



MY HOME, MY KAMPONG 吾爱吾家

Activity Booklet for Seniors 乐龄创意手册





<p>If you know of any seniors and caregivers who need information about community care services or assistance with care, contact Agency for Integrated Care (AIC).</p>	<p>如果您认识需要社区护理服务或资讯的年长者和看护者，请联系护联中心 (AIC)。</p>	<p>Jika anda tahu warga emas dan penjaga yang memerlukan maklumat mengenai khidmat penjagaan masyarakat untuk warga emas, atau memerlukan bantuan penjagaan warga emas, sila hubungi Agensi Penjagaan Bersepadu (AIC).</p>	<p>உங்களுக்கு சமூக பராமரிப்பு சேவைகள் அல்லது பராமரிப்பு உதவிகள் தேவைப்படும் முதியோர்கள் / பராமரிப்பாளர்கள் பற்றி தெரிந்தால், ஒருங்கிணைந்த பராமரிப்புக்கான நிறுவனம் (AIC)ஐ தொடர்புக்கொள்ளுங்கள்.</p>
<p>Call ☎ 1800-650-6060 (Monday-Friday 8.30am-8.30pm; Saturday 8.30am-4pm)</p>	<p>电话: ☎ 1800-650-6060 服务时间: 周一至周五, 早8点30分 -晚8点30分 周六, 周日, 早8点30分-下午4点</p>	<p>Melalui ☎ 1800-650-6060 (Isnin-Jumaat 8.30 pagi-8.30 malam; Sabtu 8.30 pagi-4.00 petang)</p>	<p>☎ 1800-650-6060 (திங்கள் முதல் வெள்ளிக்கிழமை காலை 8.30 முதல் இரவு 8.30 மணி வரை; சனிக்கிழமை காலை 8.30 முதல் மதியம் 4 மணி வரை).</p>
<p>Website: https://www.aic.sg</p>	<p>网址: https://www.aic.sg</p>	<p>Lungsuri: https://www.aic.sg</p>	<p>இணையத்தளம்: https://www.aic.sg</p>
<p>Visit 浏览 Kunjungi பார்வையிடவும்</p>		<p>AIC Link (https://www.aic.sg/resources/AIC%20Link)</p>	



Welcome!

This is the second activity booklet for seniors entitled *My Home, My Kampong!*

We hope that as you complete the 16 activities at home, you will recall these well-loved places in Singapore.

Enjoy and share these fun crafts and puzzles with your friends and family.

As before, there are useful resources at the back of the booklet.

Stay well!

Agency for Integrated Care (AIC)

欢迎!

这是我们的第二本乐龄创意手册
<吾爱吾家>!

希望当您在家中完成这16项活动时，
您会回想起这些在新加坡备受
喜爱的地方。

您可以与家人和朋友分享这有趣的手
工艺和游戏。

与上系列一样，手册的最后几页有提
供资源。

祝您身体安康!

护联中心 (AIC)

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Find it 找一找



Pre-war
Houses
战前房屋



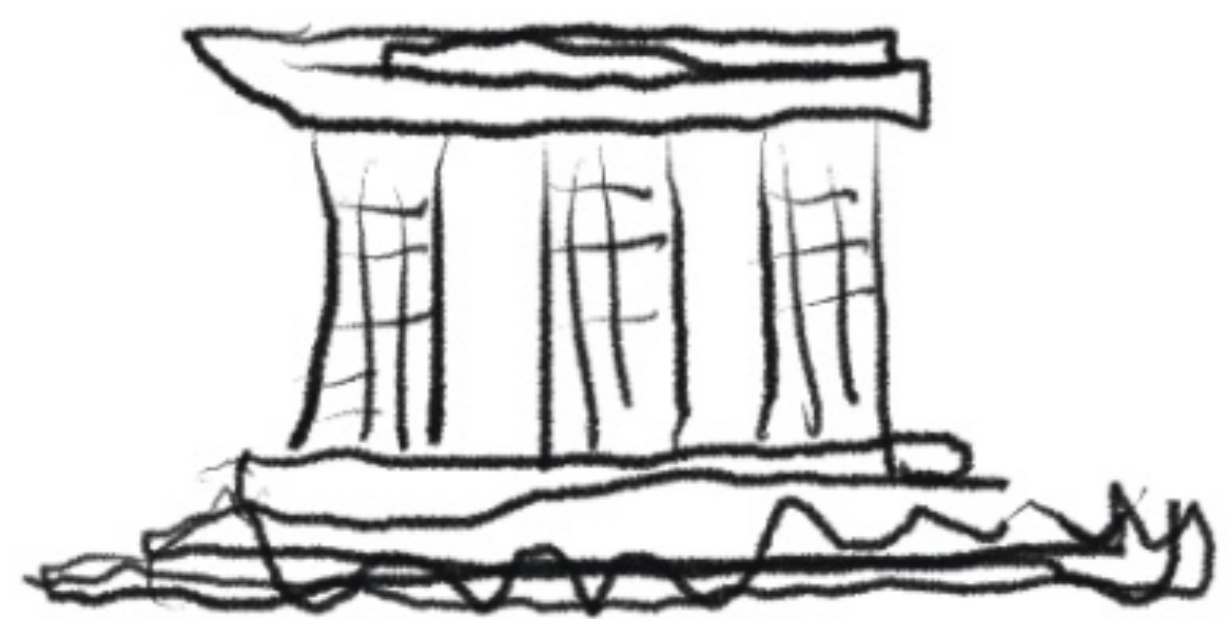
Hat
帽子



Camera
相机



Merlion
鱼尾狮



Marina Bay Sands
滨海湾金沙



Esplanade
滨海艺术中心



Sunglasses
太阳眼镜

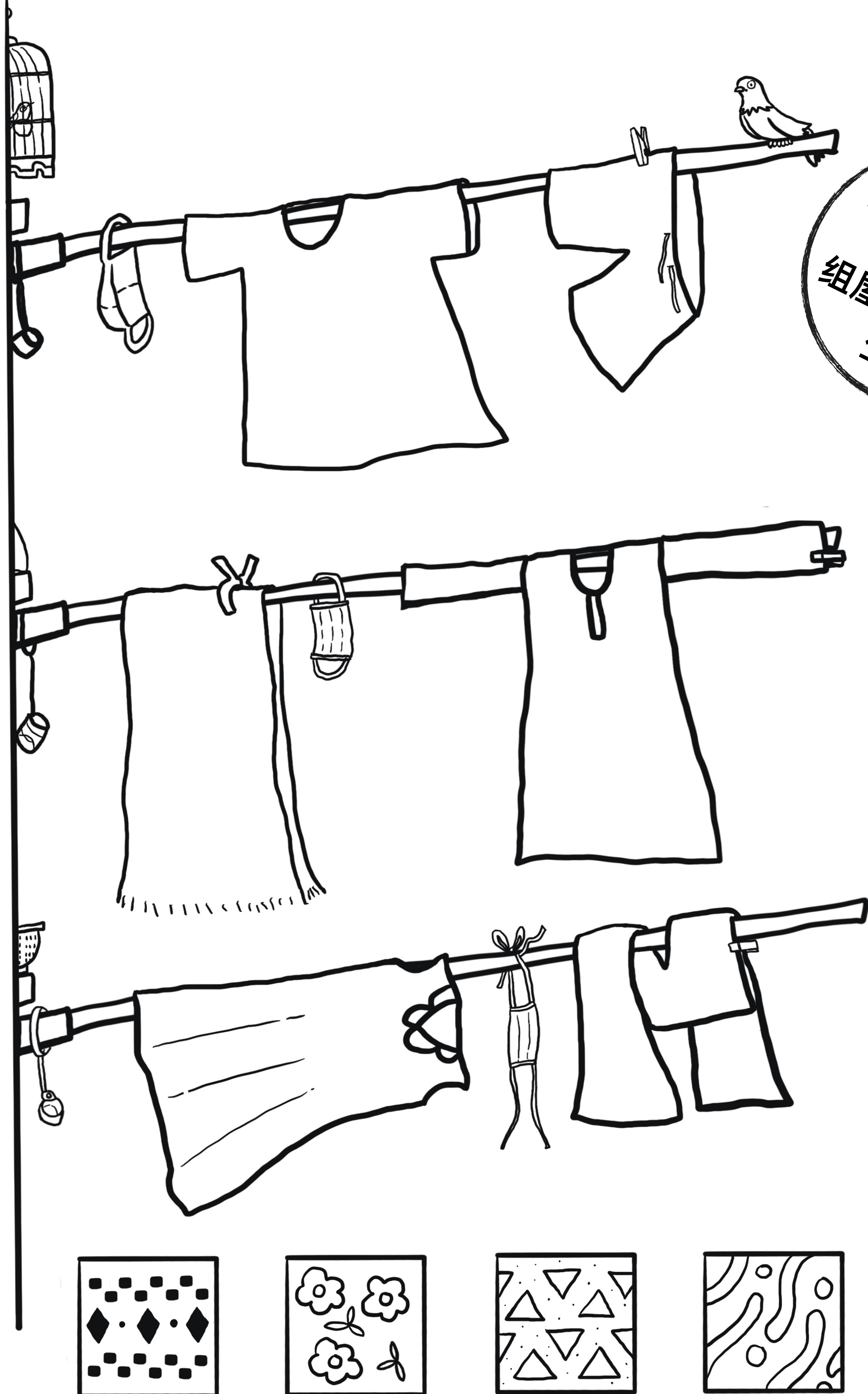


Gardens by the Bay
滨海湾花园



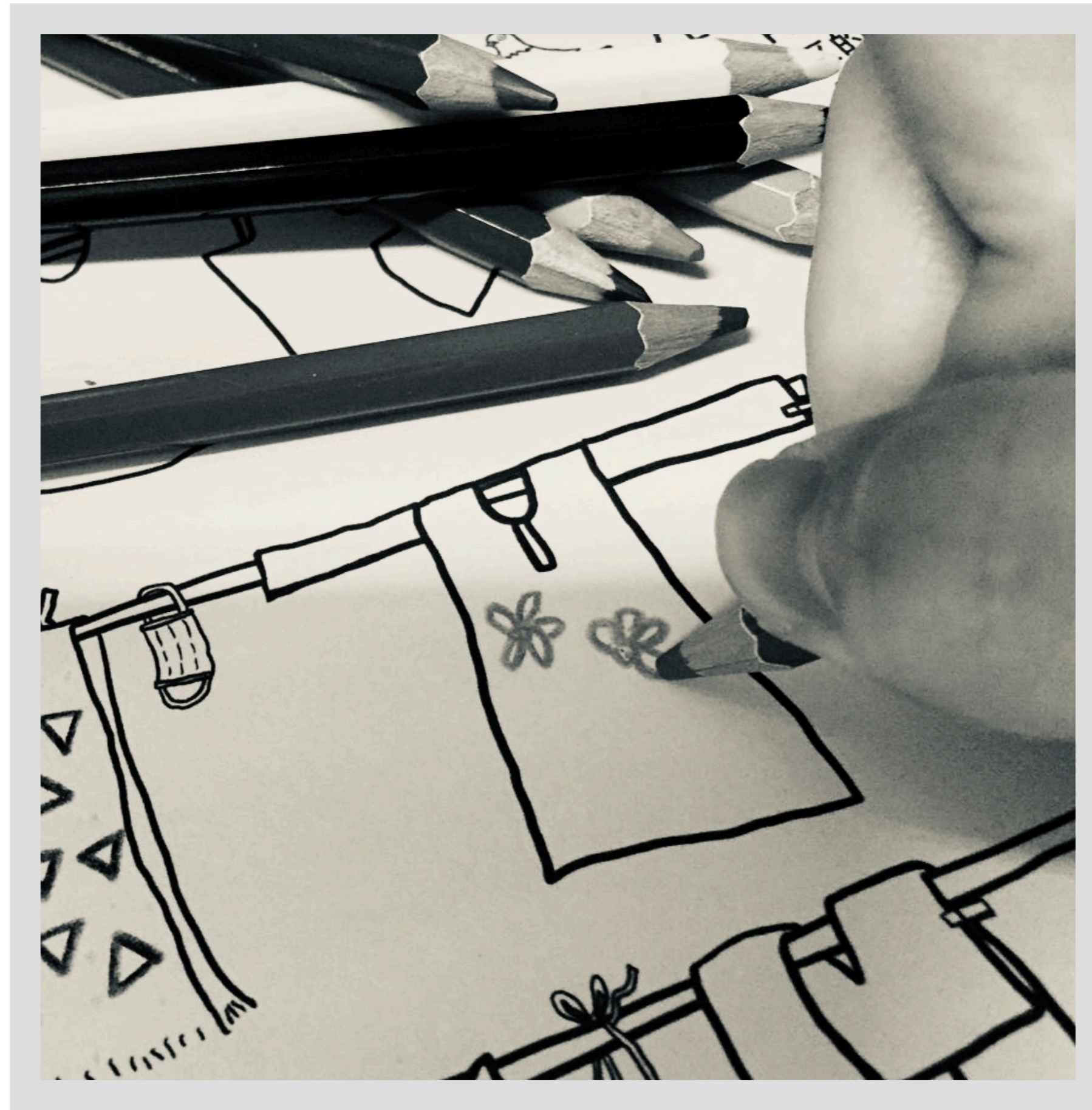
Taxi
德士





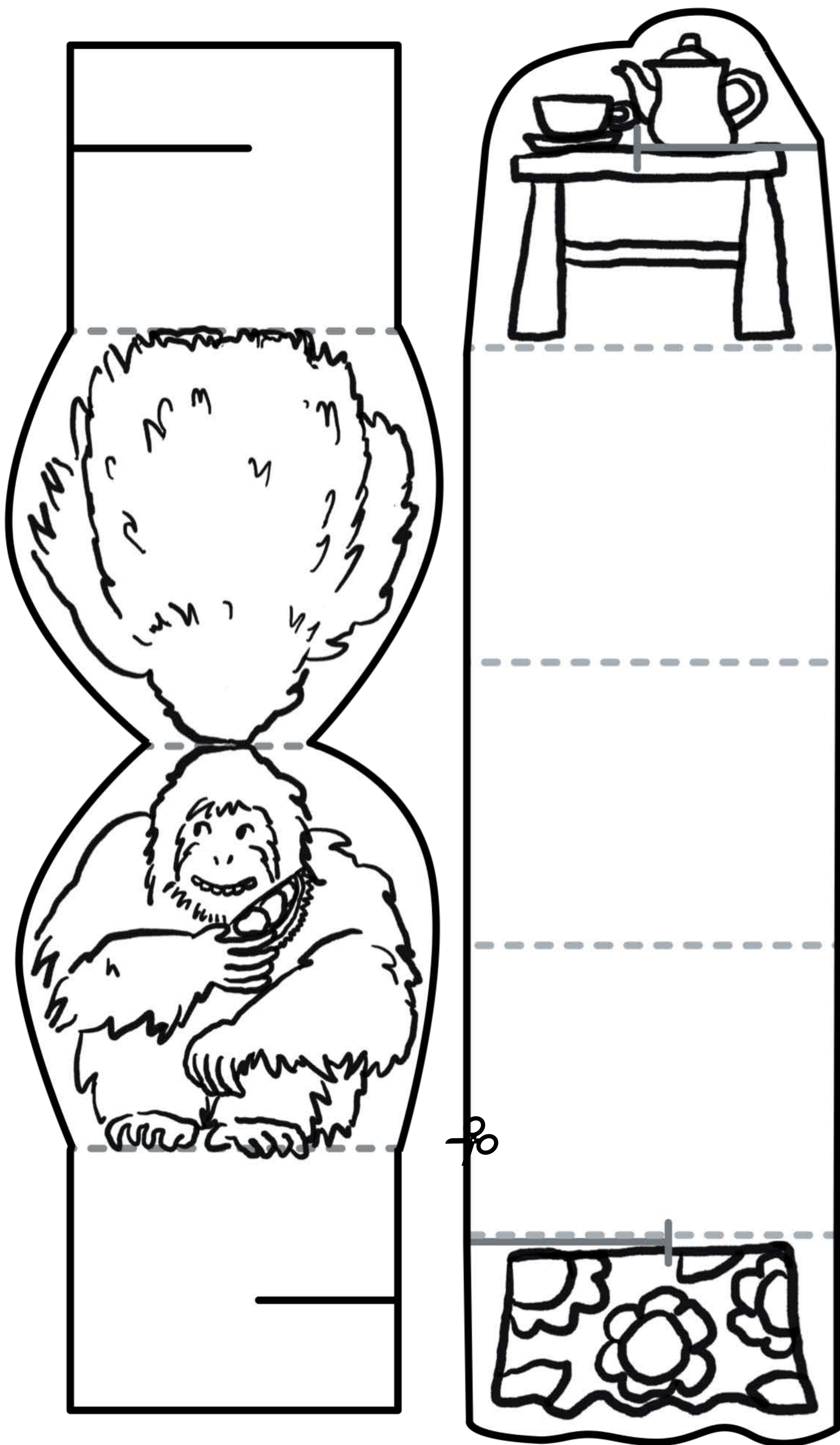
Daily
Life in HDB
Flats
组屋区的日常
生活

Your Design 您的设计



Add colourful designs to the clothing. Some patterns are provided to give you ideas.

