



# Be Priceless

Community Flourishing

Spring Report

March - May 2024

SEED Courses for  
Children and Caregivers





# Flourish with Be Priceless!

Be Priceless is nurtured by our community for the community's flourishing.

We are a non-profit educational organization that strengthens personal and collective **growth, well-being, and safety**, especially children and families at higher risks.

## What we do

- 1) LISTEN to and PARTNER with diverse community members for shared understanding and shared solutions on growth, well-being, and safety of children, caregivers, and families
- 2) DEVELOP and PROVIDE life-changing SEED education that strengthens life skills for flourishing

Our SEED program and learning resources were co-developed by professionals from many fields (including medicine, public health, psychology, education, social work, and more) and multicultural community members (including children, youth, and caregivers) to provide practical, engaging, and empowering ways to promote the **inclusive, equitable, and regenerative flourishing** within our community.



Growth



Well-being



Safety

# Children's SEED Course



During March-May 2024, Be Priceless provided  
1 Sprouts' SEED course for 4-6 years old

10 children(4-6 year old) completed their  
life-changing SEED journey.

After the SEED courses, quality of life improved by 16% for  
4-6 years old children.

The SEED courses brought behavioral changes in children  
by providing skills for self-value, confidence, resilience, self-care,  
emotional regulation, well-being (healthy mind, body, and  
relationships), and safety (from mental stress, respiratory  
infection, violence, storms, and other risks).



# The Children's SEED Adventure



START  
HERE

## 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

### 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!



## D

### The Pause

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



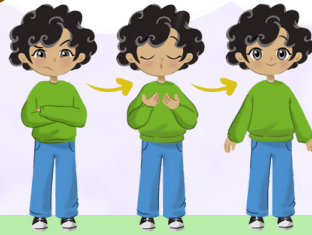
## Stay away from respiratory tract infections

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.



## 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!



## 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.



## 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!



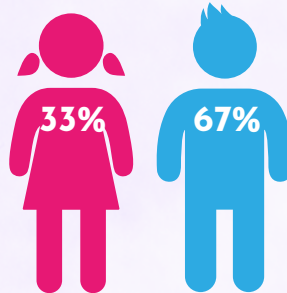


# 9 children joined the Sprouts SEED Course (for 4-6 year-olds) from March to May 2024!

Children joined directly from the community, or by signing up from our social media. All courses were conducted in person.



