



Start Small Dream Big Activity Kit

A Caring And Inclusive Home For All



Introduction

'Start Small Dream Big' is an initiative which started in 2015 by the Early Childhood Development Agency (ECDA) as part of SG50 and the 15th anniversary of President's Challenge. It aims to encourage pre-schools to create authentic platforms for children to innovate, problem-solve and tap on their unique strengths to help others. Over 950 preschools and more than 53,000 children are participating in SSDB in 2020!

The purpose of this Activity Kit is to introduce children to key themes in the "Start Small Dream Big" movement this year. We welcome parents and teachers to use this e-resource to engage children meaningfully!



How to use this Activity Kit?

This Activity Kit is divided into **5 categories**:

1. Caring for Family and Friends
2. Caring for the Community
3. Caring for the Environment
4. Caring for Animals
5. Inclusivity & Diversity

While conducting some of these activities, you may cross reference with other related activities to reinforce learning. The activities in this booklet may be done in any order.

You are now on your way to becoming The Care Ambassador.
Complete the missions to be conferred the title of **The Great Carer!**

1

**Caring for Family
and Friends**

Page 4

2

**Caring for the
Community**

Page 11

HELLO!



The Great Carer

3

**Caring for the
Environment**

Page 18

4

**Caring for
Animals**

Page 24

5

**Inclusivity
& Diversity**

Page 30



There is a virus spreading everywhere in the world and it is spreading very quickly.



The virus is called **COVID-19** (Coronavirus Disease 2019).

Let's learn what we can do to keep ourselves safe and show care for your family, friends and the community.

1

Caring for Family and Friends

What is **SG CLEAN**?

SG Clean campaign is a national campaign to instill a “keep clean culture” as part of our lives. This campaign adopts good personal habits and social responsibility to raise standards of cleanliness and public hygiene in Singapore and safeguard public health.

Maintaining public hygiene is one of the best ways to stay safe against COVID-19. Let us practise these 7 habits of good public hygiene!

*Go to Page 5 & 6 for activity sheet

We can care for our family and friends by making sure they stay safe and healthy!



1.



Keep premises clean, well-ventilated and pest-free.

2.



Return trays and keep tables clean.

3.



Keep toilets clean and dry.

4.



Wash hands frequently with soap.

5.



Monitor temperature twice daily and see doctor if unwell.

6.



Use tissue when sneezing and coughing.

7.



Bin litter, used masks and soiled tissues.

Why is it important to practise good public hygiene habits?

If we do not do that, the virus will continue to spread and more people will fall ill. It is also important to maintain cleanliness at home. Other than washing your hands, you can help your parents with simple chores.

*Go to Page 7 for activity sheet

I can...



Fold my clothes.



Sweep the floor.



Put away my toys.

Activity #1: 7 Habits of Good Public Hygiene

Let's Match Them!



Match the pictures with the correct description.
The first one has been done for you.

2



- 1 Wash your hands frequently with soap.
- 2 Monitor your temperature twice daily.
- 3 Use tissue when sneezing or coughing.
- 4 Bin litter, used masks and tissues.
- 5 Return trays and keep tables clean.
- 6 Keep your surroundings clean, well-ventilated and pest-free.
- 7 Keep toilets clean and dry.

Do you remember them?