为衣服添加色彩鲜艳的设计。在左下角有一些图案可供您参考。

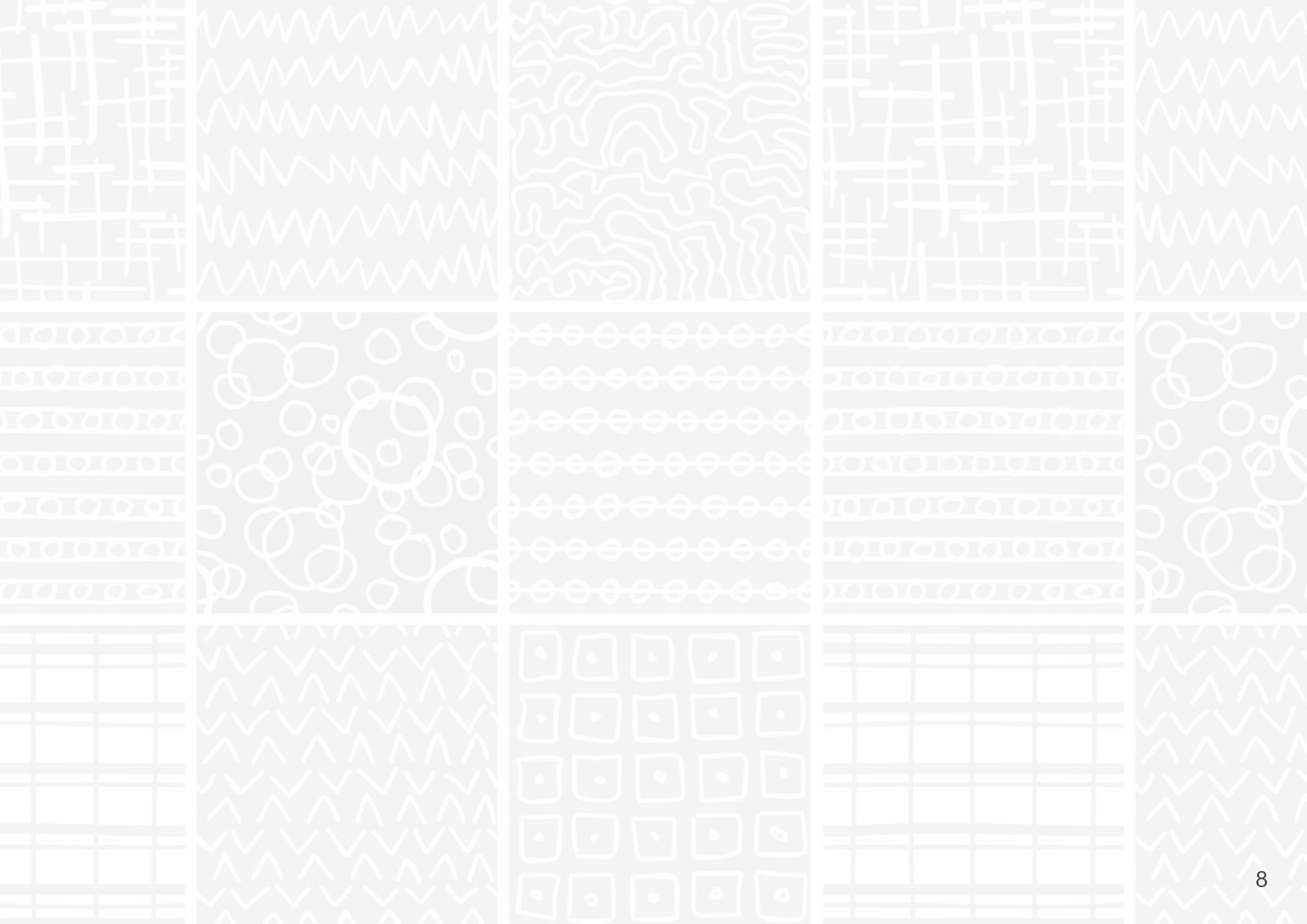


Make This 造起来

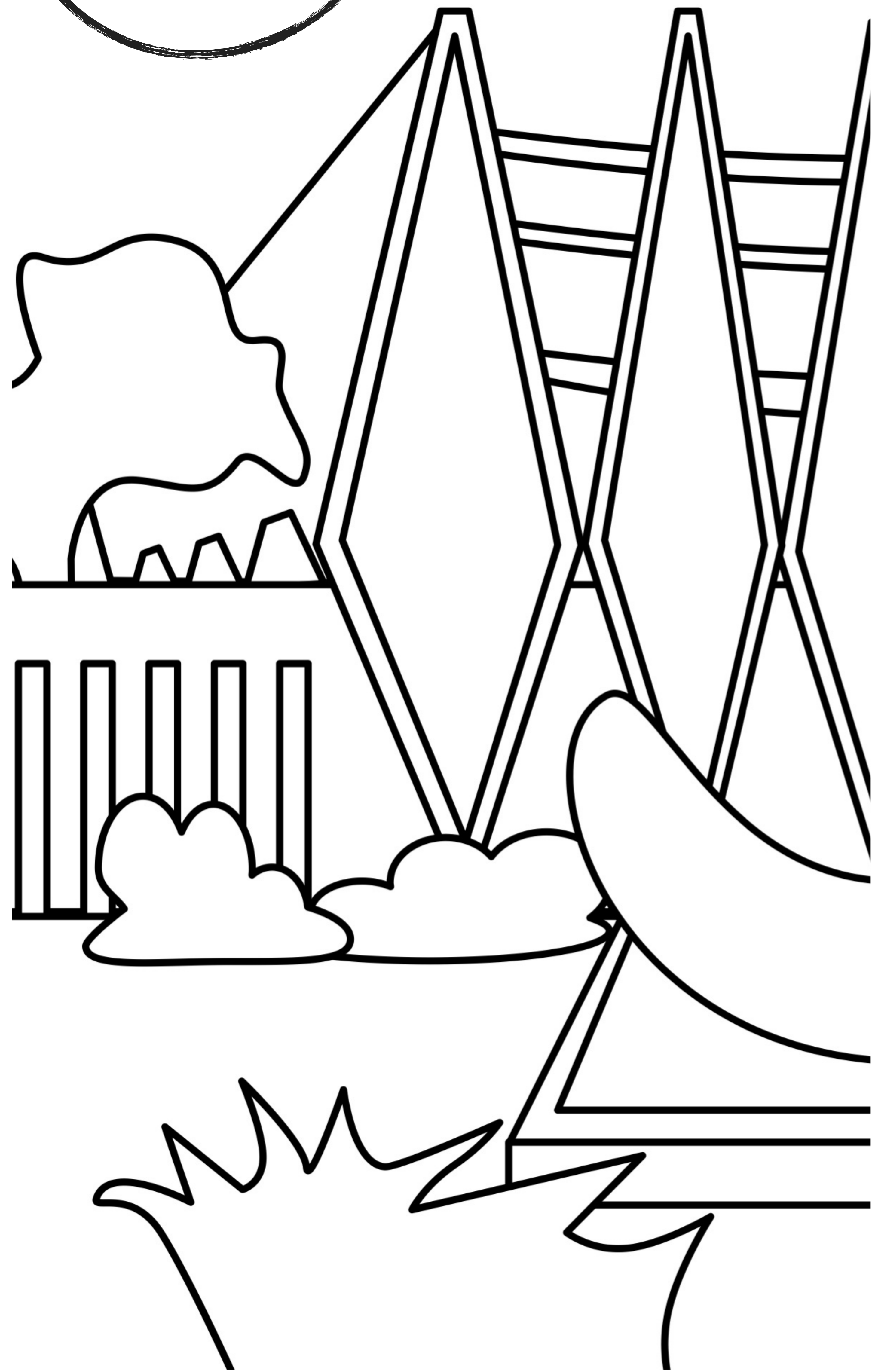
Cut and fold along the dotted lines accordingly to create a three-dimensional image.

把构图剪下，沿着横线的地方对折把构图立起来。

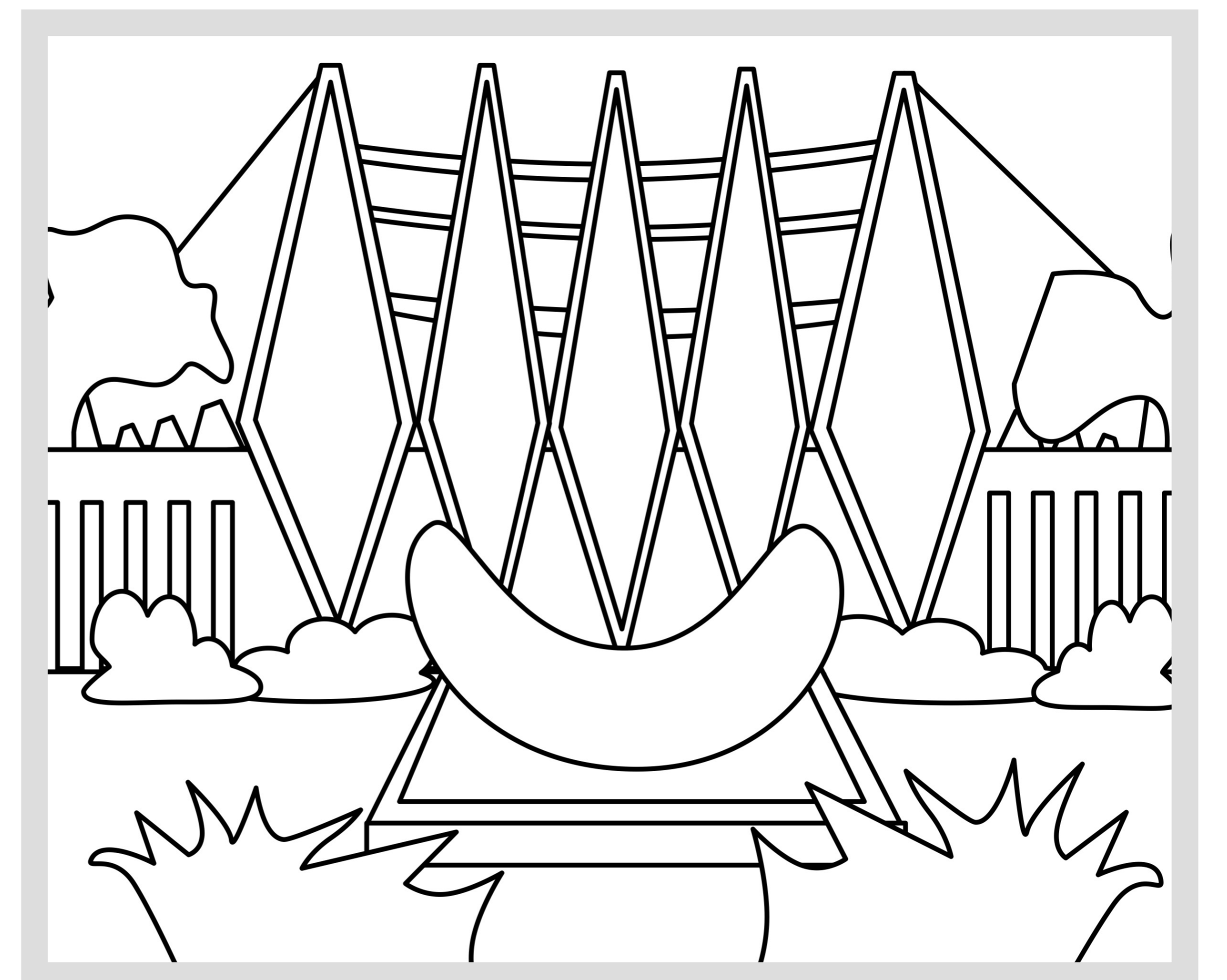




National
Theatre
国家剧场



Draw the
Other Half
画出另一半



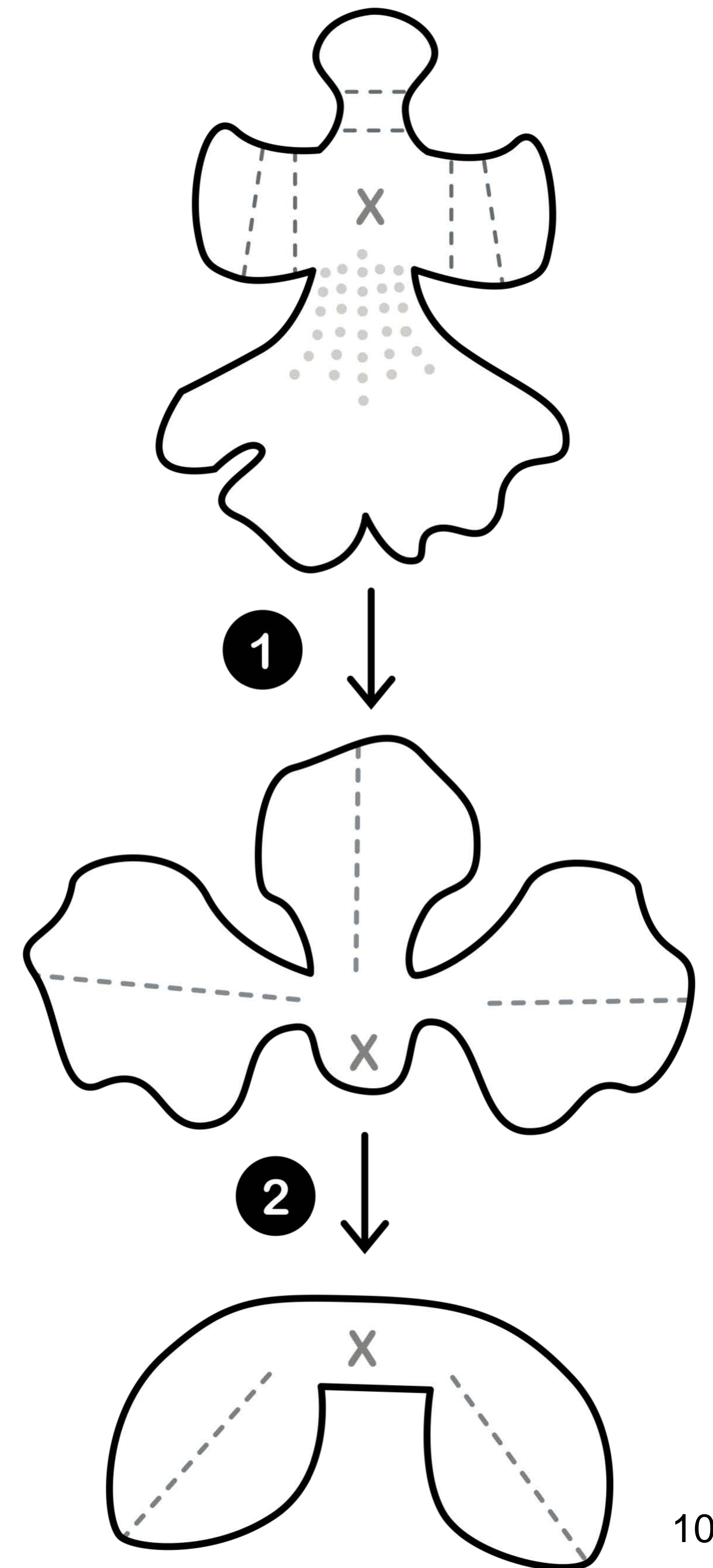
Make This
造起来

Our National
Flower - Vanda
Miss Joaquim
我们的国花 - 卓锦万
代兰



Add colours to each of the 3 parts on the right.
Cut out and crease them as indicated. Glue
them together to make a 3D orchid.

为右边的图案填上颜色之后把图案剪下并折痕。
然后把它们粘起来形成立体胡姬花。



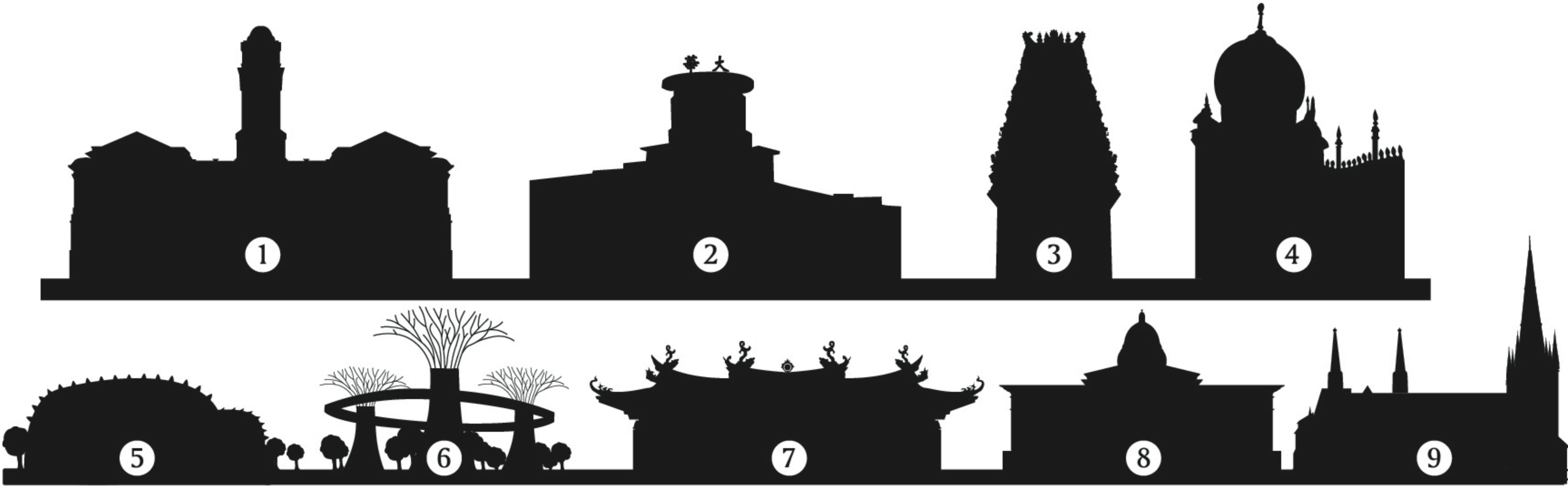
Famous Landmarks
著名的地标

Match it 配一配

Identify the building's silhouette and indicate the number to its correct landmark.