## Gender

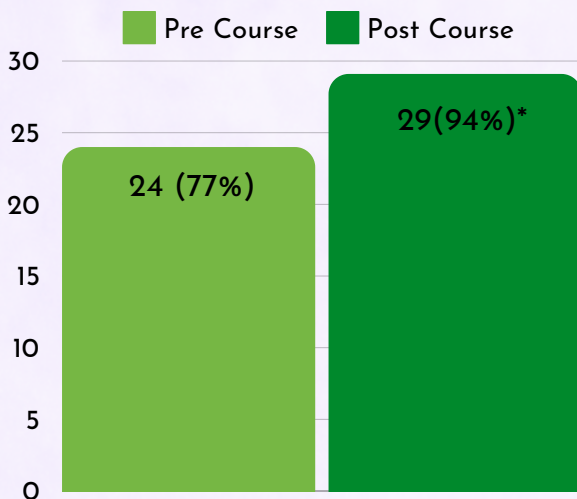


## Special educational needs (SEN)

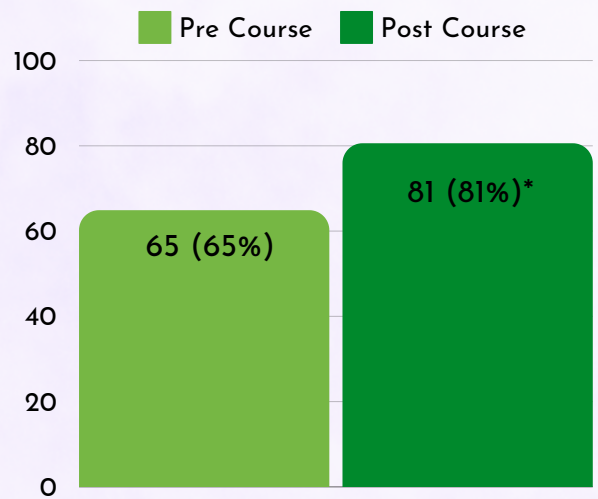


22%

Total Quality of Life Survey Scores reported by Children



Total Quality of Life Survey Scores reported by Parents

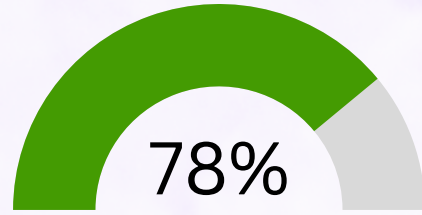


\*t-test comparing scores before and after SEED course, p-value  $\leq 0.05$

# How did the children's lives change?



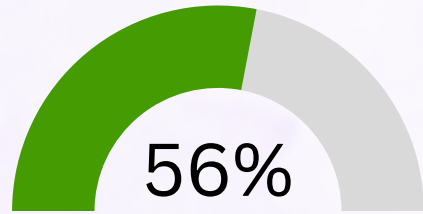
**↑ Resilience**



Tell myself that I can do it



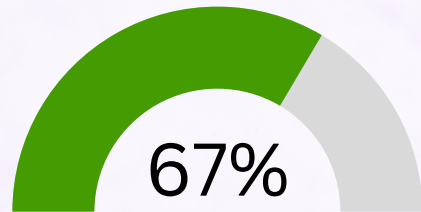
**↑ Positive relationship**



Get along better with others



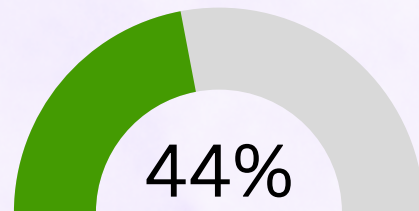
**↑ Safety**



Say "No!", "Stop" when unsafe



**↑ Happiness**



Feel Happier

# How did the SEED Course affect your life?

Here are some of what the children and their caregivers shared...

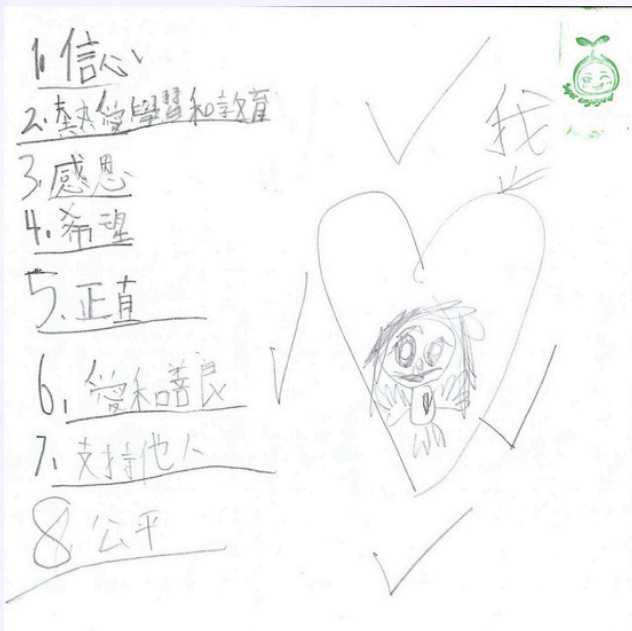
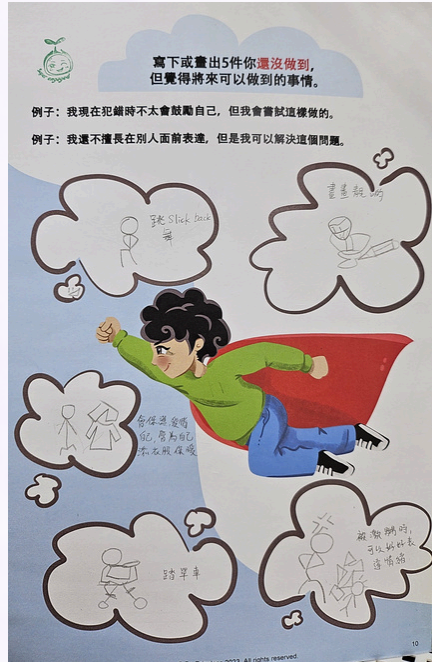
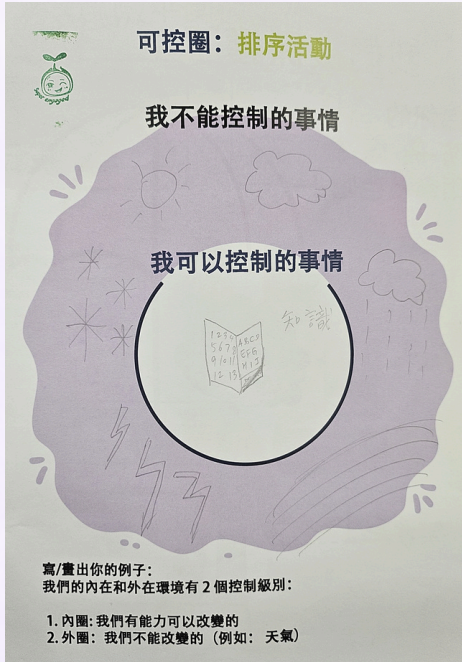