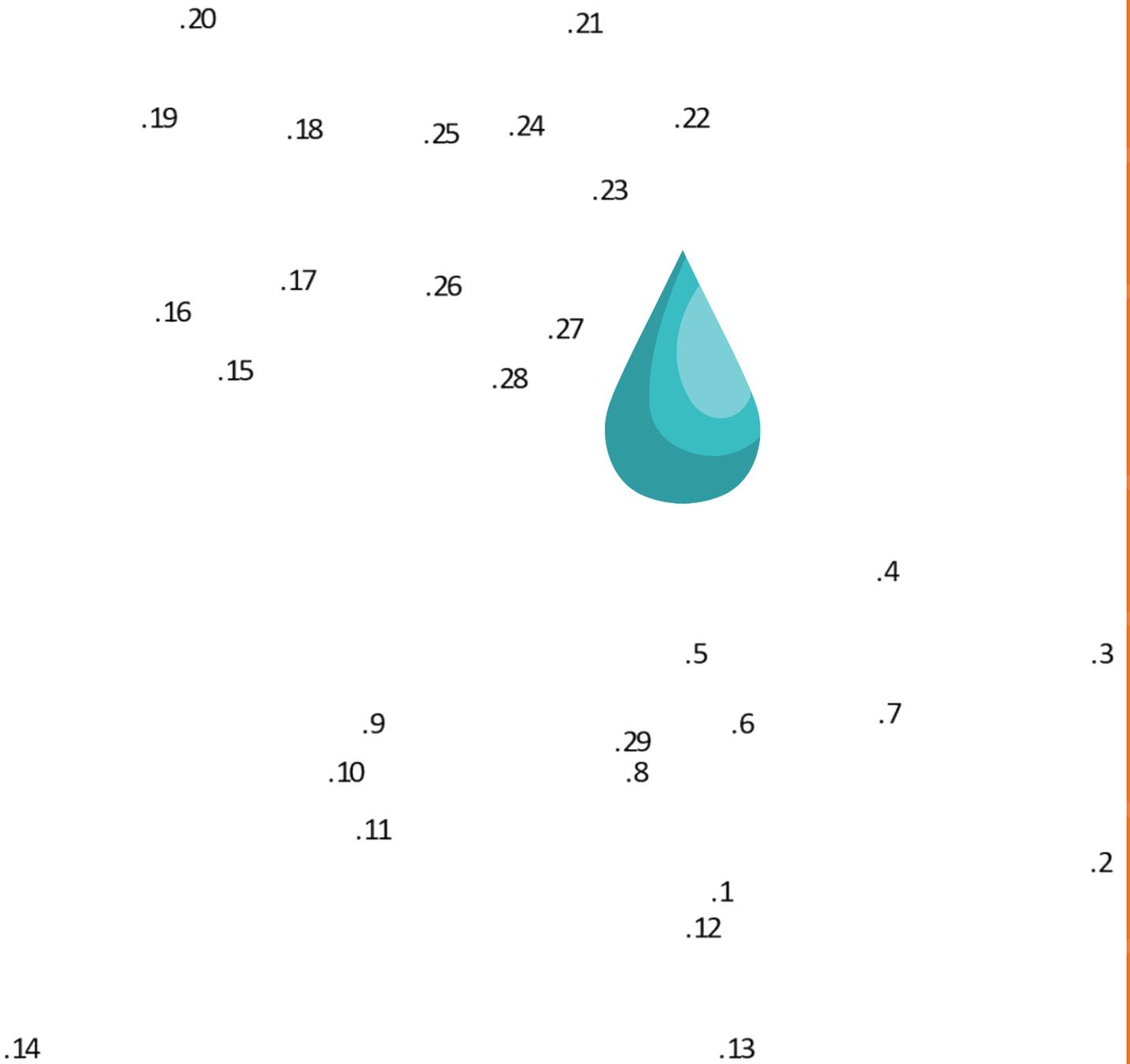


Activity #2: 7 Habits of Good Public Hygiene

Connect The Dots!



Connect the dots starting with 1.



Hint: We need this to kill the virus.

Let's Wash Our Hands!

Step-by-step guide to hand-washing. Your hand-washing should be 20 seconds. Sing to the tune of 'Twinkle Twinkle Little Star'.

Step 1

Wet your hands.

Step 2

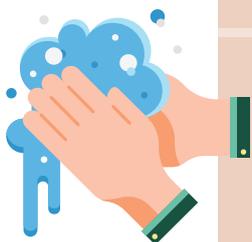
Apply some soap.



Step 3

Scrub all over.

Don't miss any part! Between the fingers, under the nails, over the knuckles.



Step 4

Rinse your hands.

Step 5

Dry your hands.

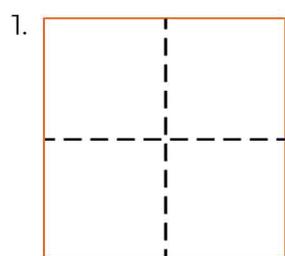


Activity #4: Caring for Family and Friends

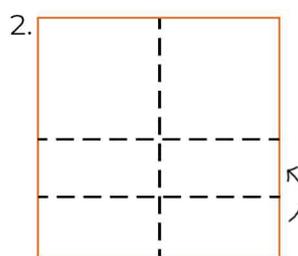
Fold-a-Heart Challenge

Here's a step-by-step guide for you to fold a heart origami. Fold as many hearts as you wish and gift them to your family members or keep them to give to your teachers and friends, as a token of your appreciation to them!

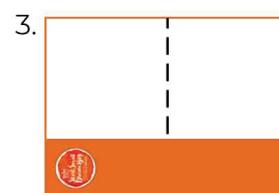
You can print out the template on the next page or use any coloured papers you have. Let's get started!



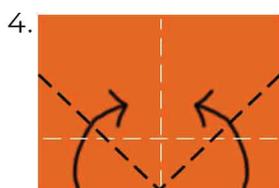
With the white side facing up, fold vertically and horizontally.



Fold the quarter of the paper upwards.



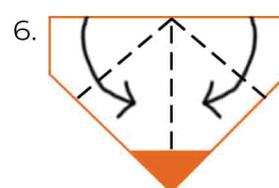
After folding, flip over to the coloured side.



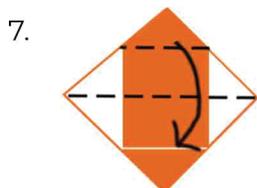
Fold up the bottom edges so that both ends meet in the centre.



Your paper should now look like this.



Fold down the top two edges so that both ends meet in the centre.



Fold down the top edge.



Fold edge triangles along the inner edge.



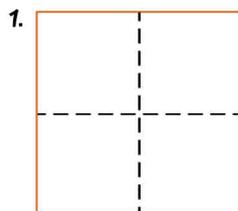
Fold top corners down to edge made by the top flap fold.



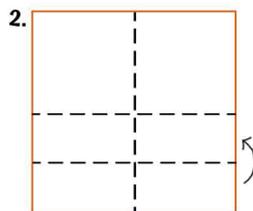
Done!



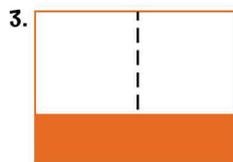
**SSDB Heart
Origami Guide**



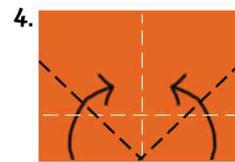
1. With the white side facing up, fold vertically and horizontally. Unfold.



2. Fold the quarter of the paper upwards.



3. After folding, flip over to the coloured side.



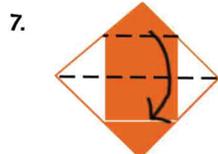
4. Fold up the bottom edges so that both ends meet in the centre.



5. Your paper should now look like this. Flip over.



6. Fold down the top two edges so that both ends meet in the centre.



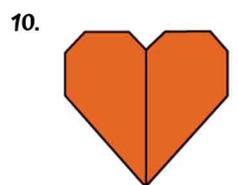
7. Fold down the top edge.