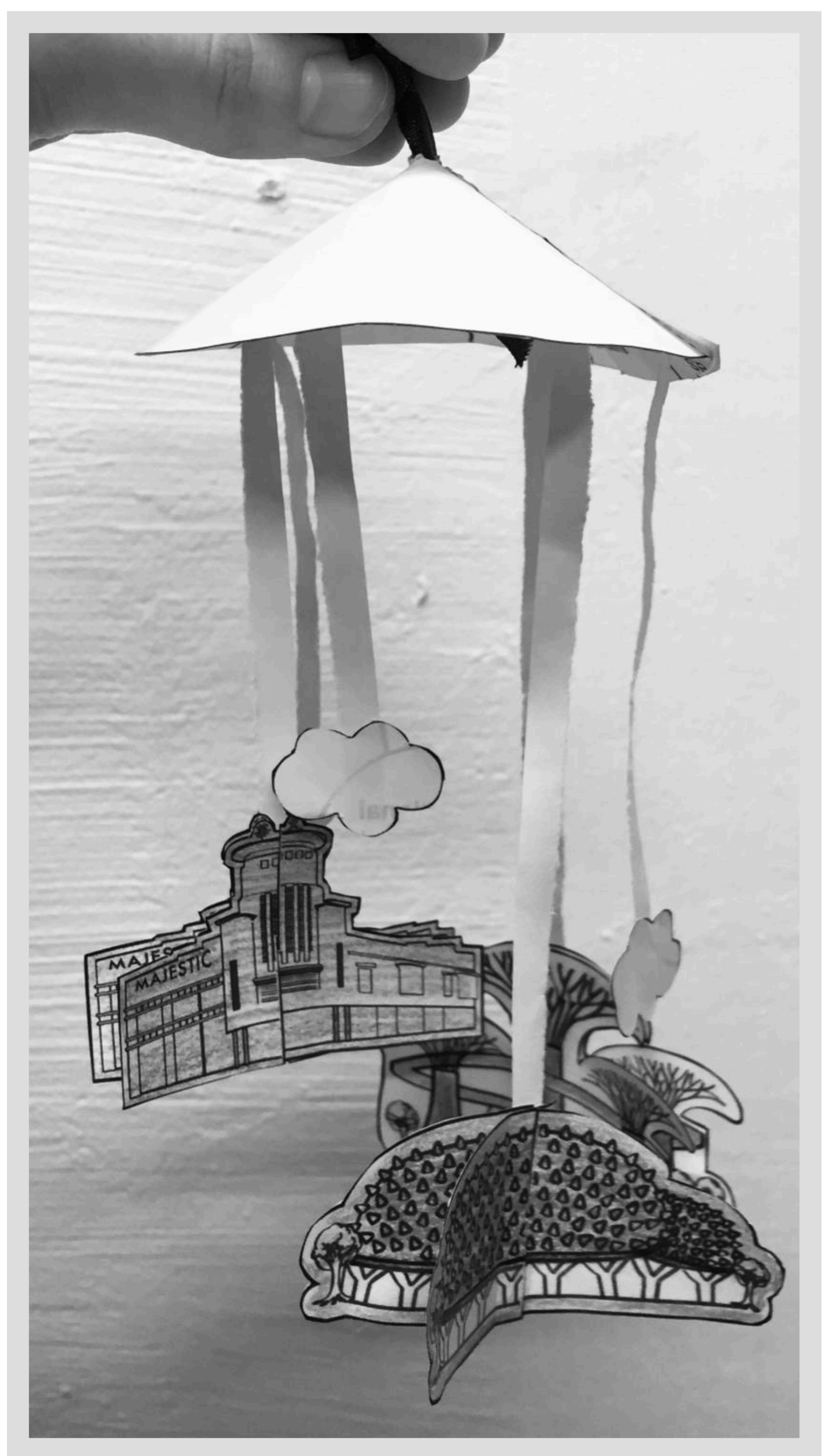
识别建筑物的轮廓并在正确的地标名称上标明编号。

- | | | | | | |
|-----------------------|---|-----------------------|---------------------------------|-----------------------|----------------------------------|
| <input type="radio"/> | Thian Hock Keng Temple
天福宫 | <input type="radio"/> | Majestic Theatre
大华戏院 | <input type="radio"/> | Former Supreme Court
前最高法院 |
| <input type="radio"/> | Victoria Theatre and Concert Hall
维多利亚剧院与音乐厅 | <input type="radio"/> | Sri Mariamman Temple
马里安曼兴都庙 | <input type="radio"/> | Esplanade
滨海艺术中心 |
| <input type="radio"/> | Sultan Mosque/
Masjid Sultan
新加坡苏丹回教堂 | <input type="radio"/> | Gardens by the Bay
滨海湾花园 | <input type="radio"/> | St. Andrew's Cathedral
圣安德烈座堂 |

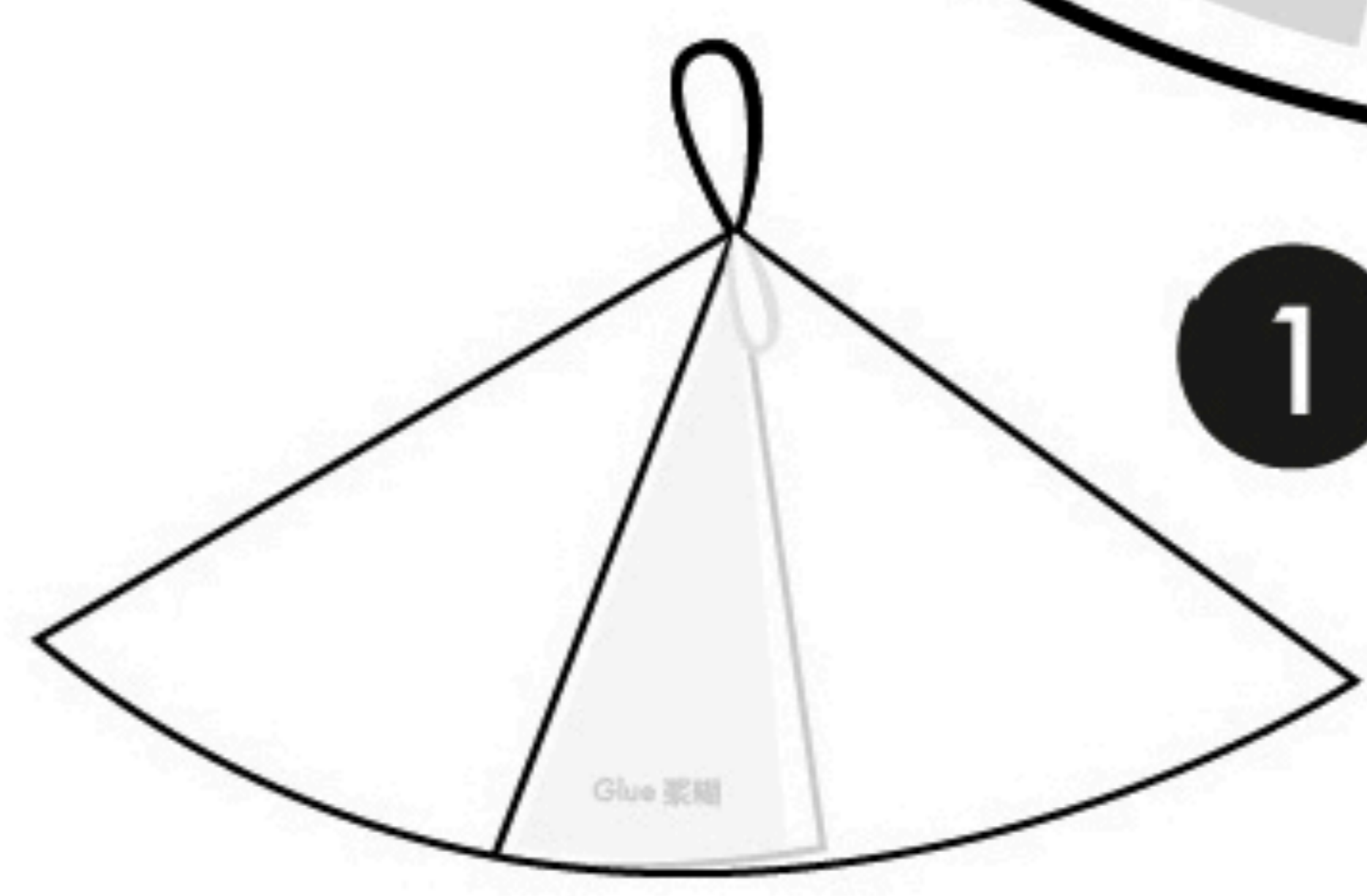
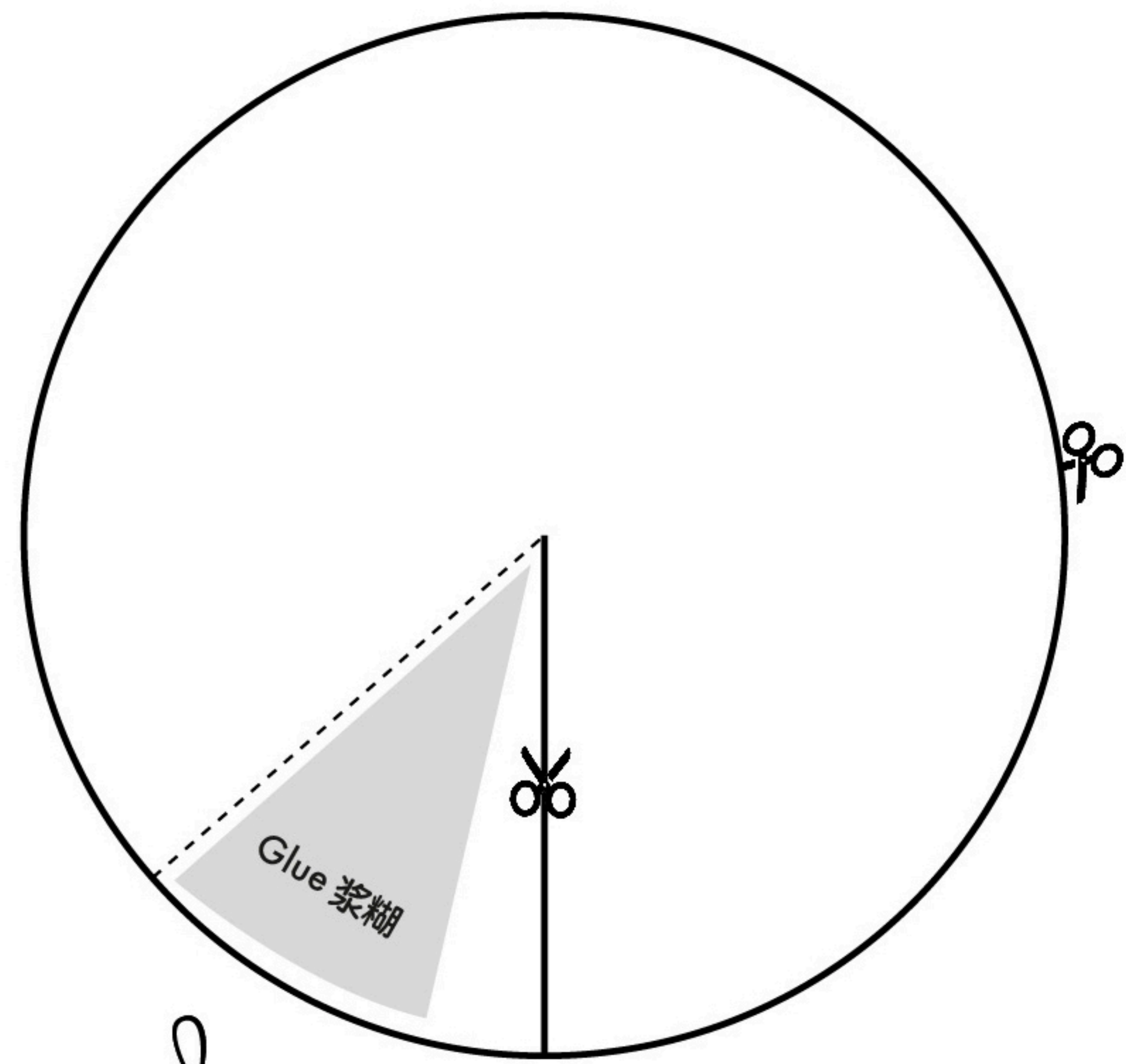
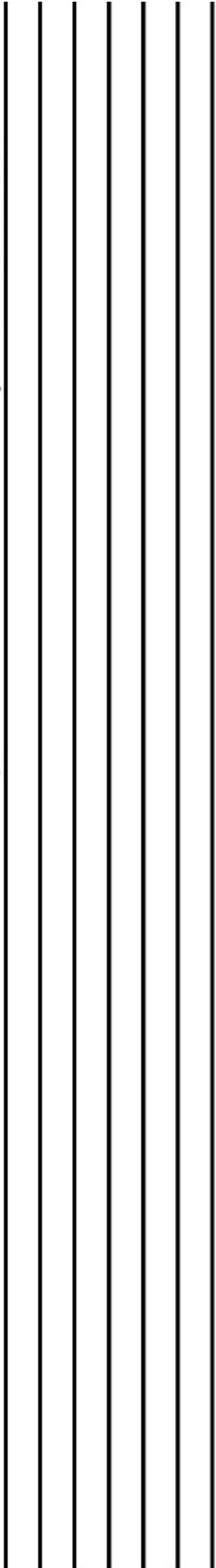


Famous Landmarks
著名的地标

Mobile
连接起来



✂ Cut out these thin strips. 把长条形剪下。

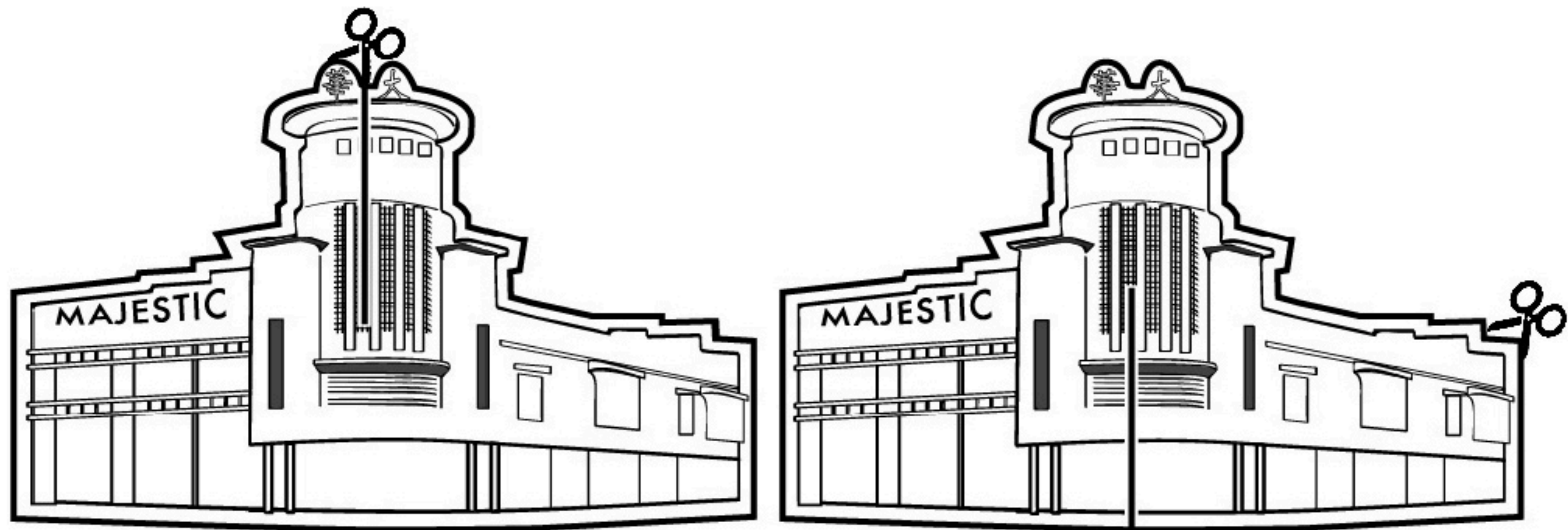


1 Form a cone by cutting along the lines and overlap the paper as shown. Add a piece of rubber band or ribbon and fix them together with glue.