我想得到的超能力，  
好想每日都這麼開心

她每一堂回來後都會簡短地分享一下課堂裡的開心事，那我覺得最大的得著是，她學習了如何在某些位置上 say "NO"，即是她以前都可能會說 "Yes" 的，或者可能當面對某些事情不會那麼勇敢的表達，但是我看到她在這個課程裡面比較勇敢地表達了，所以都謝謝你們



# Children's drawings to map their growth journeys and how their lives changed from the SEED Course






# CAREGIVERS' SEED COURSE

During March-May 2024, Be Priceless provided **7** Caregivers' SEED Courses in Hong Kong.

**130** caregivers participated in our courses, of whom **72** were from diverse communities, such as Filipino and Indonesian.

Caregivers' quality of life improved by **17%** after attending the workshops.

The SEED Course strengthened the caregivers' growth, well-being, and safety. Through the course, they grew their superpowers for communicating with and nurturing children. They enhanced their skills and practiced self-care, self-value, safety, and the well-being of the mind, body, and relationships.



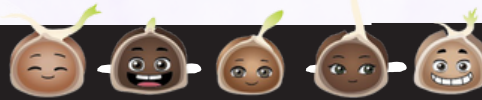
# Our Caregivers' SEED Journey



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 practice our superpowers, positive ways of seeing ourselves, and a 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!**



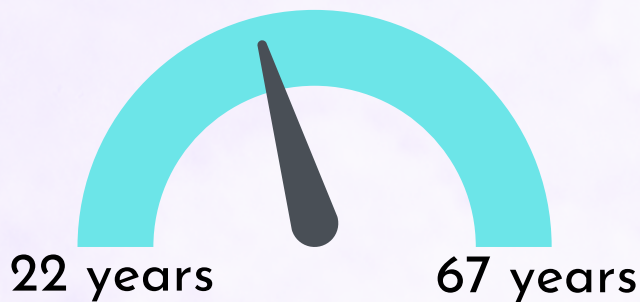
# 130 caregivers joined the Caregivers' SEED Course from March to May 2024!

Caregivers joined directly from the community, signing up from our social media or our partners (Domestic Workers Corner, Dream Catcher, JCNHK - Caritas, S.K.H Kei Lok Primary School, and Love 21).