8. Fold edge triangles along the inner edge.



9. Fold top corners down to edge made by the top flap fold.

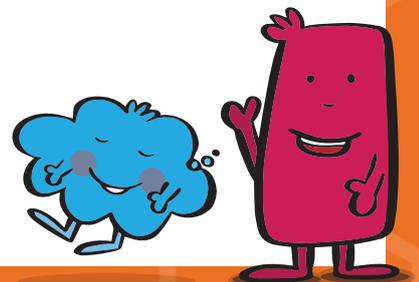
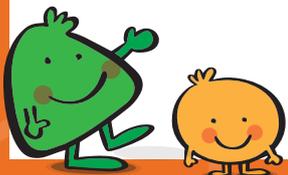


Done!



Let's Review!

What have you done to help keep your home clean?
Draw or write down your thoughts.



Caring for the Community

Learn the value of community, and how to be considerate, grateful, compassionate, empathetic and inclusive.



Do you know what it means to be **considerate**?

When you are considerate, you are careful in the things you say or do so that you would not unknowingly trouble or cause harm to others. There are two simple things you can do to show consideration during this virus outbreak.

*Go to page 12 & 13 for activity sheet

1.



Stay at home whenever possible.

2.



Wear a mask when you are outside.



Do you know what it means to be **grateful**?

When you are grateful, you are thankful and appreciative for something that you have received or was done for you. Let us practise gratitude as we draw or pen down our thoughts and feelings.

*Go to page 14 for activity sheet



Do you know what it means to be **compassionate & empathetic**?

When you are compassionate, you show kindness, care and the willingness to help others. When you are empathetic, you are able to think in other people's shoes and understand why they feel a certain way. Let us show kindness and empathy at all times!

*Go to page 15 for activity sheet



Do you have a new classmate or know someone who always sits by themselves or plays alone?

Invite them to join you and make new friends! Similarly, we might find ourselves neglecting or ignoring certain groups of people in a community. Let us take this period to learn how to care, respect and show concern for others who are different from you.

Activity #5: Consideration for Others

Let's Colour!

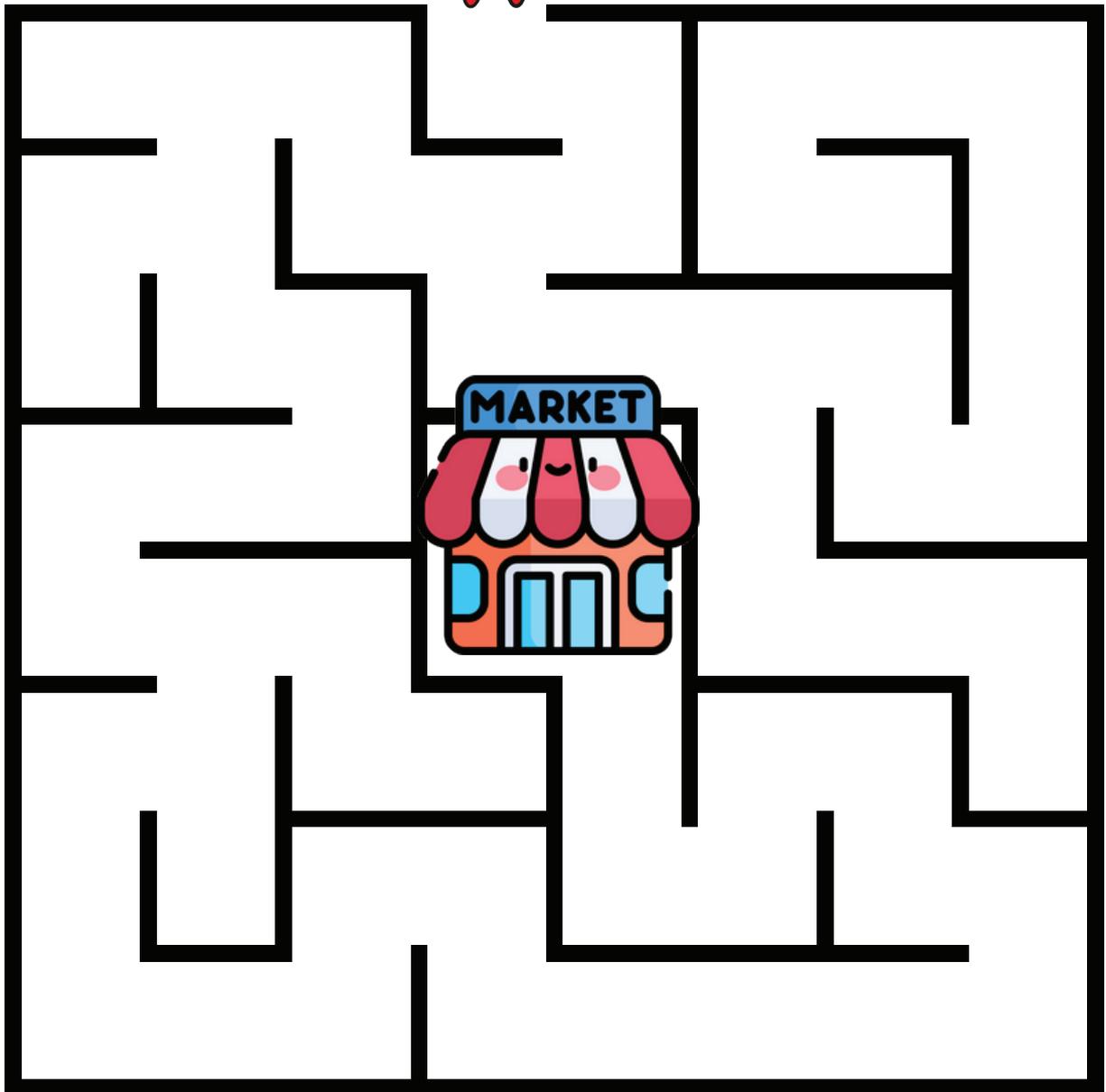


Stay at home whenever possible.
Draw a picture of your home and family!