如图所示，用剪刀沿线切割形成圆锥形，然后将纸张重叠，添加一条橡皮筋或丝带，并用浆糊将它们固定在一起。

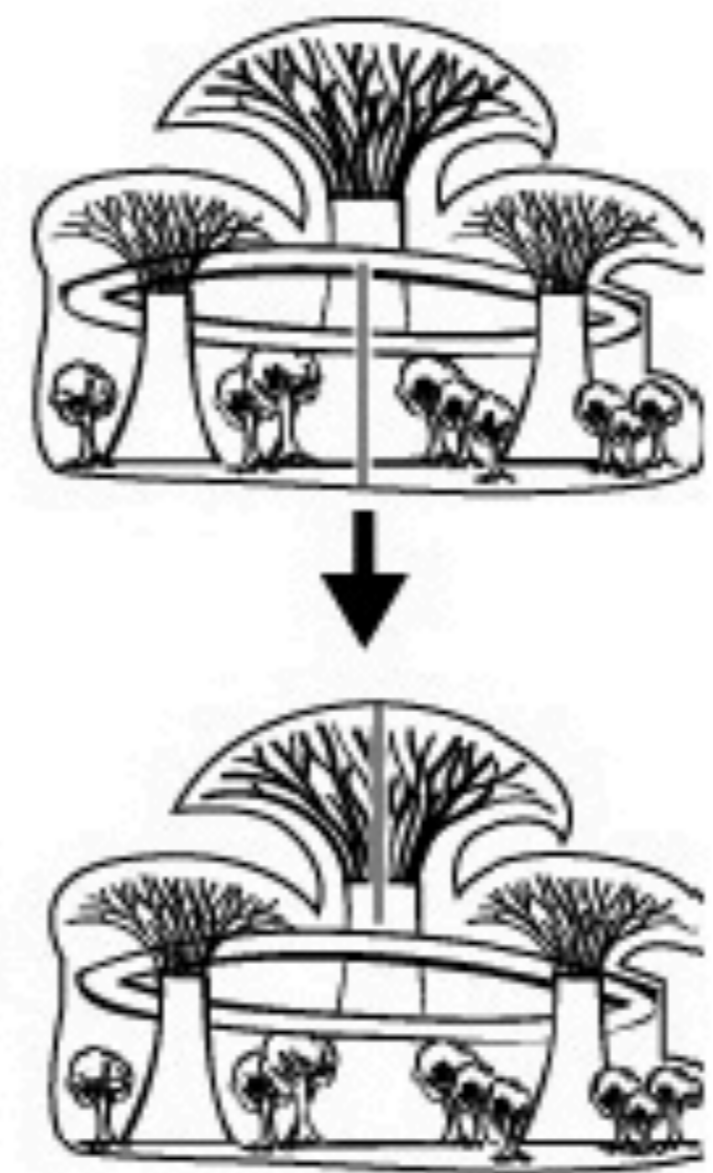


✂ Cut out these clouds.
把云朵形状剪下。

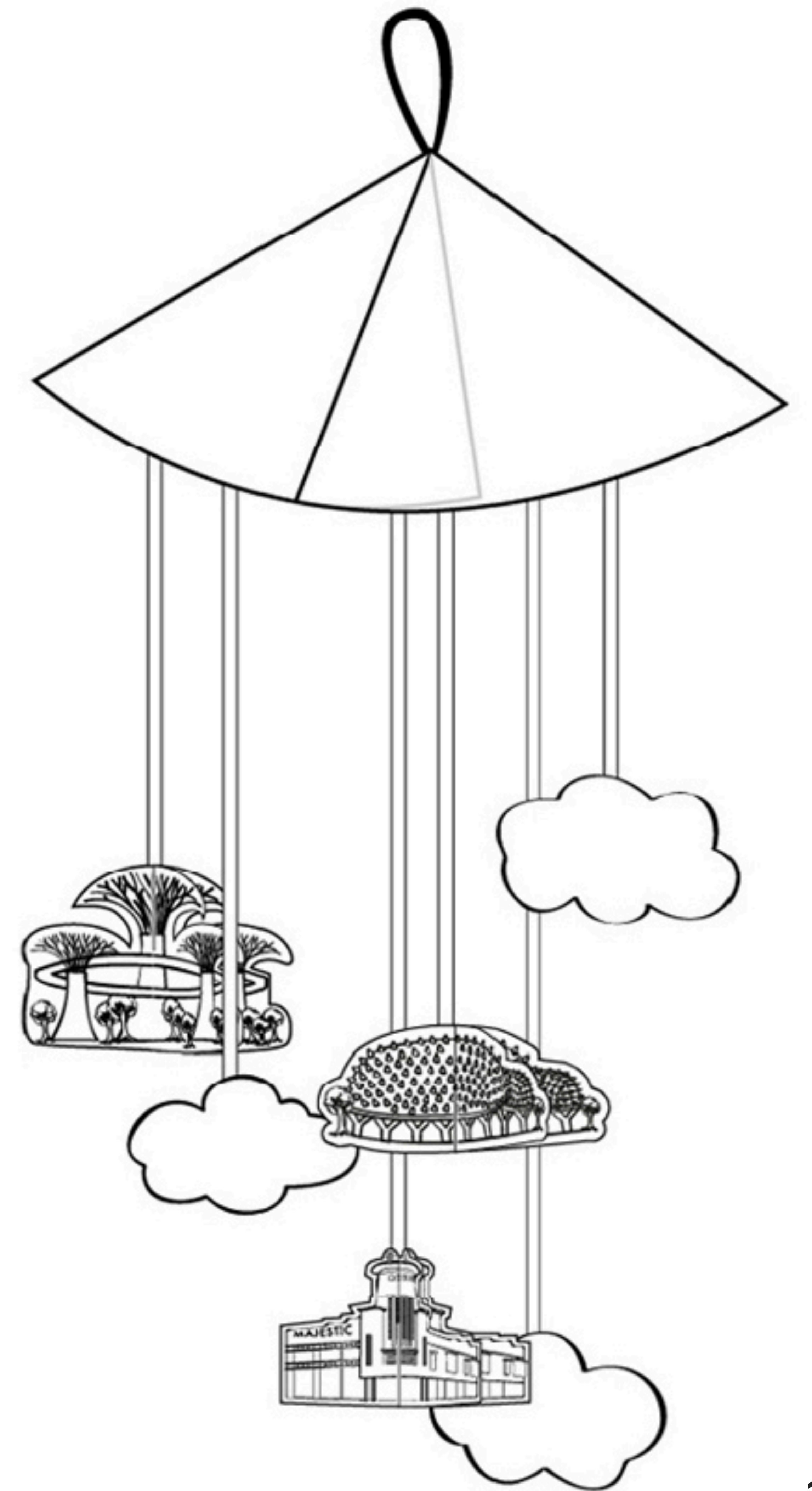


2 Colour and cut along the buildings' black outlines. 为上面的建筑物图案涂上颜色，并剪出建筑轮廓。

3 Cut and interlock the slits for a 3-dimensional effect. 将建筑物图案的狭缝剪开并互锁，形成立体的效果。



4 Cut out the clouds and the long thin strips of paper (Pg12). Join all the buildings and the clouds to the paper cone with the long thin strips of paper and tape as shown. 把云朵形状和长条形纸条剪下(12页)，如图所示，用胶带把长条形纸条将建筑物图案和云朵形状与漏斗形结合起来。

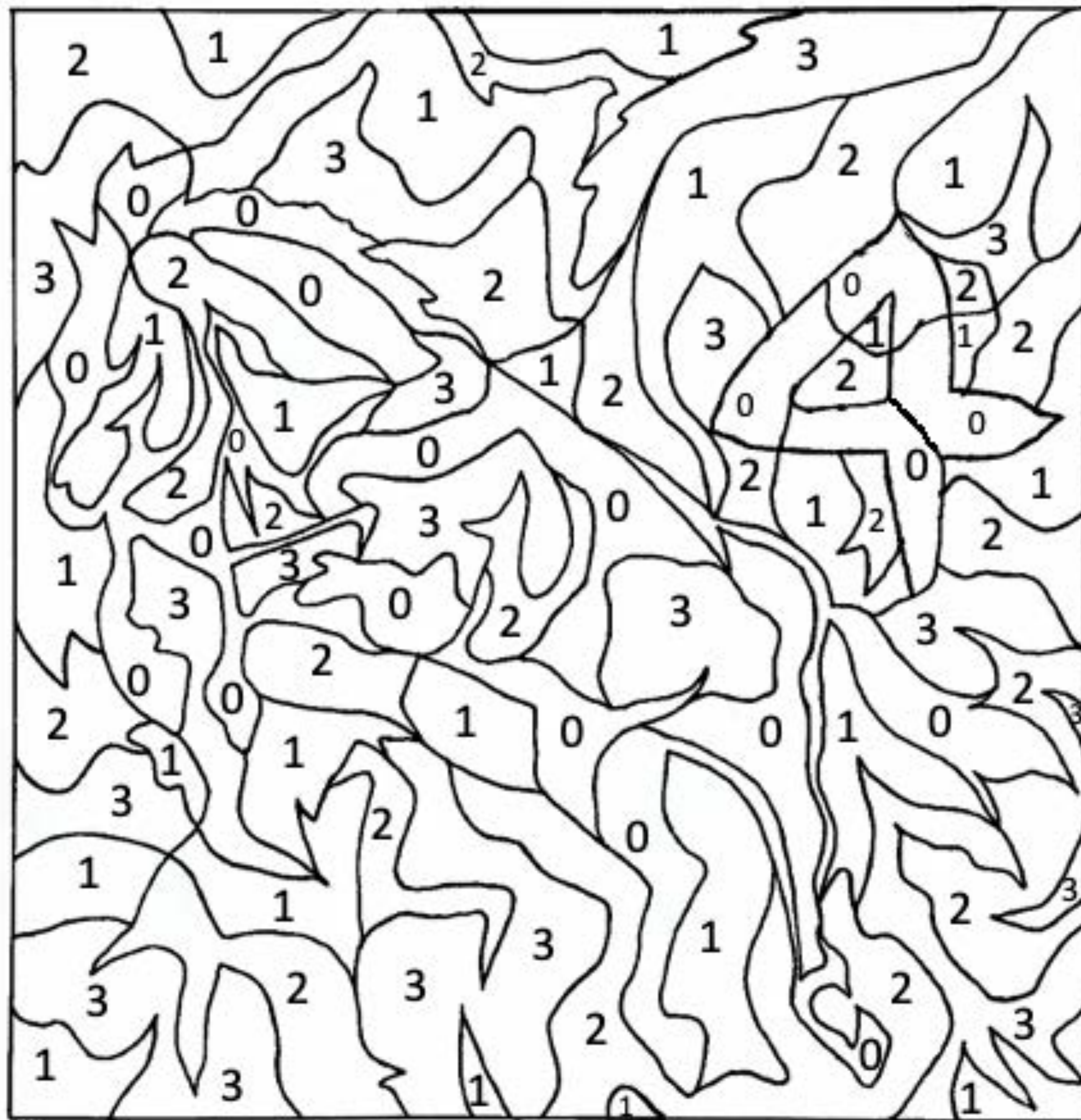


Make a
GUESS
猜一猜

Where Is This?
这是哪?

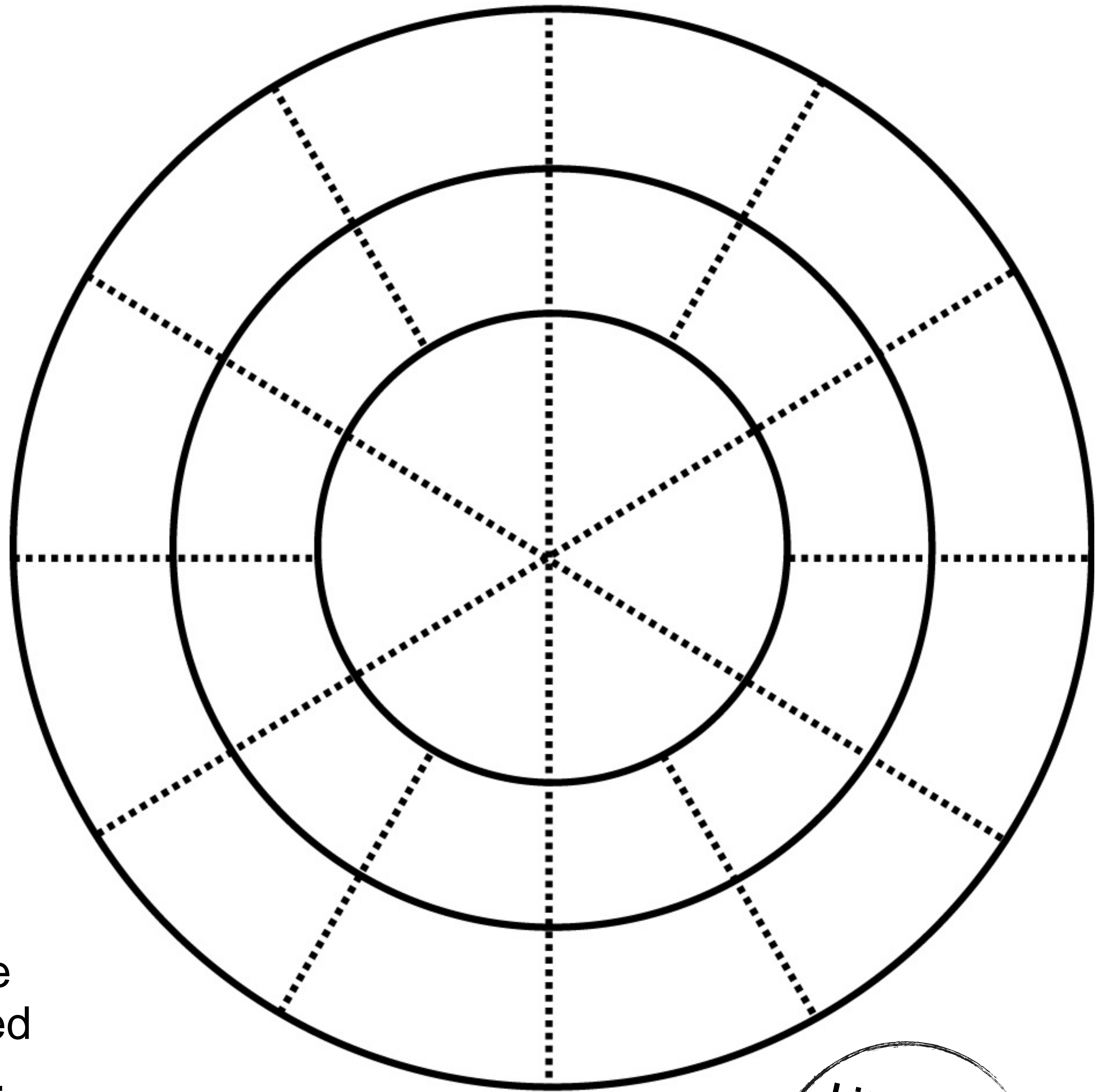
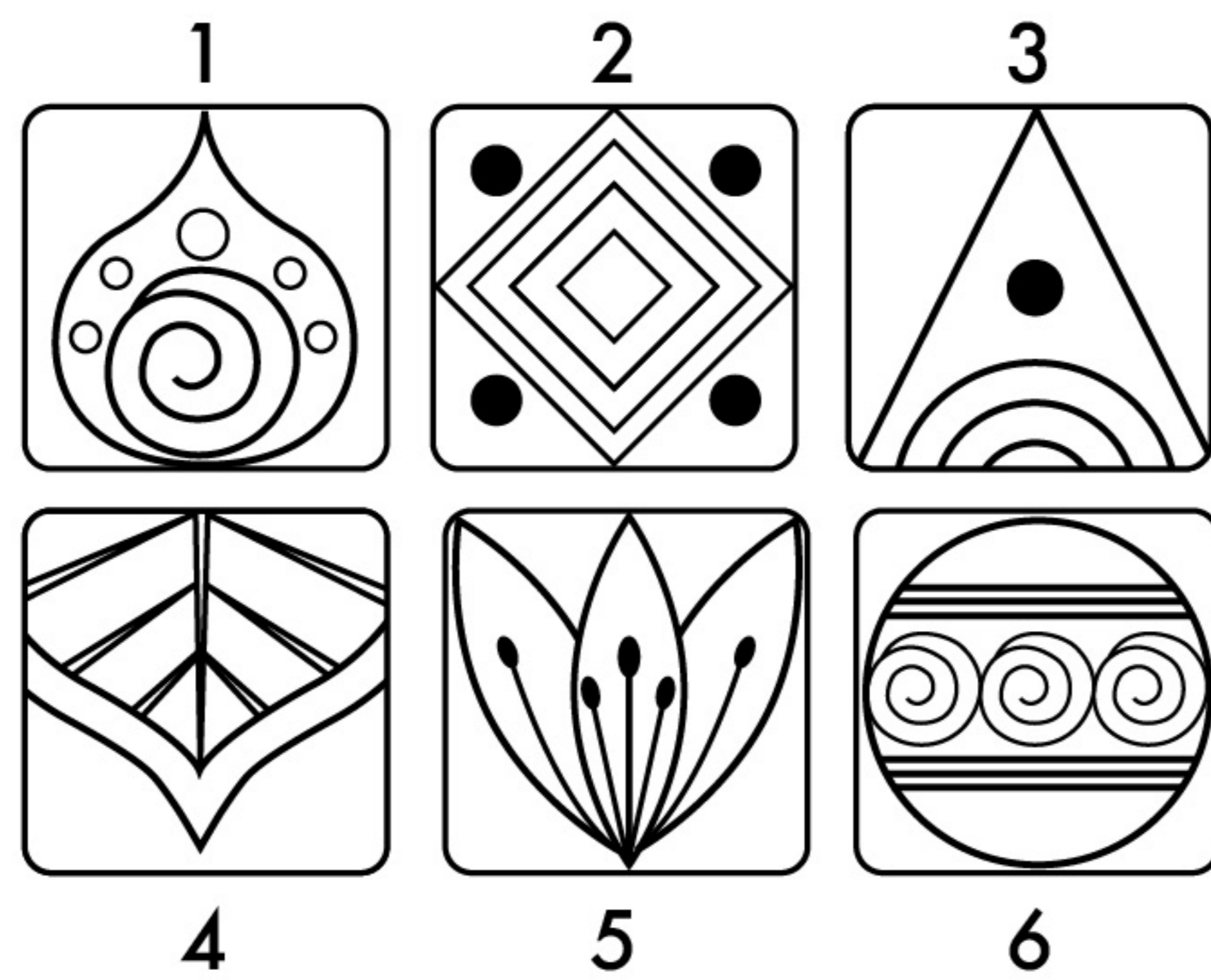
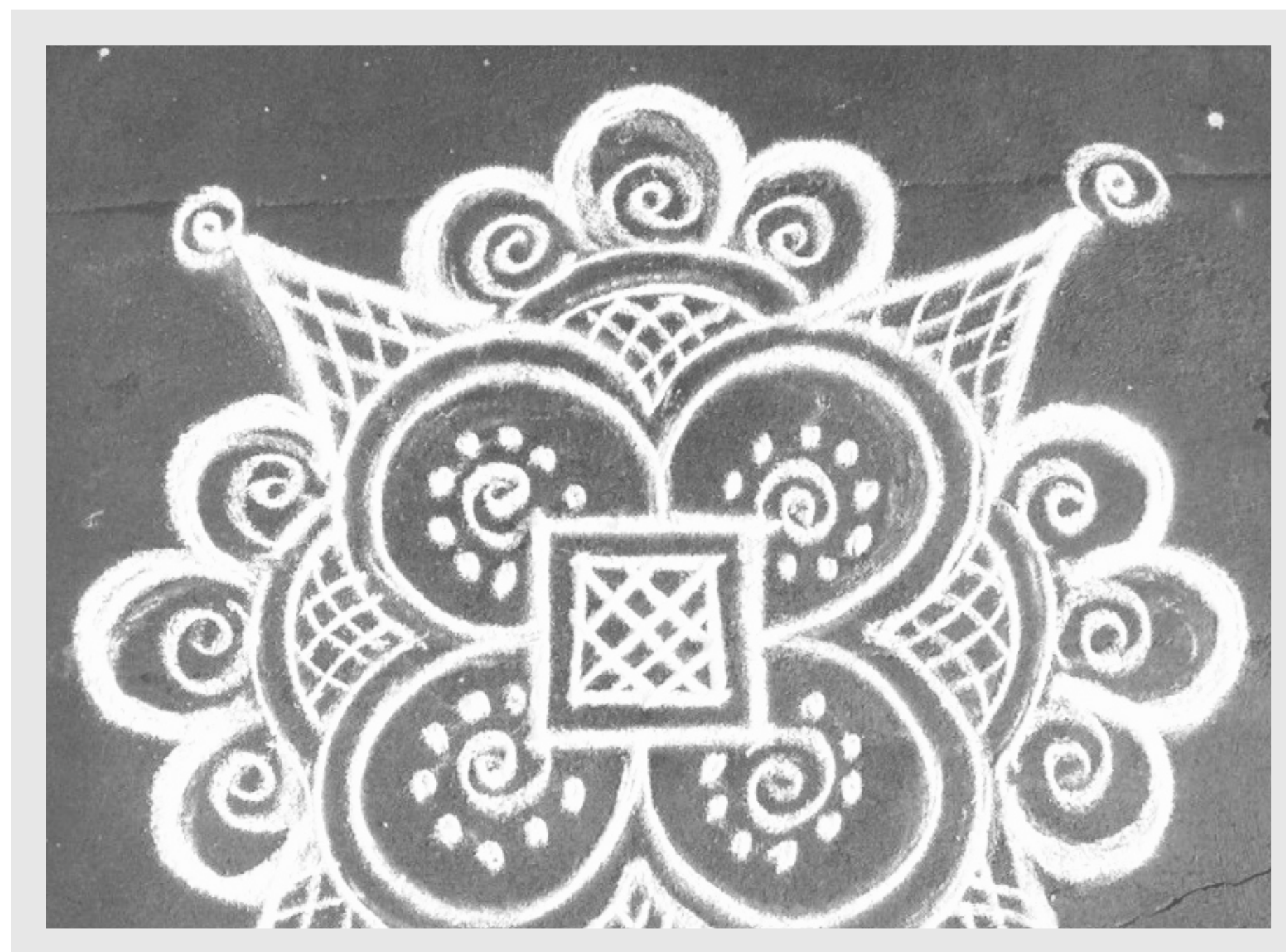
Colour according to the numbers
and guess the name of a place.