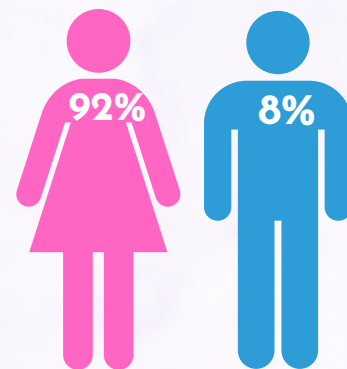
The courses were conducted either in-person or online.

## Age

Average: 40.7 ± 0.6 years



## Gender



55%

**Migrant Domestic Workers**



71%

**Live in poverty\***

\*monthly household income below poverty line Census and statistics Department, Hong Kong



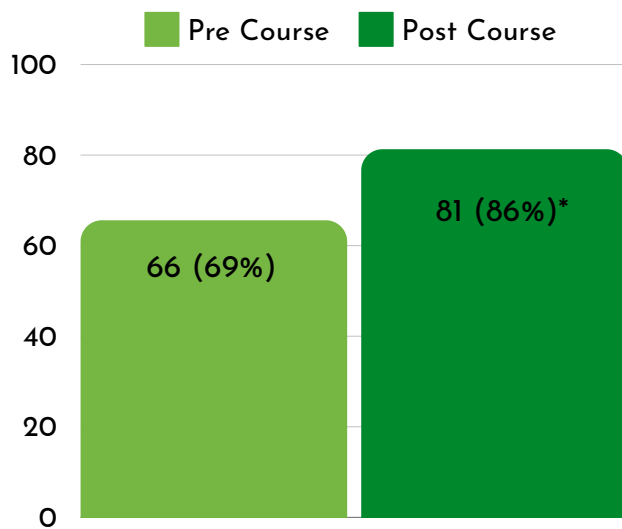
7%

**Have children with special educational needs (SEN)**



# How did the caregivers' lives change?

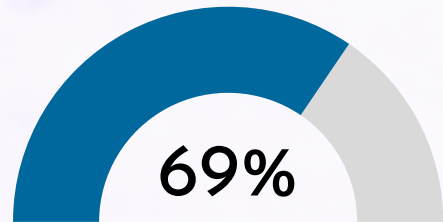
## Total Quality of Life Survey



\*t-test comparing scores before and after SEED course, p-value  $\leq 0.05$



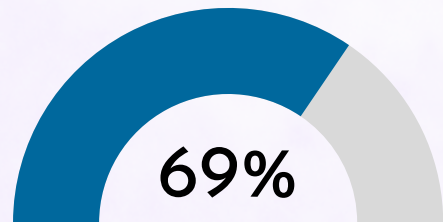
↑ Emotional support



Control emotions when children misbehave



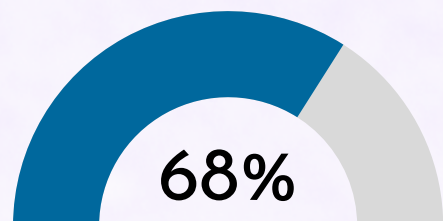
↑ Safety & Trust



Make a safety plan for children



↑ Empathy



Understand others' feelings better

# Glimpses of our Caregivers' SEED Course



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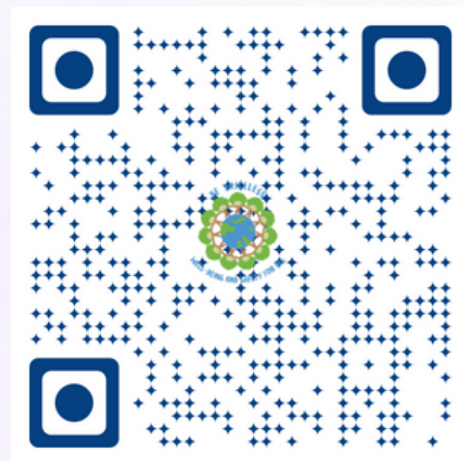
# Want to improve you and your child's growth, well-being and safety?



## Start your SEED Journey now!

Visit: [www.bepriceless.org](http://www.bepriceless.org)

or Scan



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