Activity #6: Consideration for Others

Help Cony Find Her Way!

Cony is heading out to the supermarket to get essentials. She remembers to wear a mask when she goes out. Help her get to the supermarket safely!



Activity #7: Grateful Journal

Record down your memories!

Start journaling regularly for this month. Write a sentence or two about what you are grateful for. You can print this page for every entry. Remember to write in the date!



Date: _____

How was your day today?

Today, I did

I am thankful for

In the box below, draw how you feel and/or what you did today.

I feel...

*For younger children, parents can help to write down their thoughts.

Activity #8: "Because I Care" Challenge

Let's Care!

Complete at least 2 of the challenges for each category.
Let's show kindness and empathy during this period!

Reaching out to the elderly

- Order food for elderly and send to their home through contactless delivery.
- Help to set up their healthcare appointments.
- Stay connected with your grandparents through phone or video calls.



Appreciating frontline workers

- Post encouraging notes to Facebook groups - **SG Healthcare Heroes #HealthcareHeroes #SGUnited**
- Smile or nod to them instead of avoiding them when in public.
- Donate to **Courage Fund** which supports patients, healthcare workers and the wider community.
- Do small deeds and activities to show encouragement and support **#SGUnited**.



Maintaining good hygiene

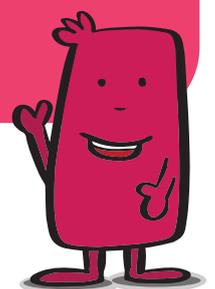
- Wash your hands frequently.
- Cover your mouth with tissue when sneezing or coughing and always dispose them after.
- Use hand sanitizer in the absence of handwashing facilities.
- Use serving spoons when having group meals.
- Keep toilets clean and dry.

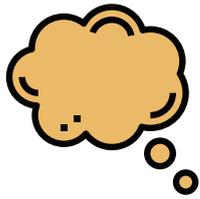


Do your part by practising good personal hygiene both at home and in public!

Care for others

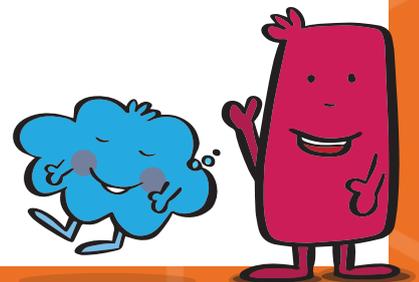
- Practise social distancing when in public.
- Remind friends to wear their masks properly.
- Together with your parents, share positive news and acts of kindness with the community.
- Buy only what your family needs.





Let's Review!

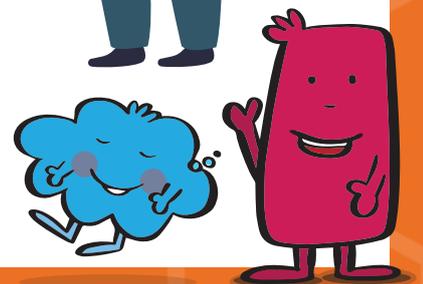
Do you know who our frontliners are?
Write down what you would like to say to thank them!





Let's Review!

Do you know who our frontliners are?
Write down what you would like to say to thank them!



3 Caring for the Environment

Earth is our home. If our actions end up hurting the Earth, we will suffer the consequences of our actions.



However, if we take care of nature, then nature will also take care of us in return!

Let us learn the importance of recycling and reusing with the following comic strip about the adventure of a plastic container.

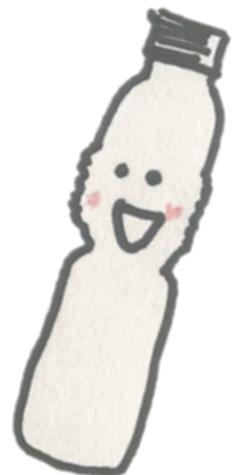
<p>1 I remember when I was first packed with delicious Hokkien mee to be delivered to someone's home....</p> <p>*sounds exciting*</p>	<p>2 On the way, I became really excited to meet the ones who have ordered the food! Who would I see?</p> <p>Soon after reaching home, the family began unpacking the food from the plastic bags and brought out utensils from their kitchen.</p>	<p>3</p> <p>You know what? They devoured the food so quickly!</p>	<p>4 Ahhh...It's always a joy to see people enjoy food so well!</p>
<p>5 Then, they brought me to the sink, gave me a good wash and left me on the dish rack to dry.</p>	<p>6 *a few days later*</p> <p>Meimei, today we are going to grow some green bean sprouts. Are you excited?</p>	<p>7 Before I knew it, I was transformed...</p> <p>...into a holder!</p>	<p>8 They placed me near the windows...</p>
<p>9 ...and watered me every day.</p>	<p>10 I was just as excited as the family to see the seeds sprout!</p>	<p>11 Some managed to sprout beautifully.</p> <p>Some did not sprout at all, but it's okay.</p>	<p>12 After the success, I overheard Mummy telling Meimei that they will try growing tomatoes next!</p>
<p>13 Then, they cleared me up once again and sent me to the recycling bin. So here I am!</p>	<p>14 Wow, what a ride!</p>	<p>15 Can't wait to be sorted out, remade into something useful and start a brand new journey!</p>	<p>16 Me too!</p>

Activity #9: Reduce Waste



Let's Think and Draw!

You have just read about the adventures of a plastic container. Now it's your time to continue the story of the Adventures of the Plastic Bottle. Let's get started!



Let's Grow and Germinate!



Now it's your turn to try growing green bean sprouts! Gardening teaches you about responsibility as you learn how to care for something on a daily basis and develop patience along the way.

Beans grow very quickly and there are many different kinds to choose from. Let's grow some beans and watch them germinate!