根据数字填上颜色，根据最后显现
的图案猜一个地点名称。



0 - White 白色	1 - Blue 蓝色
2 - Yellow 黄色	3 - Purple 紫色

Repeated Patterns 重复花纹



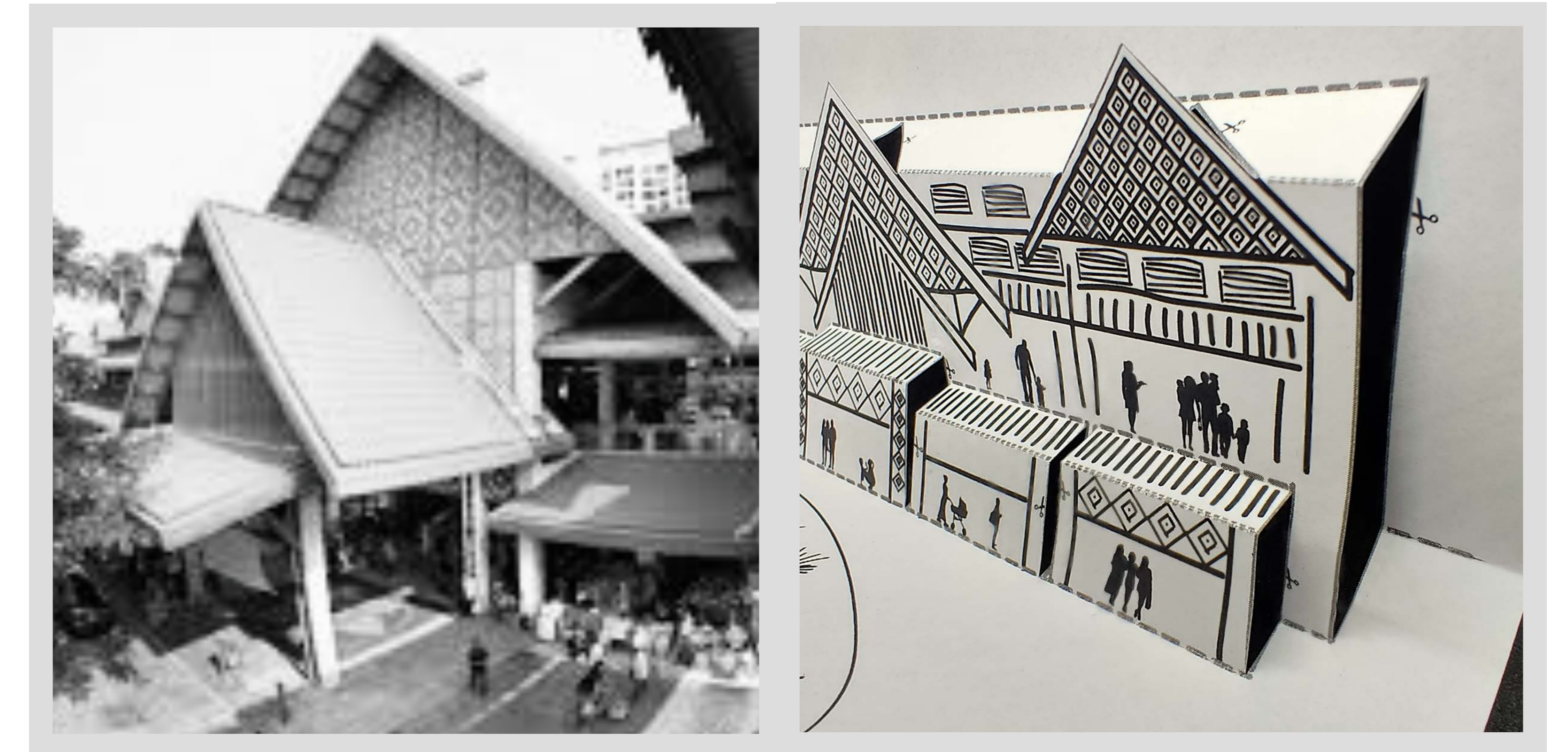
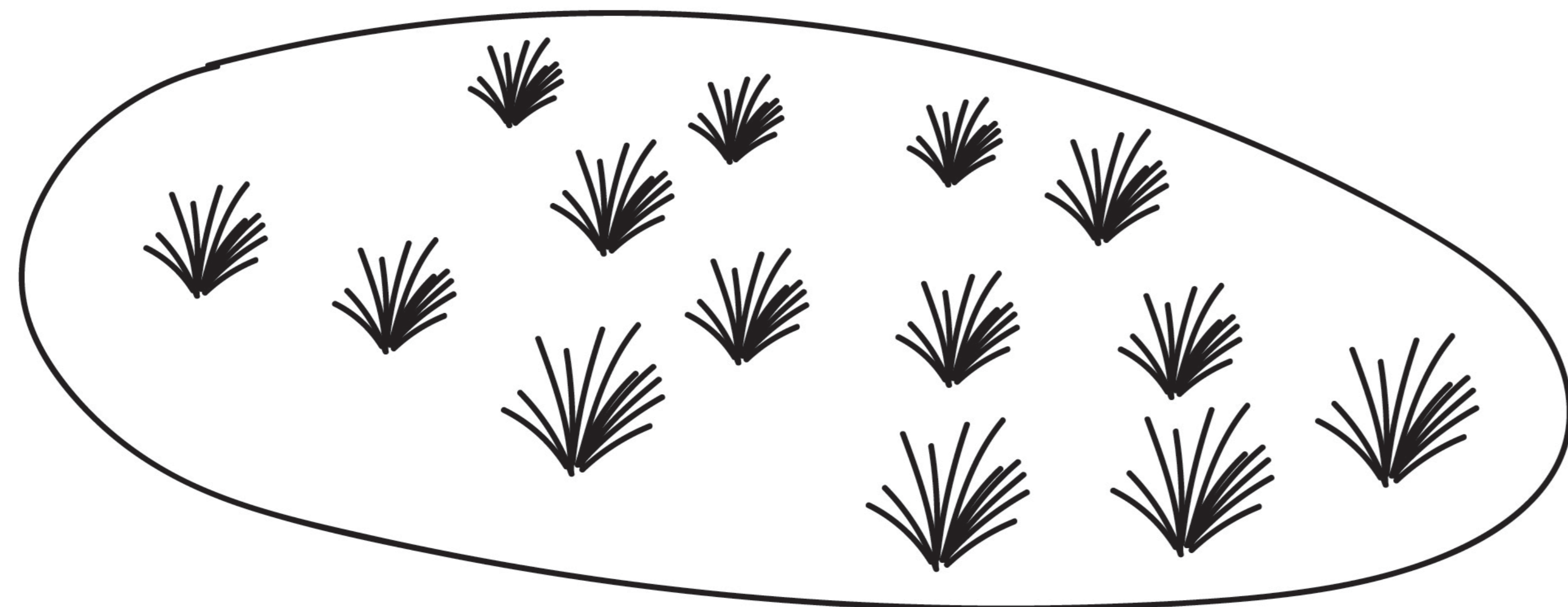
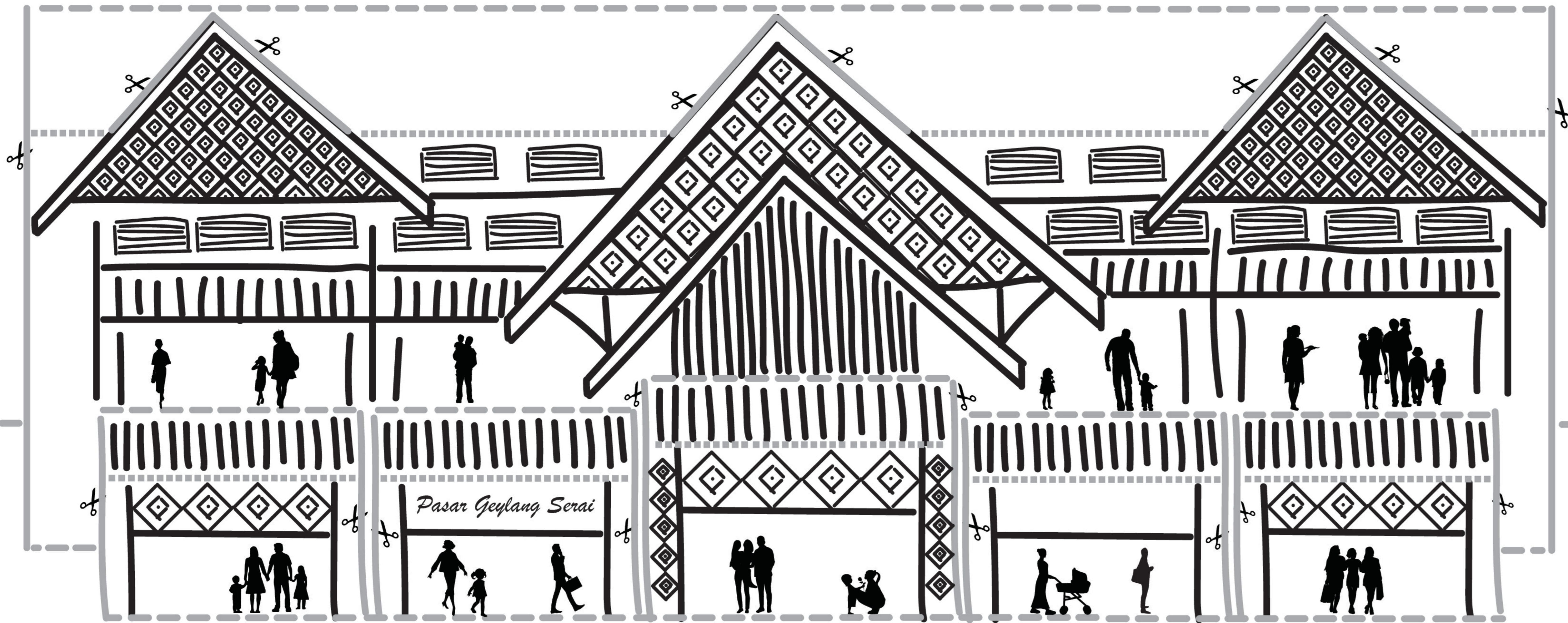
Choose 1 or 2 of these designs to be a repeated pattern for each circle.

从这些设计中选择一个或两个作为每个圆圈的重复图案。

Little India
and Rangoli
小印度的传统
地画

Geylang
Serai Market
芽笼士乃巴刹

Pop-up
card
立体卡片



Cut and fold along the dotted lines accordingly to create a three-dimensional image.

把构图剪下, 沿着横线的地方对折把构图立起来。

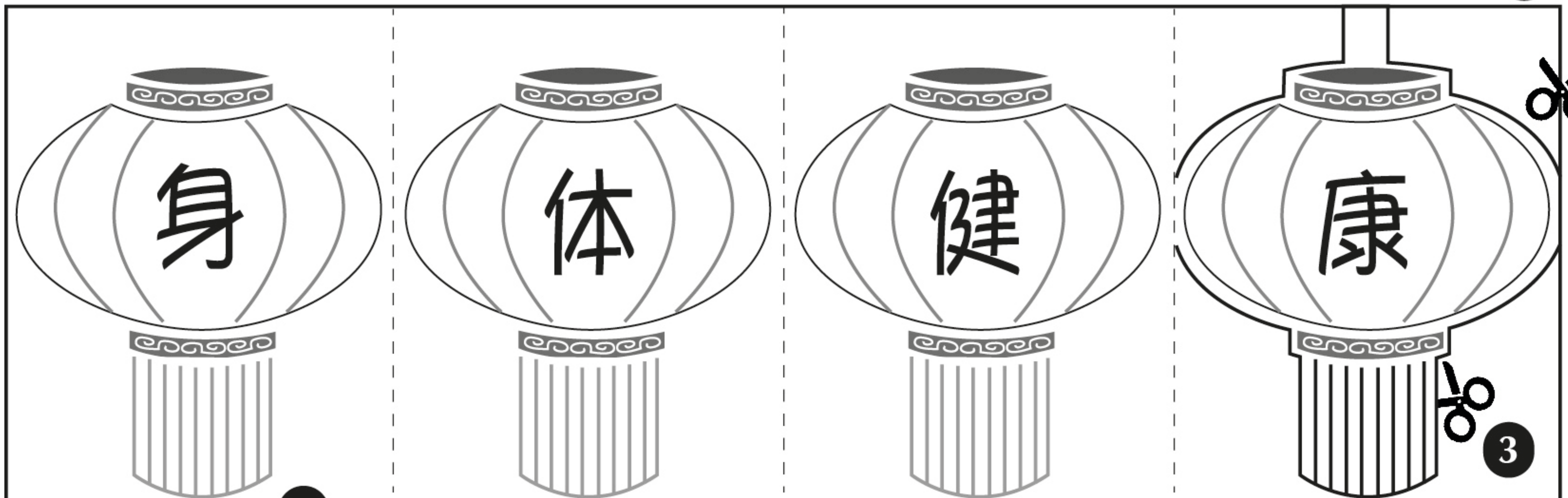
Fold and Cut

折一折
剪一剪



- 1 Cut out the large rectangle below, 2 fold it into 4 and then
- 3 cut out the lanterns and colour them. Translated, the Chinese wordings wish you good health.

- 1 把以下的长方格剪下, 2 折成四部分。 3 再把灯笼剪出来, 填上颜色。

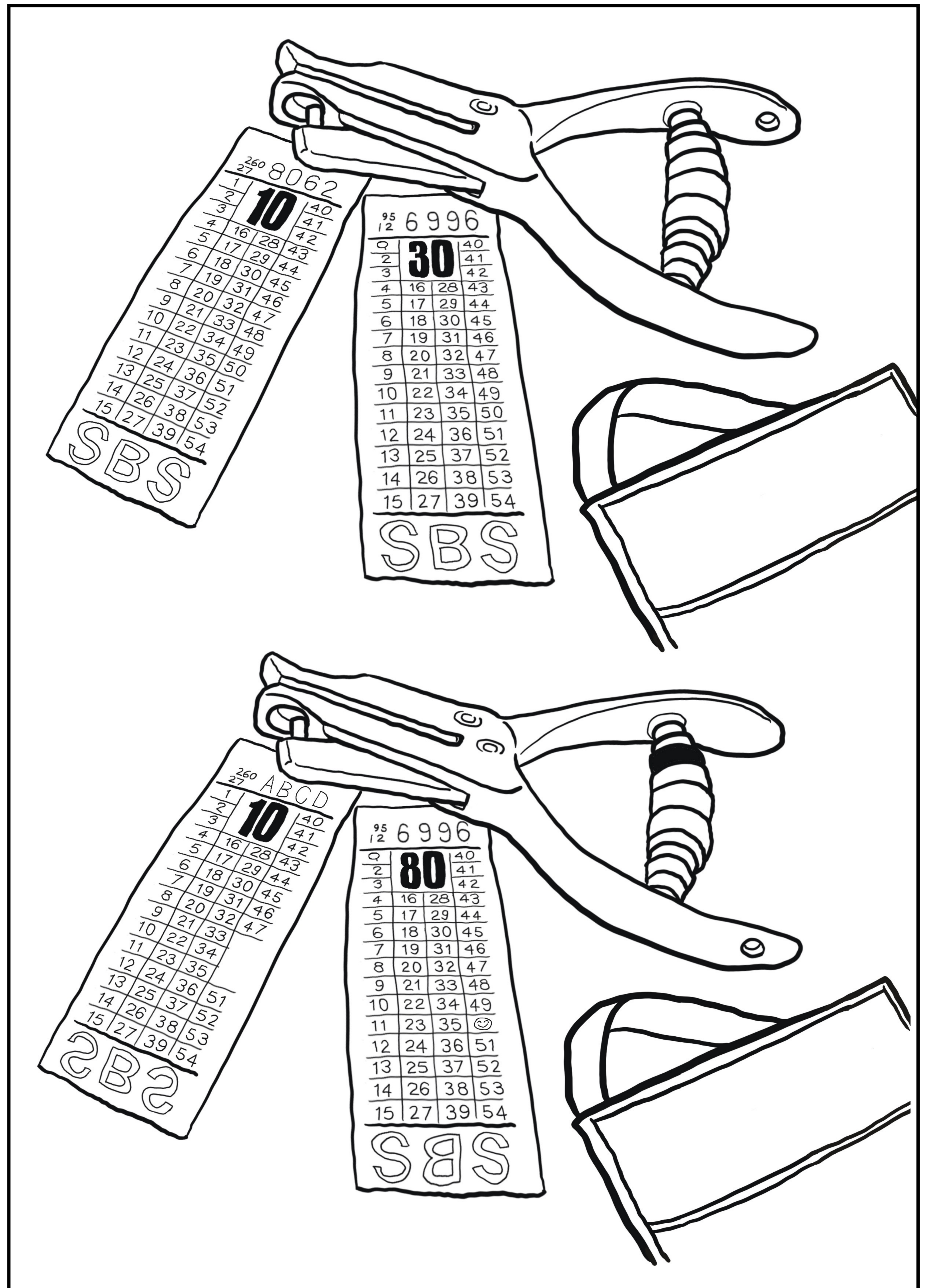
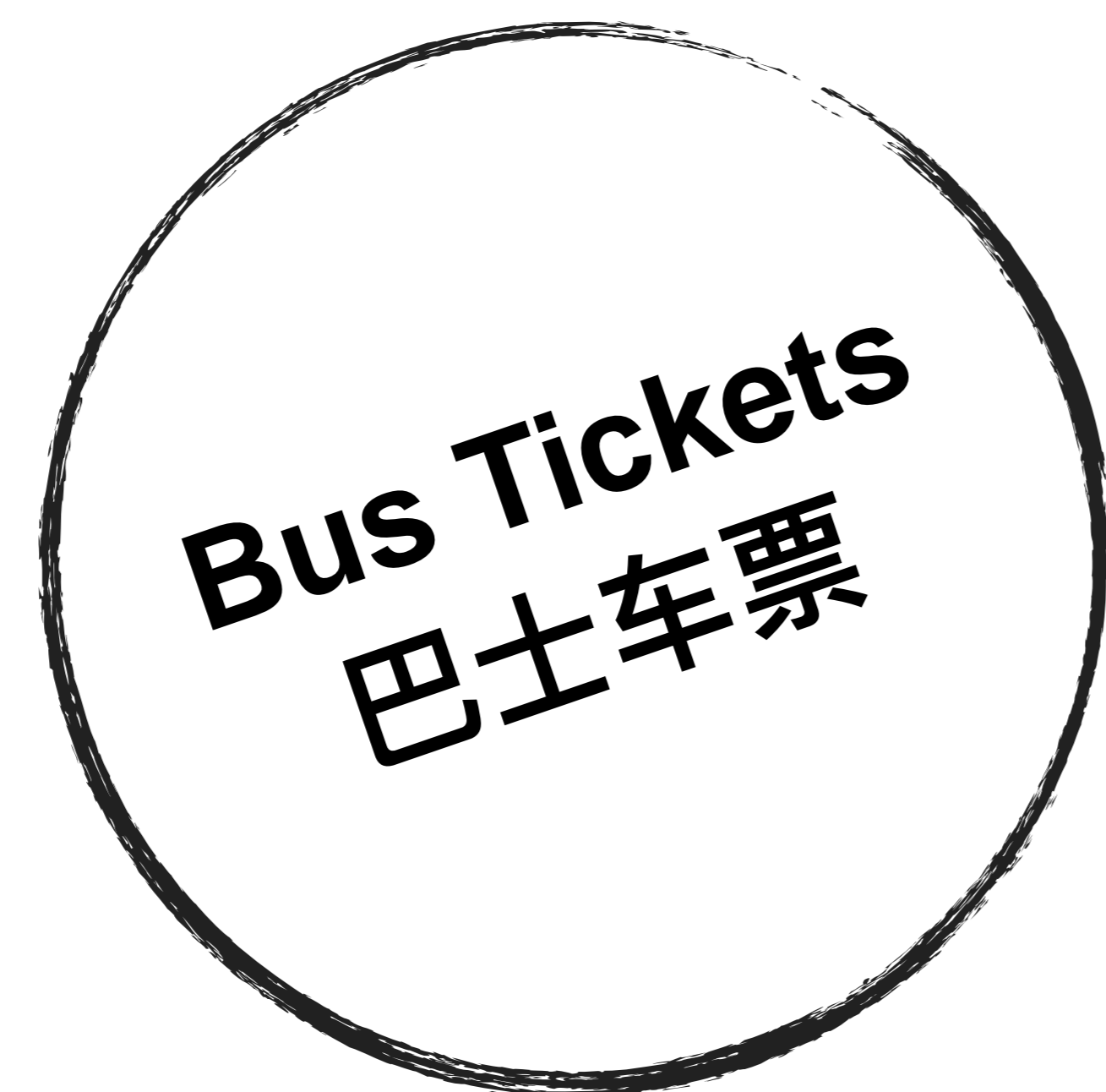


