores in 3 key areas of their flourishing before and after the SEED Course

Number of caregivers= 295



This is some of what the caregivers shared...

How did the SEED Course affect your life?



Growth

Each child is unique

"... every child is different and they have their own capacity and ability. So, the parent should understand their child's abilities and push them accordingly. You can't push them like 'your friend is doing this much, getting this mark. So you should get it too.'... So sometimes too hard, so for them, it is hard to share their actual feeling with us."

Growth of the child

"The seeds grow little by little from little seeds into big trees. This is like my child. At first the baby is a seed, grows little by little and now he/she is already like this. And he/she will grow again... From a small seed to a bigger seed and become a big tree, growing little by little."

Positive parenting

Open communication

"What I've learned in their course is that all children are unique. They are special... the guardian contribute to what the children may be when they become old, if we... show them to be good, show good deed for other people, that they will be also apply to themselves."

Support child's independence

"I learned and understand about the feelings of our children because for me as a mother, I will insist what I like them to do... I realized that I need to respect them... I need to give them freedom. But I will support so that they were both strong and independent person for them to be ready in the future..."

Well-being

Emotional regulation

"I have learned to manage my anger and treat them with respect and approach them calmly."

Self-care

"the skills of self hug... I have like, 2 minutes of mindfulness exercise. I say that every students at the end can do self hugging. I appreciate that people talking to me. I appreciate that everyone has skills... I share the same upbringing, but at the same moment I gain something of myself."

Safety of children

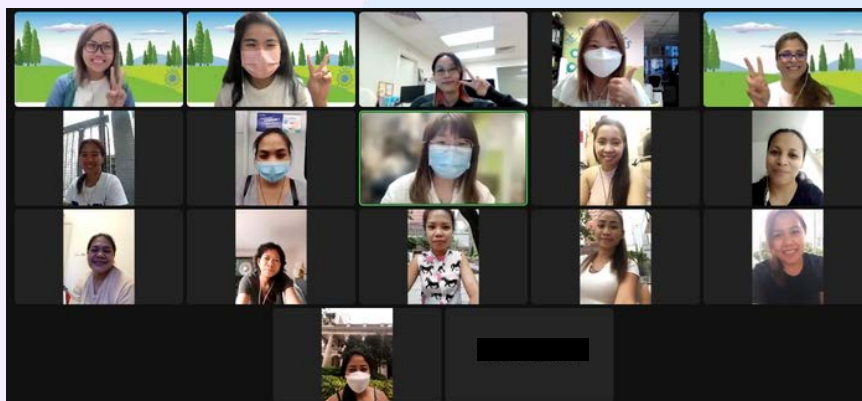
Risk reduction

"... What I learned from this session is to have more open communication to my family, especially my son, and to teach him how to keep out of danger by being vigilant, build a capacity, awareness, ability to avoid risk and how to stand strong..."

Human trafficking

"... I was telling my daughter about bad people, bad things... sometimes it could be cute grandma, or like beautiful women, We don't know who can be bad. So, i think I must more explain how to be safe, how to be safe without parents near."

Caregivers' SEED Course



We are priceless and limitless!



We are a growing seed!



Growth mindset activity



Building our safety plans



After completing the SEED Course, participants can access more empowerment opportunities:

Parties every 6 months



Family Workshop



Future Courses/
Activities





SEED Family Workshops



Advanced level SEED workshops



Volunteer and Intern Opportunities



Partners for SEED Courses

Partner with us to offer your community the priceless opportunity to join the 400+ children, 330 caregivers and the 11 school/non-profit partners who enjoyed flourishing with SEED Courses.

Please contact us to explore how we can become partners!

We welcome more partners with shared values to collaborate. We will do our best to match the SEED Courses to your community's needs and contexts.



Please scan to look at our community reports.

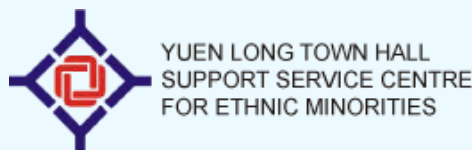


Our Impact

www.bepriceless.org/impact

Our partners so far

Grassroots Future



How to become a partner in this flourishing community?

1. Your organization shares our vision, mission, and values in strengthening the inclusive flourishing of our community, especially for those who face higher risks

2. Your organization is interested in offering free SEED Courses to children, youth, or caregivers in your community

3. Contact our Course Coordinator, Ms. Rachel Ng at **93734453** or email us at **seed@bepriceless.org**

4. Co-design a partnership plan

5. Complete the Collaboration Agreement

6. Coordinate participant engagement, recruitment, consent (we provide the approved forms), attendance, and information sharing throughout the course



Partners' Role



3 -12 months before the SEED Course

- Contact Be Priceless to coordinate upcoming courses
- Informational session with partner's leadership and team
- Ensure that we are aligned in shared purpose and collaboration
- Plan - when, where, and how are the best fit
- Confirm participants protection protocol (e.g. child)
- Sign collaboration contract



1-3 months before the SEED Course

- Promote upcoming SEED Courses
- Recruit 15-20 or more participants/course
- Invite participants to complete consent form
- Guide participants to complete before-course evaluation
- Share games and videos to engage participants
- Conduct Information / Professional Development Session for staff in partner's organization



During SEED Course

- Remind participants to attend each session
- Follow-up on completion of end-of-course evaluation
- Maintain classroom discipline
- Collaborate on ensuring participant and team safeguarding



3-6 months after SEED Course

- Coordinate a party for all participants
- Coordinate completion of post-course evaluation



Going forward

- Co-offer more SEED Course to serve community needs
- Let us know if there are any further topics in personal and collective flourishing that SEED education can support



Frequently Asked Questions

1

Who can join the course?

For the Children's SEED Course, we offer courses for 3 age groups:

- 4-6 years old (Sprouts)
- 7-10 years old (Seedlings)
- 11-16 years old (Youth)

For Caregivers' SEED Course:

- Parents
- Other caregivers of children



2

Where will the course be conducted?

We offer in-person or online courses.

In-person courses can be conducted at:

The Partner's centre or school, or Be Priceless Learning Center:
17B Phase 2, Billion Plaza, 10 Cheung Yu Street, Cheung Sha Wan, Kowloon



3

How many participants are expected for each course?

Children's SEED Course:

4-6 years old—15-20 participants

7-10 years old—20-40 participants

11-16 years old—20-40 participants



Caregivers' SEED Course: 20-40 participants

4

What support do we need to provide during the course?

At least one staff from the partner to be present during the course.

For all Children's courses, partners are required to maintaining classroom discipline and safeguarding measures.



5

What are the costs of participating in the SEED Course?

All SEED Courses and learning materials are provided free of charge to all participants.

Our founder have been self-financed all of our services to strengthen our community's flourishing, especially for people who face greater challenges.

Partner's resource contribution is welcomed but not required.





**Let's explore how we can together transform our community
to flourish inclusively, equitable and regeneratively!**



Scan Me !



**Check out our website:
www.bepriceless.org**

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