Material List

- 50g of Green Beans
- Any cleaned plastic bottle
- A nail or screwdriver

Let's get started!

Step 1:

With adult supervision, use a nail or screwdriver to poke holes around and at the bottom of the bottle. They serve as a drainage system.

Step 2:

Next, wash the beans to remove dirt. Pour the beans into the bottle and screw in the bottle cap tightly.

Step 3:

Store it in a dark place. For instance, putting it in a black plastic bag. Remember to keep it horizontal at all times.

Step 4:

Water the bean sprouts twice daily. Fill a basin with water. Then, put the bottle in the water and lift it out vertically so the water can be drained out. Once done, store it in a dark place once again.

Step 5:

Record your observations with the template on right.



Record your observations below!

Record milestones of your plant's growth.

Date when you first planted the seed:

Date when it first sprouts:

Date when it first has leaves:

Weekly Growth Chart:
(Height of plant to be measured in **cm**)

1	2	3	4
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5	6	7	8
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

You can also set up a mini recycling station at home. It is as easy as setting up three bins anywhere in the house, preferably beside the actual rubbish bin.

Before that, let us learn what are considered recyclables and what are not.



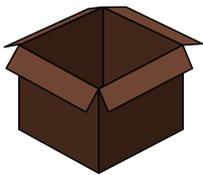
Recyclables



Plastic bottles and containers coded #1 and #2



Aluminium cans



Cardboard boxes



Glass bottles and jars



Newspaper, magazines or any kind of paper

Non-recyclables



Plastic bags and plastics coded #3 to #7



Shredded papers



Tanglers (hose, wires, ropes)



Styrofoam



Lightbulb

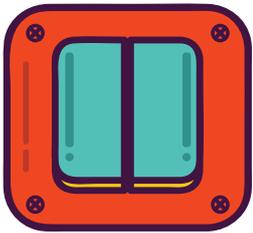


3 Caring for the Environment

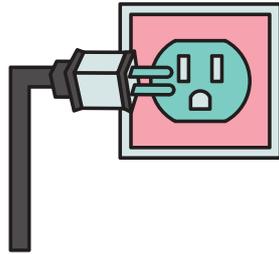


One way of caring for the environment is by using less energy. We can save energy by saving water and electricity.

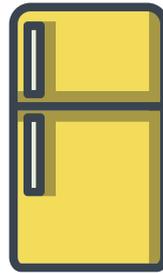
Let us learn on how we can save water and electricity at home. You can cut out the picture cards below and stick them around the house as reminders.



Switch off lights and fans when not in use.



Unplug electronic appliances when not in use.



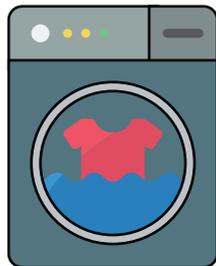
Be efficient with refrigeration. Maintain fridge at 2 to 3°C and freezer at -18°C.



Take shorter showers.



Hang dry your laundry.



When washing clothes, run in full loads.



Turn off the tap when brushing teeth and washing hands.



Check for leaks in taps.

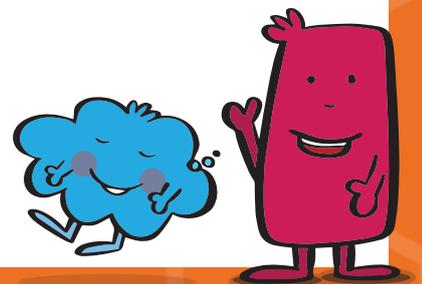
We have reached the end of the topic. Let's do a review!





Let's Review!

Draw or write down 3 ways you have cared for the environment this week.



Caring for Animals



Like us, animals have feelings. They know when they are being loved and cared for. Learn how you can respect animals and their habitats and how to interact gently with large and small creatures!



How do you show love and care for your pets?



Environment

Provide your pet with a safe, comfortable and clean environment to eat, play, rest, sleep and hide. Pet owners should continue to care for your pets while adopting good personal hygiene practices.



Feeding and Diet

Give your pet a well-balanced and nutritious diet in appropriate amounts at regular intervals.



Healthcare

Bring your pet to the vet if you notice that your pet is unwell or has any signs of injuries.



Well-being

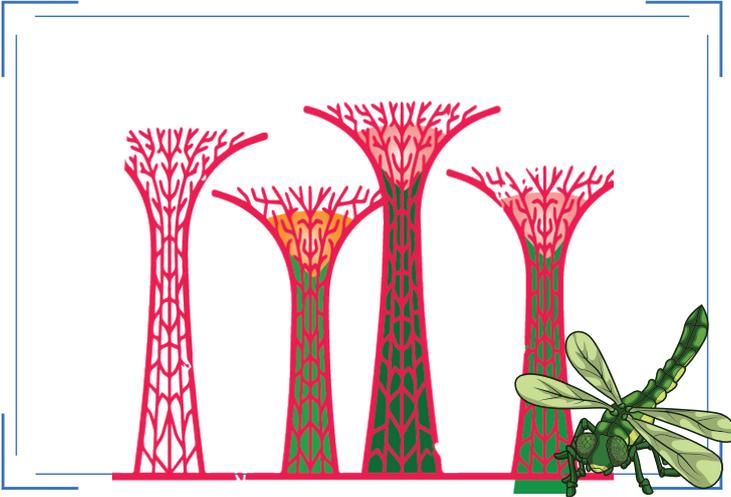
Wash your hands before and after interacting with your pets. Shower your pet with love, care and attention.

Why is it important to conserve wildlife?

By preserving and protecting animals, plants and their habitats, we are ensuring that future generations can enjoy our natural world and the rich biodiversity that live within it. Let us learn some actions Singapore is taking to conserve wildlife.



Have you seen dragonflies at Dragonfly Lake at Gardens by the Bay before?