2 Fold along all the dotted lines 沿着虚线折

Spot the Difference
找出不同

Can you spot 10 differences?

您能找出10个不同的地方吗?



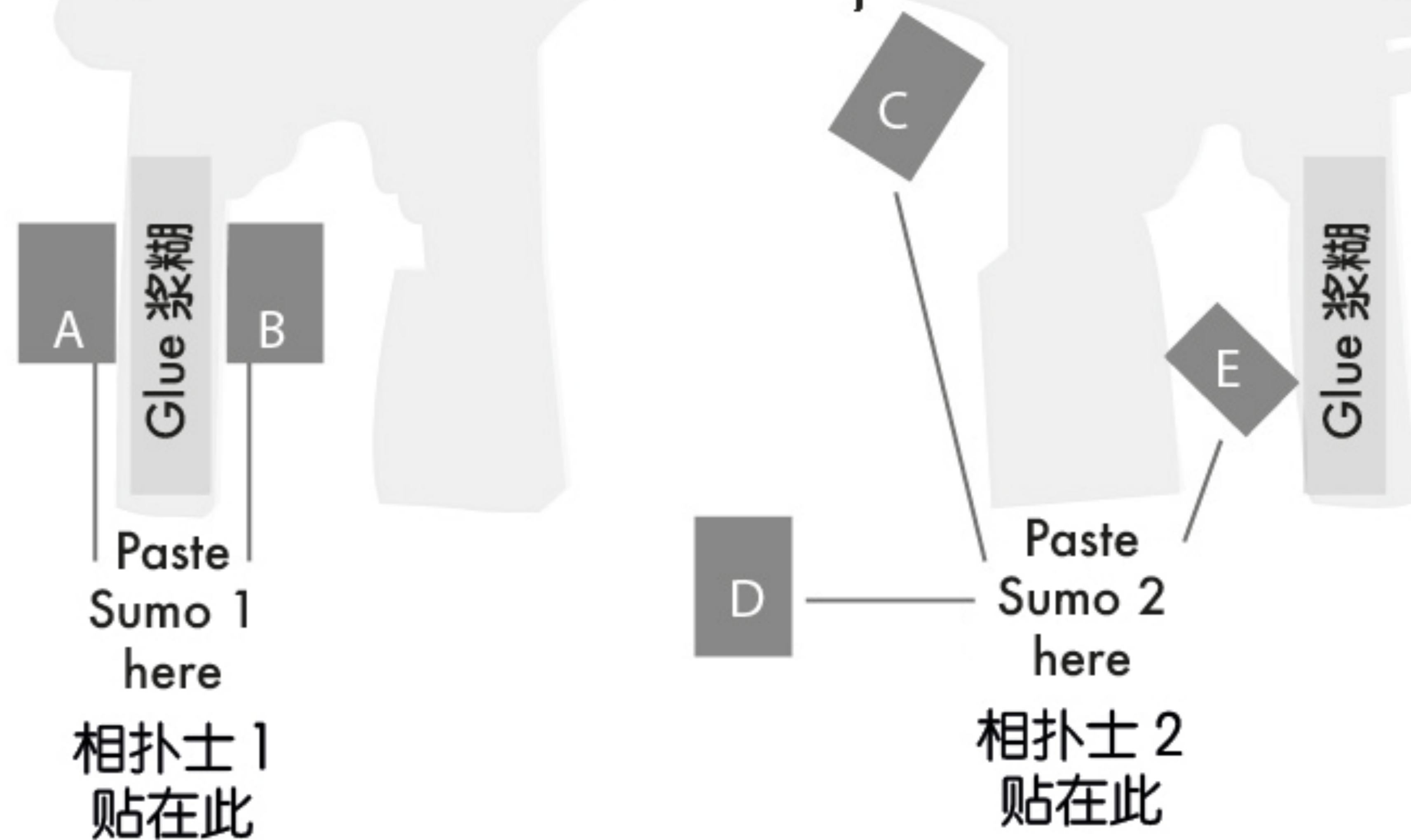
Diorama 拼一拼

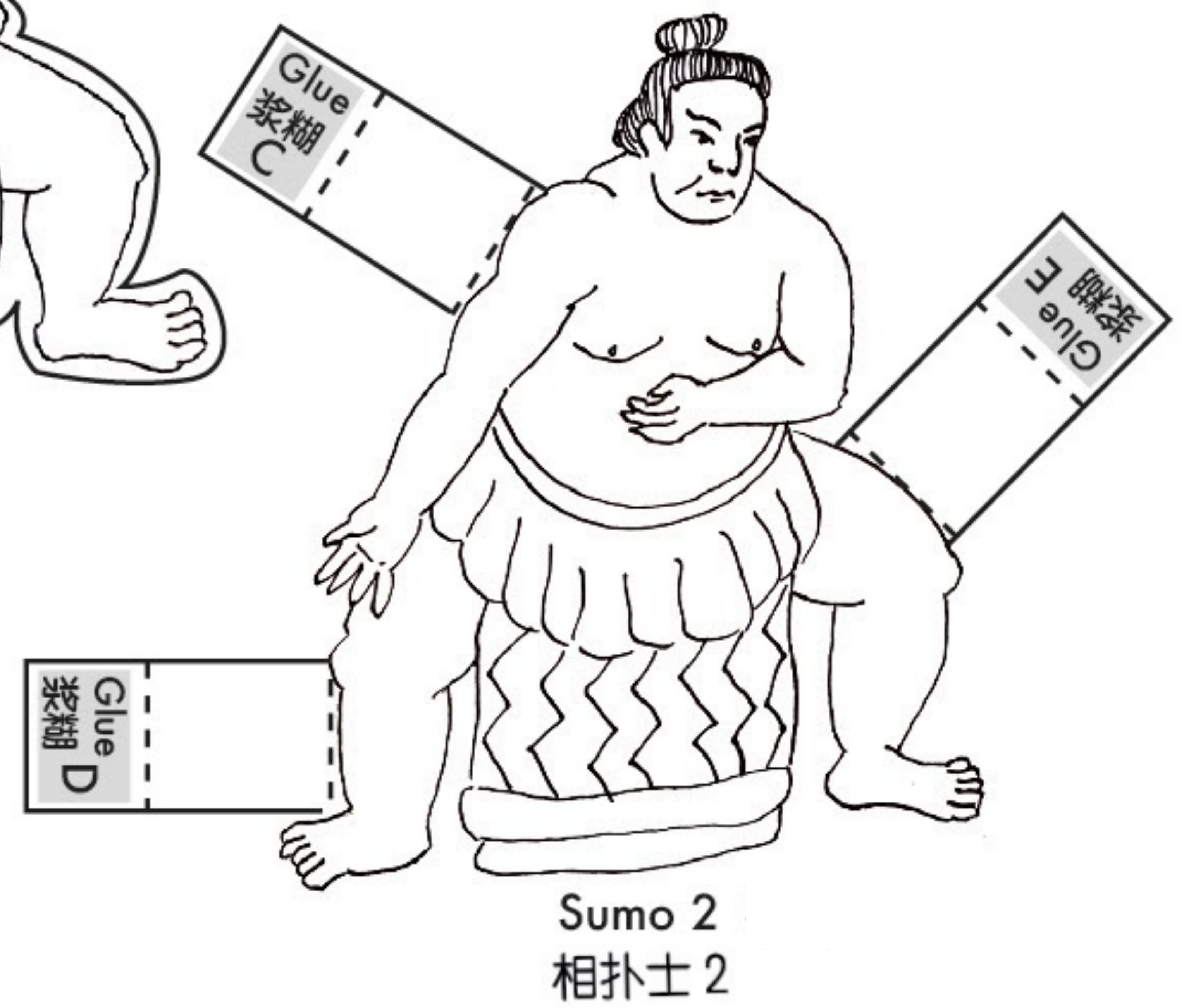
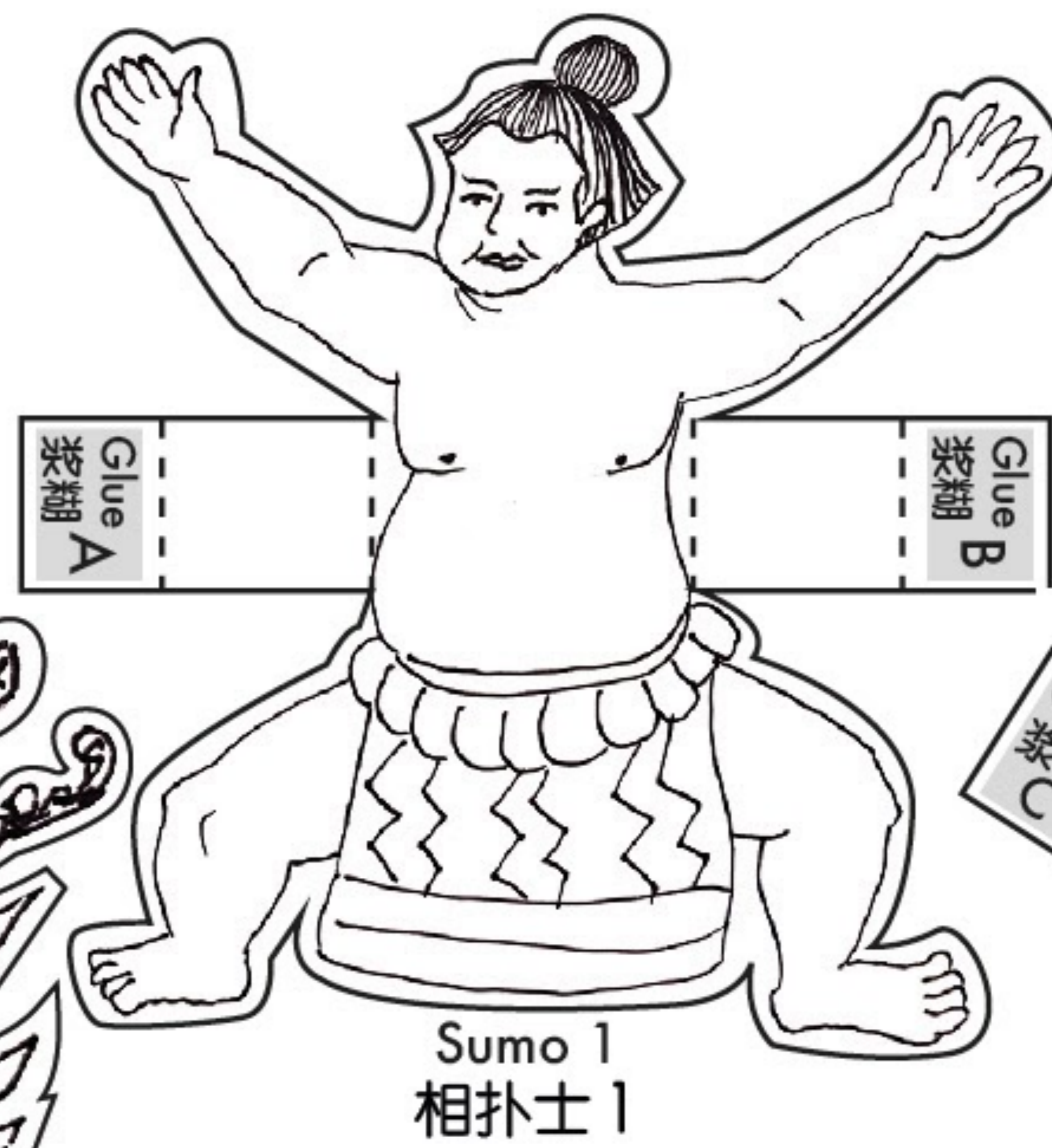
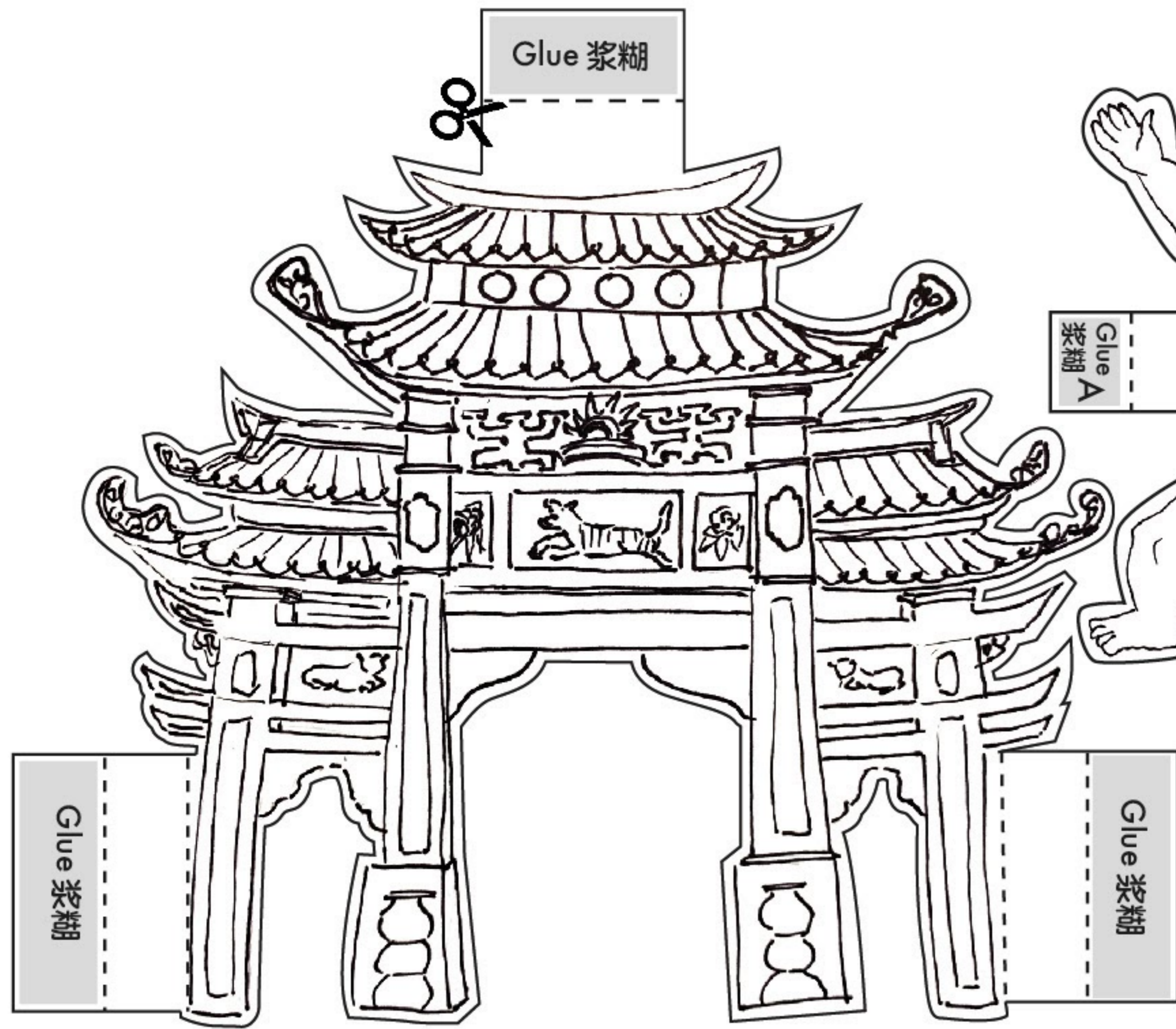
Haw Par Villa
虎豹别墅