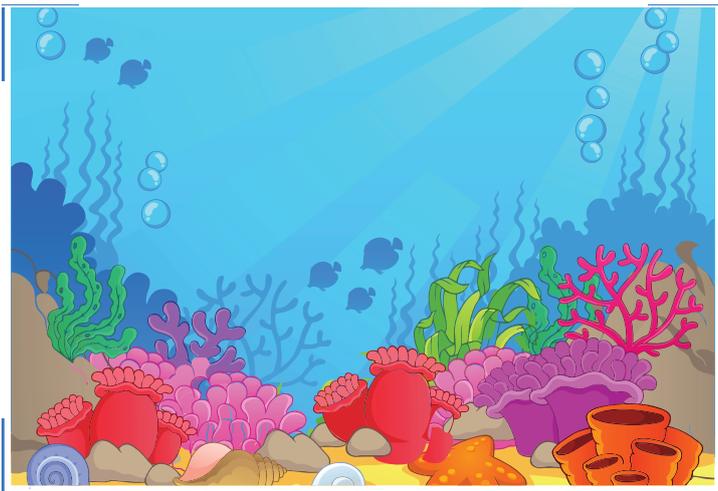


Dragonflies are important indicators of freshwater habitat quality.

The **117 species** found locally are being cultivated by enhancing waterbodies, such as ponds and streams, with plants important for dragonflies. The designs of parks such as Jurong Central Park, Admiralty Park and Gardens by the Bay are also being improved to enhance dragonfly habitats.

*Go to page 26 for activity sheet

Coral Nursery Project

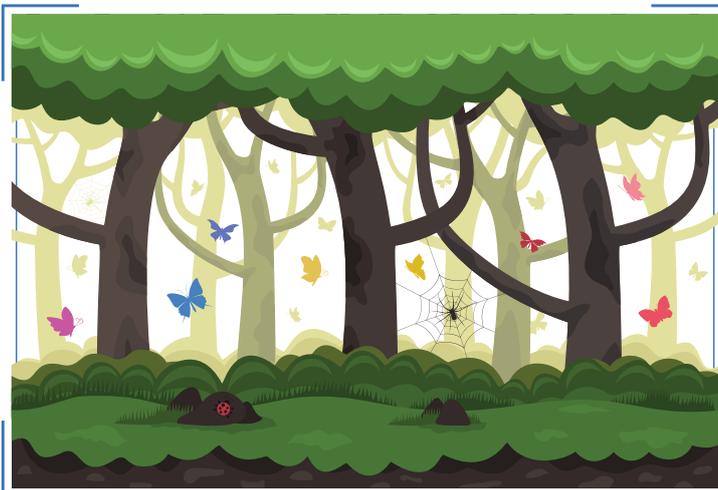


The reefs in Singapore are threatened by many human activities. In an attempt to restore the current coral cover in Singapore, the Pulau Semakau nursery is set up to harvest corals in a non-commercial way which uses coral fragments that lie free on the reef.

After the coral fragments successfully grow, they will be transplanted to degraded reef sites in southern coast of Singapore.

Draw some fishes in the picture!

Saving Chek Jawa



In the past, Chek Jawa was identified as a site for reclamation. However, many felt so strongly about the natural heritage of Chek Jawa that they appealed to the Government to seek alternate solutions.

After much consideration, the Government decided to keep Chek Jawa in its natural habitat state as long as it is not needed for development.

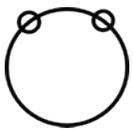
Can you count the number of butterflies in the picture?

Activity #11: Raising awareness on Wildlife Conservation

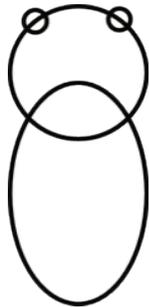
Let's Draw!

Learn how to draw a dragonfly with circles, rectangles and lines!

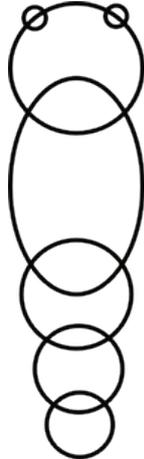
1.



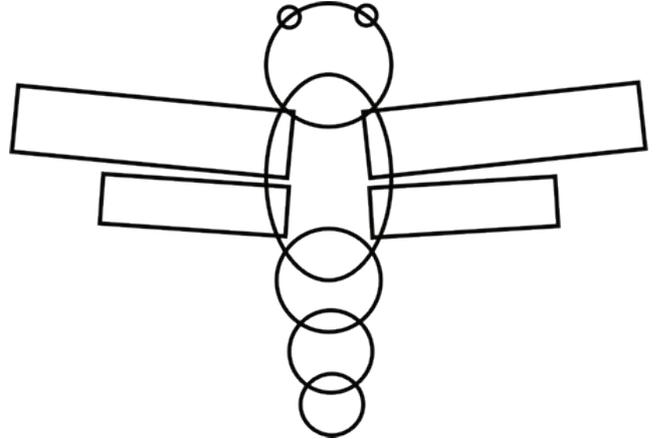
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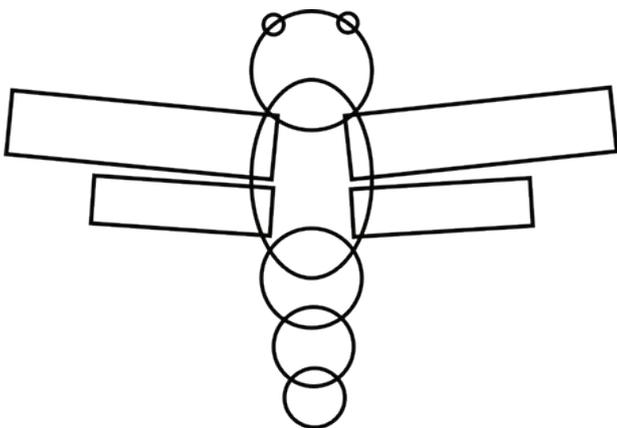
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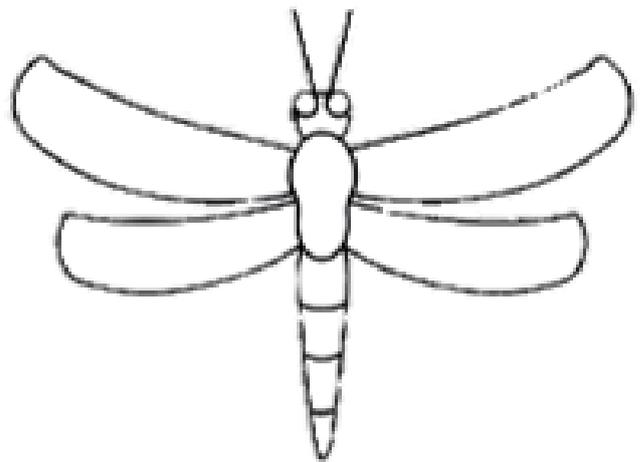
4.



5.



6.



Smoothen the edges and erase the extra lines to get your dragonfly!

Activity #12: Raising awareness on Wildlife Conservation

Let's Craft!

We are going to make jellyfishes out of recycled materials to remind us that we need to save our waters and wildlife at sea. The next time you head down to a beach, remember to not litter and pick up plastic bags left behind. This is because plastic bags look like jellyfishes when floating in the ocean, and if a turtle swallows a plastic bag, it may cause death. Many turtles die every year from swallowing plastic debris, or after entanglement with plastic.

Learn how to make Jellyfish Puppets by repurposing and using recycled materials!

Material List

- Egg Carton
- Paint
- Paint Brush
- Yarn
- Googly Eyes
- Hot Glue Gun
- Scissors



Let's get started!



Step 1:

Cut out 2 sections of your egg carton and paint them to your liking.



Step 2:

While the paint is drying, cut about 30cm of yarn. Tie a knot at the end of the yarn.



Step 3:

Glue the tied end of the yarn into the egg carton. Use a hot glue gun for a better result. Repeat Step #2 and Step #3 until you get the desired number of 'tentacles'.



Step 4:

Glue on the googly eyes onto the egg carton.

Activity #13: Raising awareness on Wildlife Conservation

Let's Craft!

Today, we will learn how to make a sailboat using recycled materials you can find at home. If you do not have any wine corks, improvise and use other recycled materials such as plastic lids or styrofoam trays. You may even turn it into a STEAM challenge and take this chance to explore and play with different materials.

Do this craft activity with your child and teach them about the harmful effects of overfishing and pollution to ocean health. You can use the recycled sailboat during playtime!



Material List

- Corks (At least 3)
- Elastic Bands
- Paper or Card
- Scissors
- Wooden Skewer



We have reached the end of the topic. Let's do a review!



Let's get started!



Step 1:

Choose 3 corks and tie them together with 2 elastic bands. You may glue the corks together to make it more secure.



Step 2:

Cut 2 sail shapes out of construction papers or card. Then, cut 2 little diamond shapes out of the same material.



Step 3:

Poke holes on the paper/card and pierce through it using the wooden skewer. Take note of the sharp edges.



Step 4:

Cut the wooden skewers so they are not too long. Then, poke it into the cork.



Step 5:

Put the flag on top of the sail and start sailing!

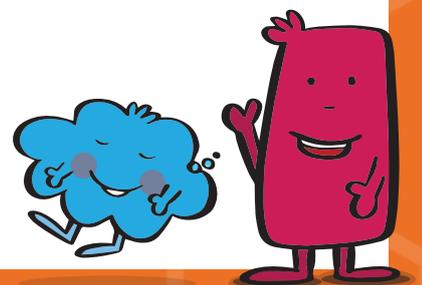
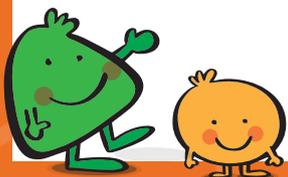


(c) Kindred Studio



Let's Review!

What have you learnt from the topic of Caring for Animals? Draw or pen down your thoughts.



Learn the importance of embracing diversity and growing stronger together !



How to embrace diversity?

Embracing diversity is about getting to know and appreciate people of different religions, cultures, ethnic groups, socio-economic groups, or ages. We can work together to embrace diversity through the following ways:

*Go to Page 31 for activity sheet



Acknowledge diverse perspective on issues



Always lend a helping hand



Appreciate the differences



How to grow stronger TOGETHER?

Embracing diversity is about getting to know and appreciate people of different religions, cultures, ethnic groups, socio-economic groups, or ages. We can work together to embrace diversity through the following ways:

*Go to Page 32 for activity sheet



Include everybody in your conversations

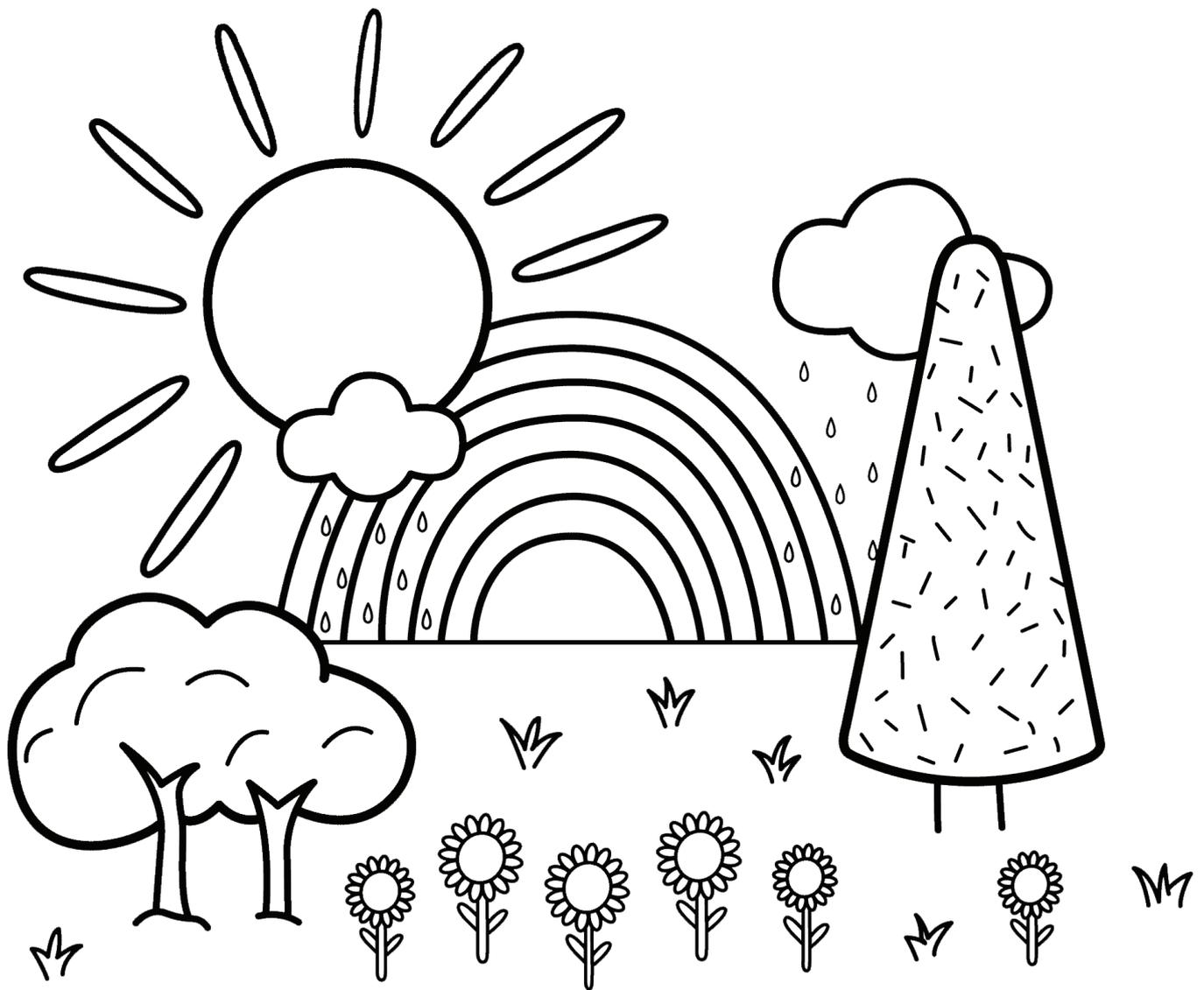


Be adaptable

Activity #14: Embracing diversity

Colouring Time!

Pick up your colour pencils or crayons and fill the octopus up with diverse colours.



Activity #15: Growing Stronger Together

Inclusivity

Find the words!

A	E	Q	U	A	L	B	R	U
U	Z	H	J	D	S	E	V	N
X	A	V	K	P	H	G	F	I
M	Q	N	A	T	I	K	L	T
J	E	V	E	R	Y	O	N	E
C	W	G	B	S	J	N	O	D
T	O	H	B	A	I	O	U	C
T	Z	V	A	L	U	E	S	N

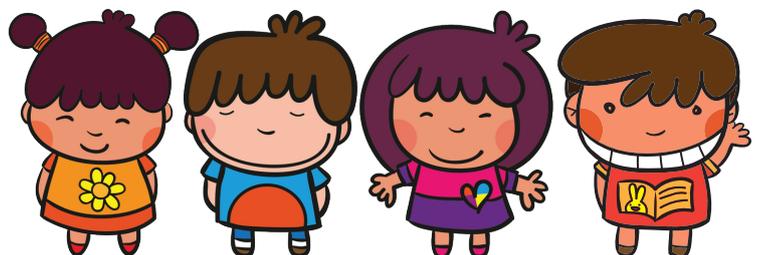
Equal

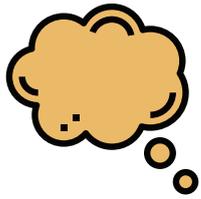
Values

Everyone

Together

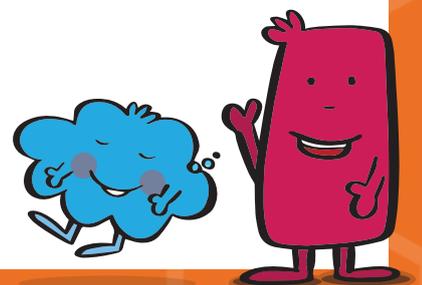
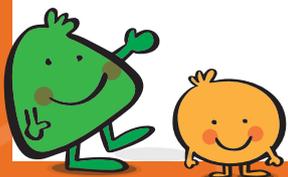
United





Let's Review!

What have you learnt from the topic of Inclusivity and Diversity? Draw or pen down your thoughts.

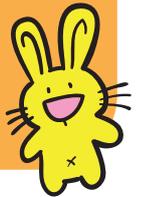


Final Review!



Which activity did you enjoy most?

What have you learnt?



Would you continue to show care
in your own ways?





Thank you!



The Great Carer

Thank you for joining us on this journey.
Don't forget to continue the spirit of caring and giving!



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*"No one can do everything,
but everyone can do something!"*