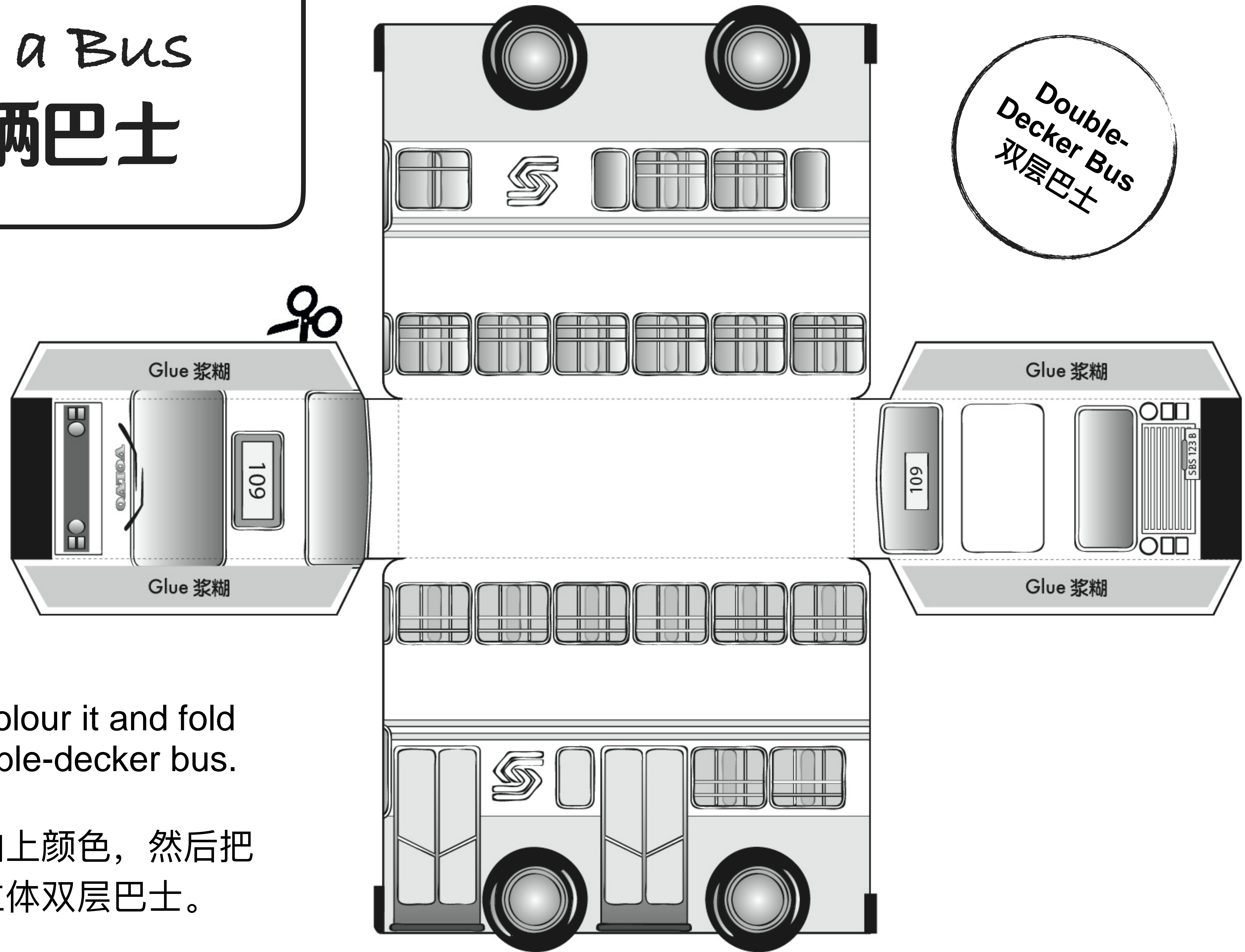
Cut out the Haw Par Villa landmarks on page 23, fold along the dotted lines and stick them on the right.

剪下第23页的虎豹别墅地标，沿着虚线折，然后将它们粘贴在右边的背景。



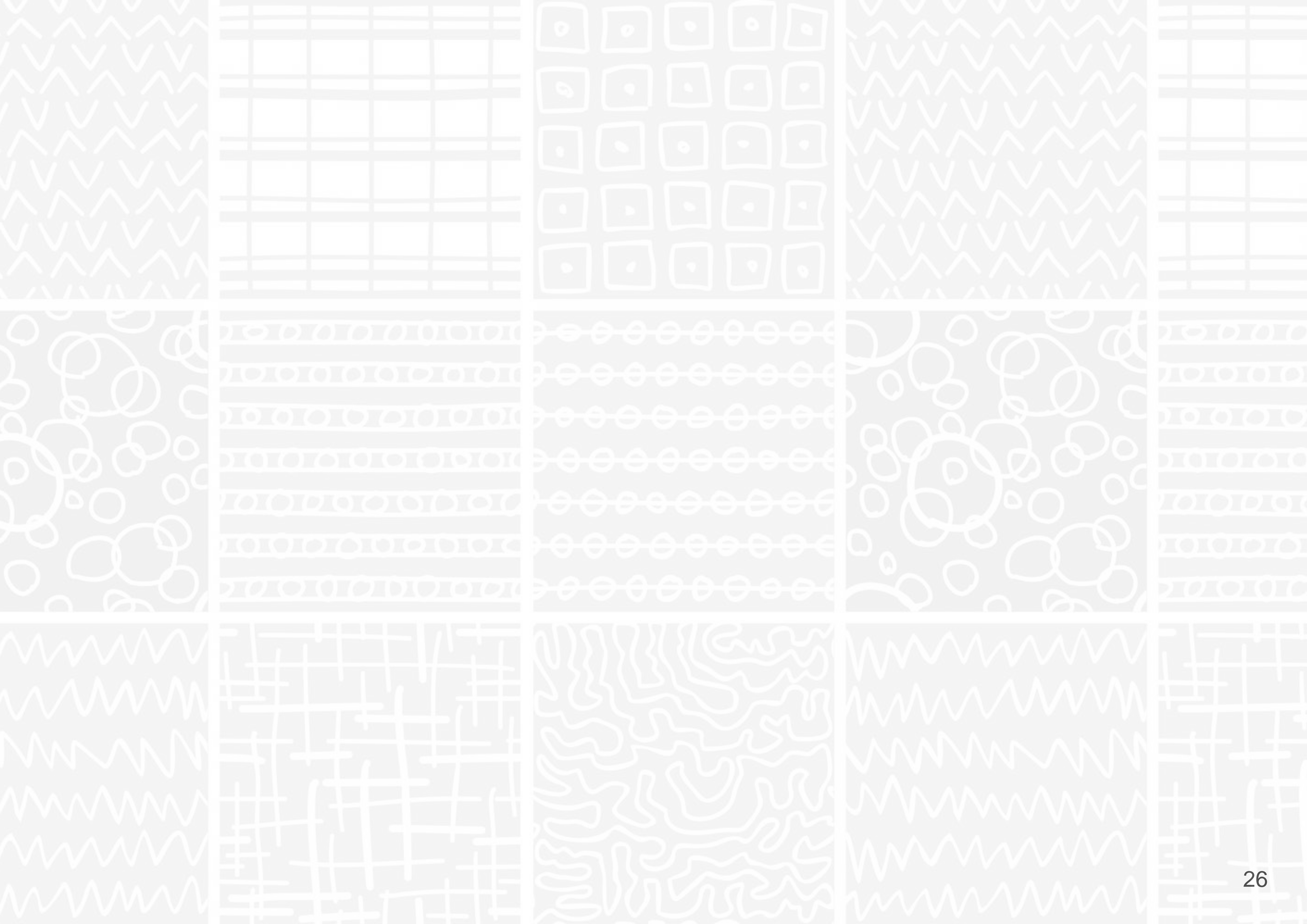


Build a Bus 造一辆巴士



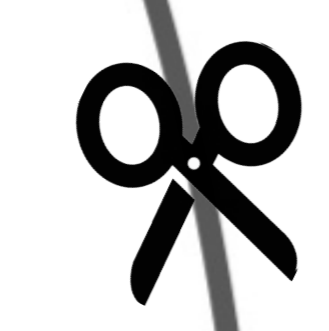
Cut this out, colour it and fold this into a double-decker bus.

将纸样剪下，加上颜色，然后把它折成一个立体双层巴士。



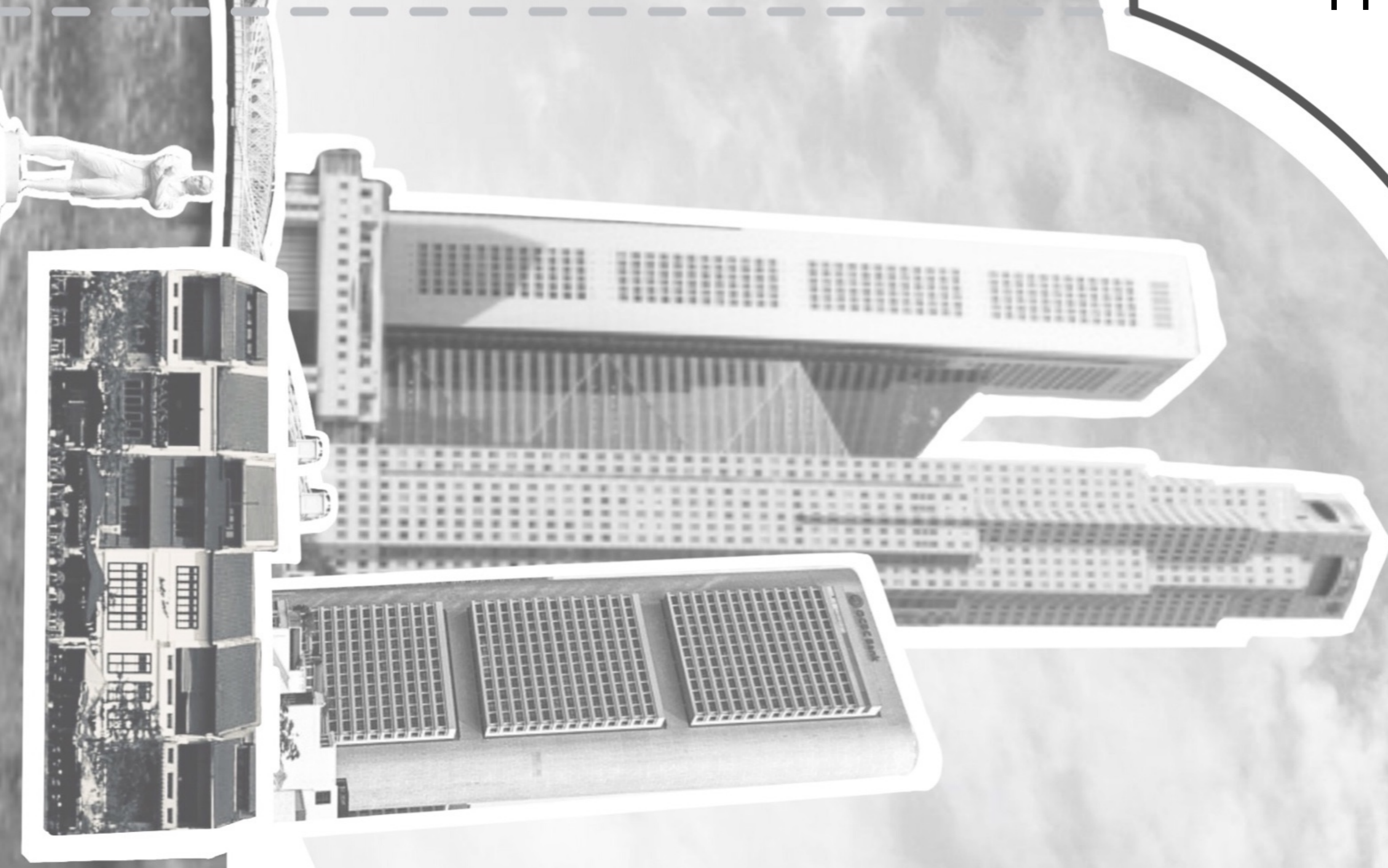


Singapore River
& Merlion
新加坡河与鱼尾狮



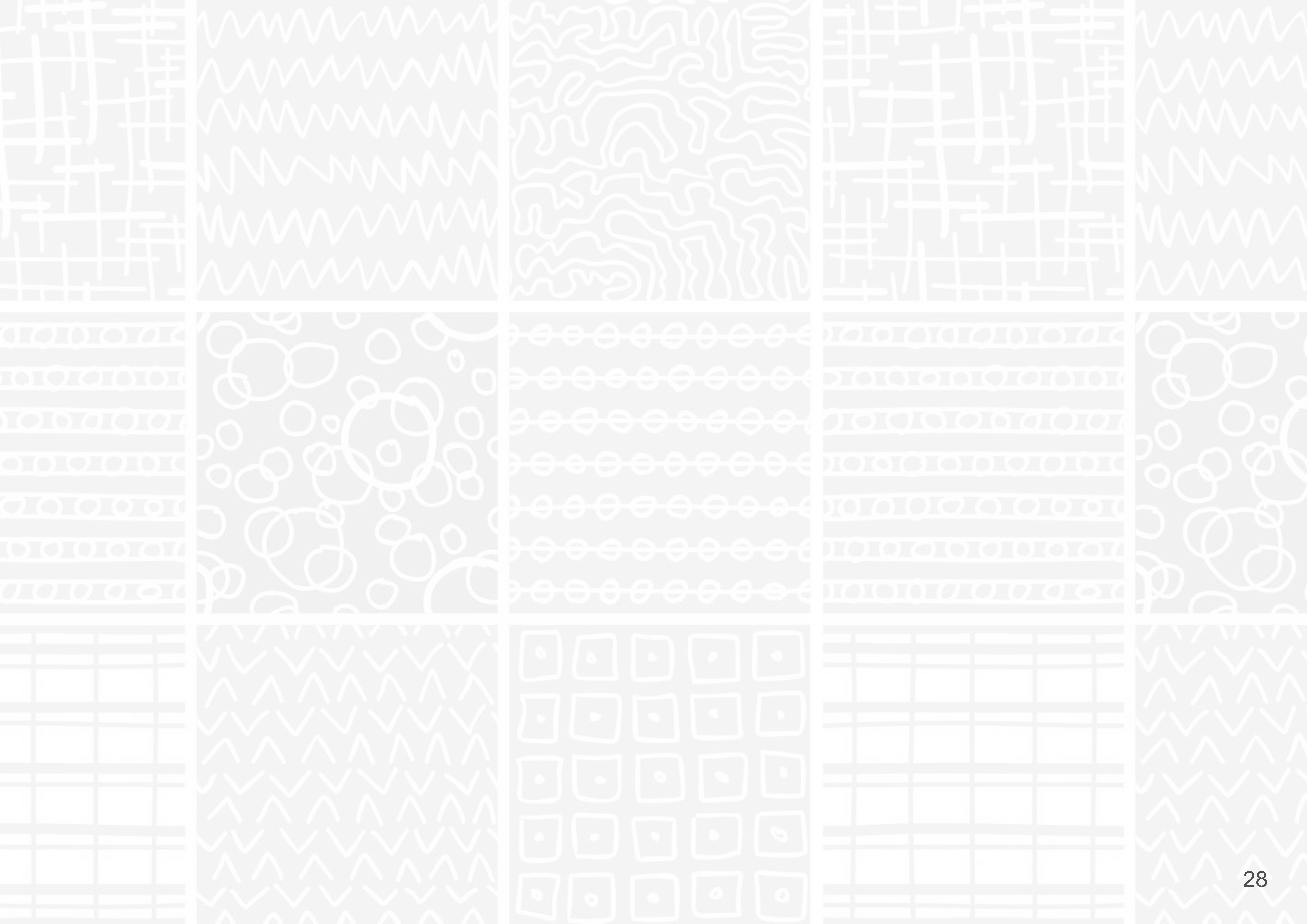
Cut this image out, fold it to make a 3D card. You can also add colours and write a wish or thank you note for someone.

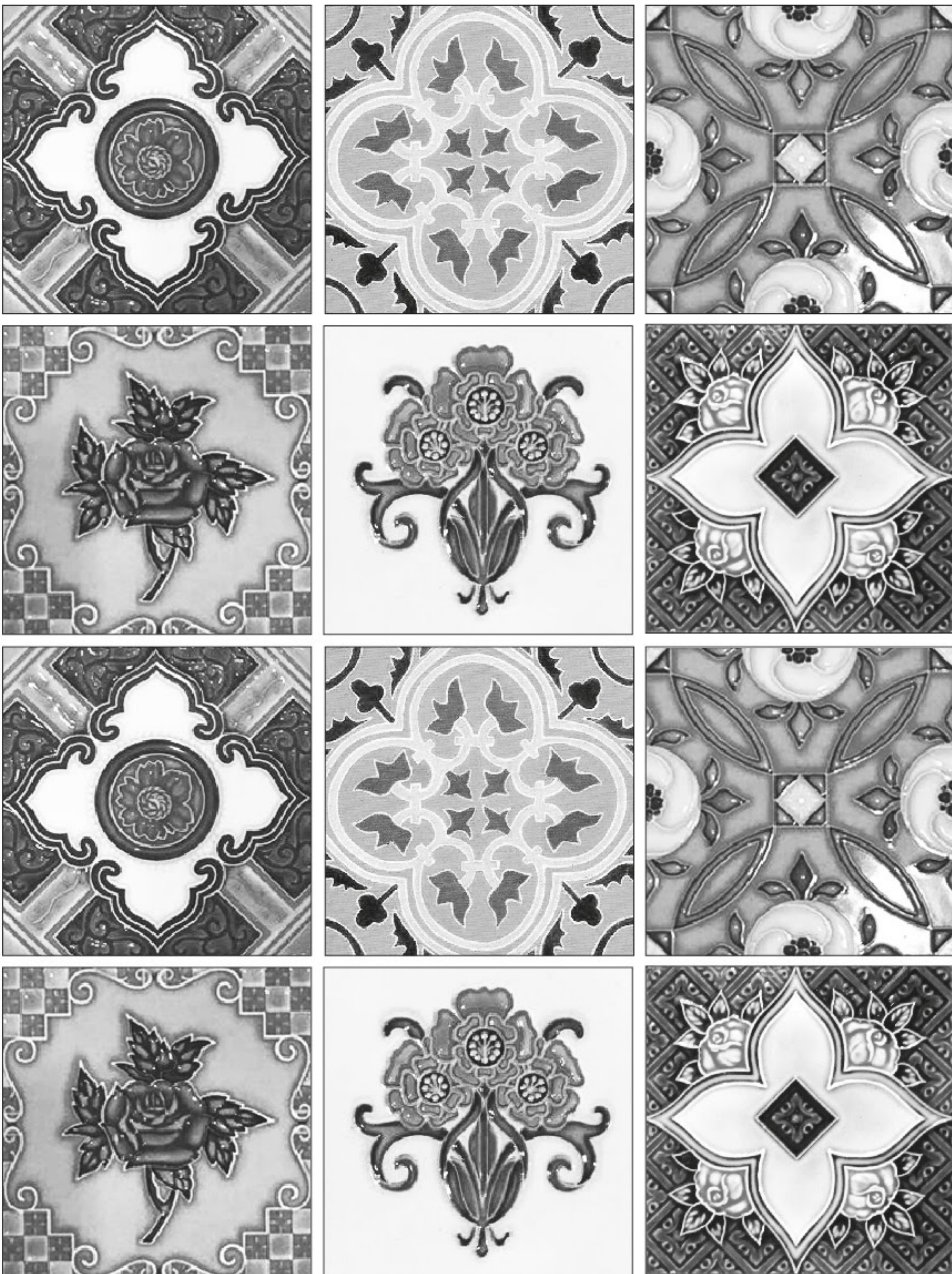
把这卡片剪下，再折成立体卡。加上颜色和写上您的祝语或愿望。



Make a
Wish
许个愿







Remember?
记得吗?

Peranakan
Tiles
土生华人瓷砖



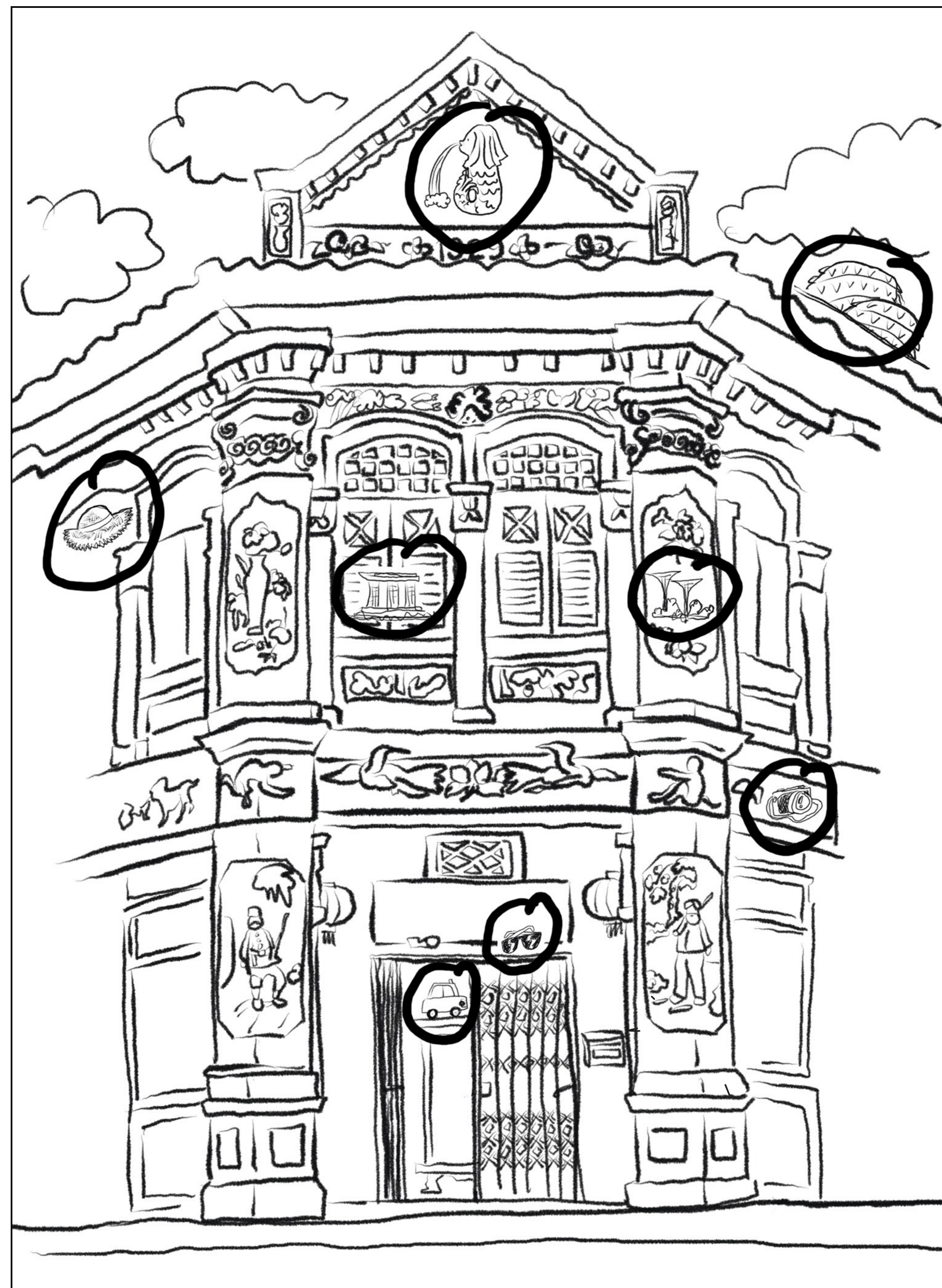
Cut out these 12 cards. Flip over the pictures, and open them slowly to find the pairs.

把这12张图片剪下，将图片朝下，背面向上，随意排列，每次只能翻开两张，找出相同的图片。

Answers 答案

Find It
找一找

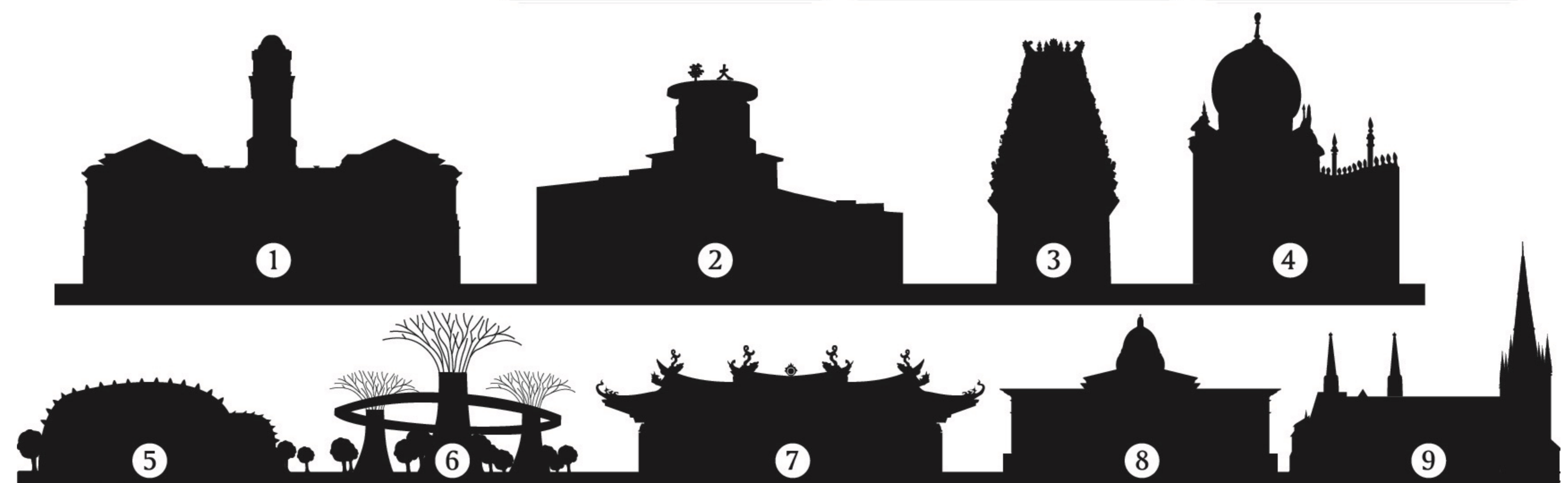
Page 5



Match It
配一配

Page 11

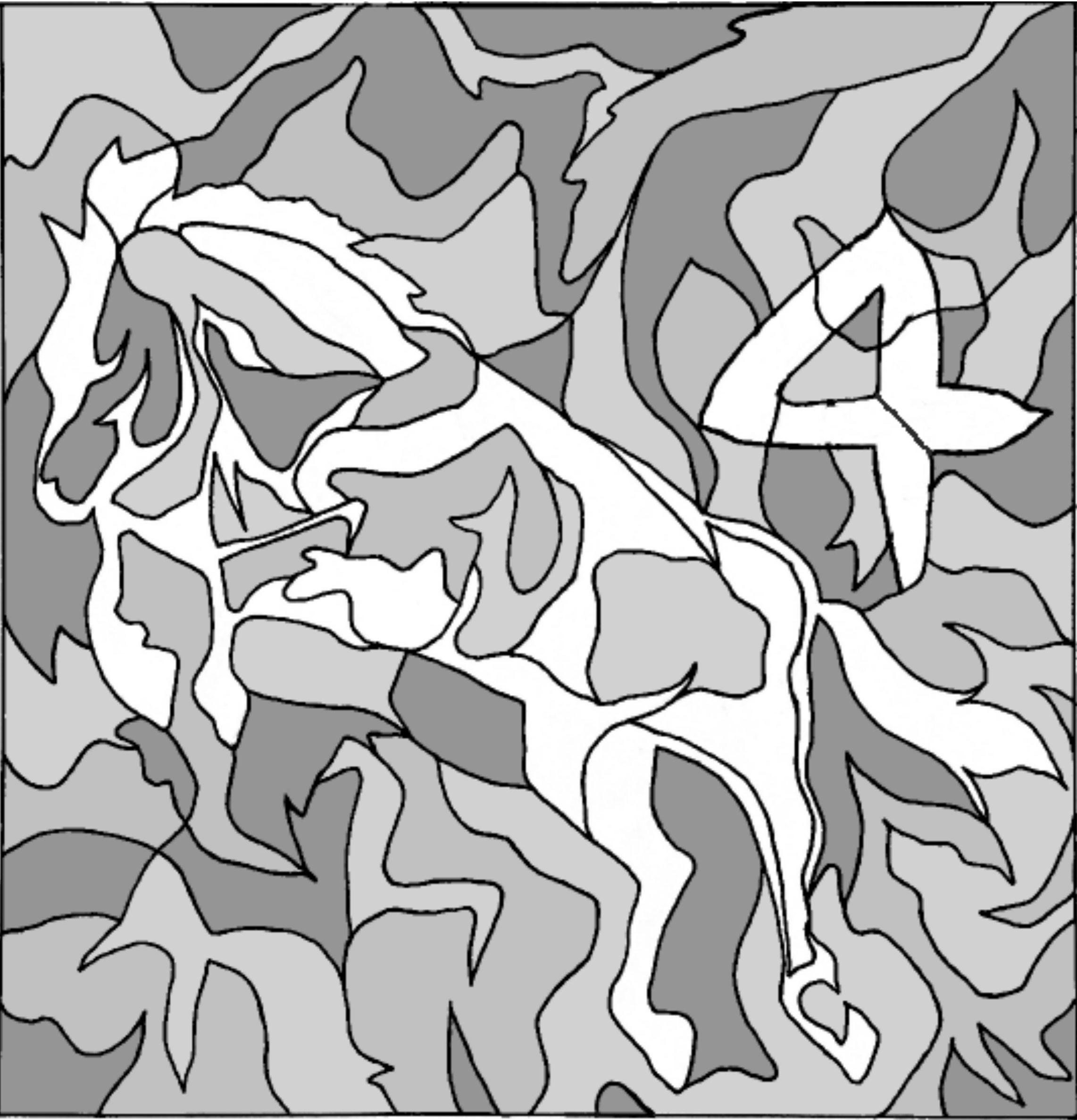
7	Thian Hock Keng Temple 天福宫	2	Majestic Theatre 大华戏院	8	Former Supreme Court 前最高法院
1	Victoria Theatre and Concert Hall 维多利亚剧院与音乐厅	3	Sri Mariamman Temple 马里安曼兴都庙	5	Esplanade 滨海艺术中心
4	Sultan Mosque/ Masjid Sultan 新加坡苏丹回教堂	6	Gardens by the Bay 滨海湾花园	9	St. Andrew's Cathedral 圣安德烈座堂



Answers 答案

Make a Guess 猜一猜

Page 15

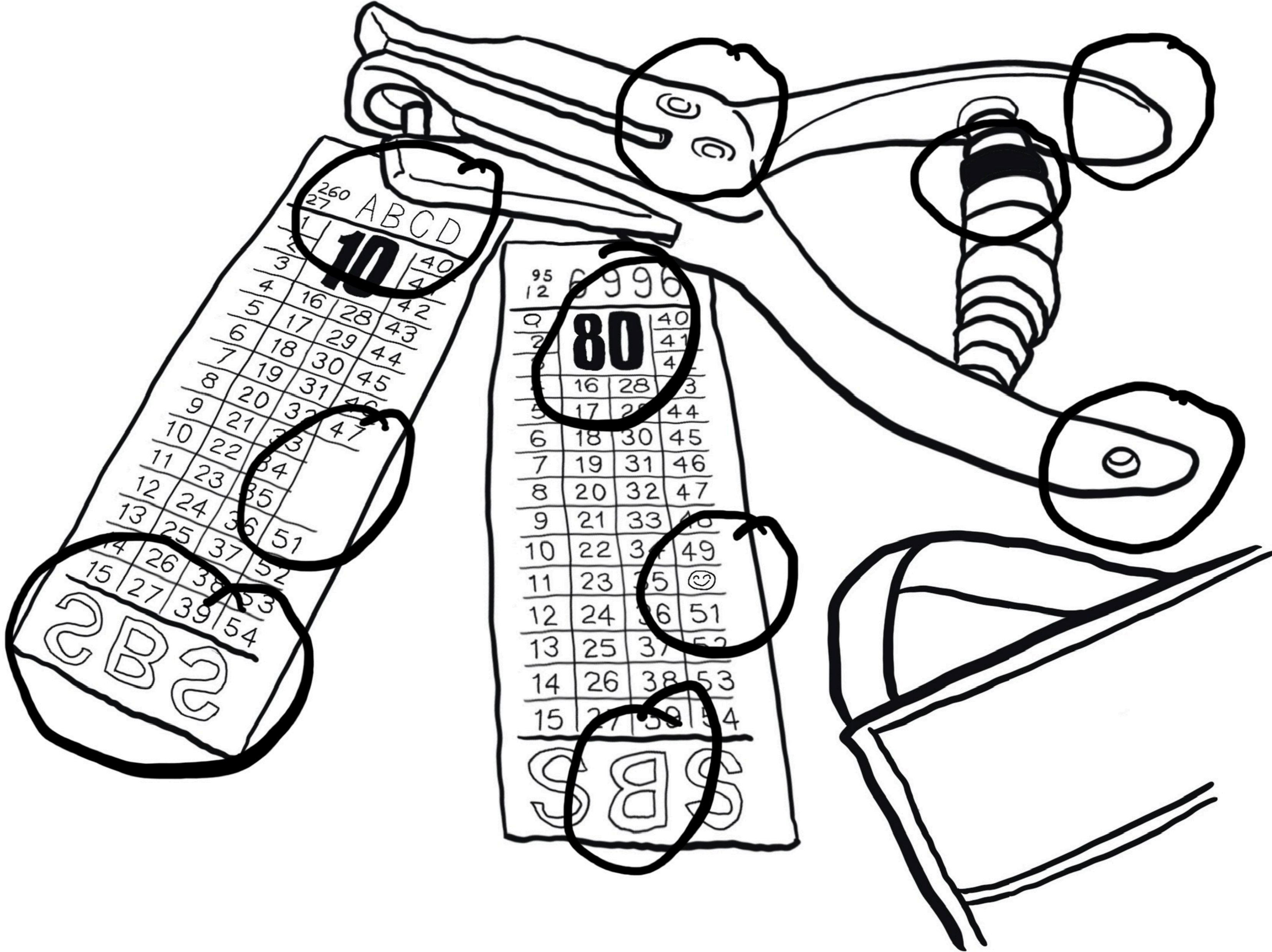


Can you see a horse? You may have guessed that the place is the Singapore Turf Club. We were actually thinking of “**Four Horse Road**”, the other name for Waterloo Street. Did you guess it correctly?

您看到一匹马吗？这个地方可不是赛马场。我们想到的是俗称“**四马路**”的滑铁卢街。您猜对了吗？

Spot the Difference 找出不同

Page 21



Resources
资源

8 STEPS TO CLEAN YOUR HANDS



Palm to palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

洗手8步骤



掌心对掌心



指缝间



掌背



拇指下方



指背



指尖



手腕



洗净后抹干双手

8 LANGKAH UNTUK CUCI TANGAN



Gosok kedua-dua tapak tangan



Celah-celah jari



Bahagian belakang tangan



Pangkal ibu jari



Bahagian belakang jari



Kuku



Pergelangan tangan



Bilas dan lap tangan hingga kering

கைகளைக் கழுவுவதற்கான 8 படிநிலைகள்



உள்ளங்கையோடு உள்ளங்கை



விரல்களுக்கு இடையில்



கைகளுக்குப் பின்னால்



கட்டை விரல்களின் நுனிப் பாகம்



விரல்களுக்குப் பின்னால்



நகங்கள்



மணிக்கட்டுகள்



கழுவி துடைக்கவும்



Physical exercises 运动



7 Easy Exercises to an Active Lifestyle

Seated and standing exercises by **Health Promotion Board**

English:



Mandarin:



English: <https://www.youtube.com/watch?v=4UCkKDIXYk4>

Mandarin: https://www.youtube.com/watch?v=1Z_VH-uGKIM

Malay: https://www.youtube.com/watch?v=P_UQdfd0jmE

Tamil: <https://www.youtube.com/watch?v=XDWzcpmAxRU>

Malay:



Tamil:



“You Can Get Moving”

Seated exercises by **Health Promotion Board**

English:



Mandarin:



English: <https://www.youtube.com/watch?v=fLLHEtRbJ8M>

Mandarin: https://www.youtube.com/watch?v=JWhBc_BPxi4

Malay: <https://www.youtube.com/watch?v=A09luCRzZQw>

Tamil: <https://www.youtube.com/watch?v=Uoz5yzGAyFk>

Malay:



Tamil:





For more activity toolkits, visit <https://aic.buzz/AIC-Wellness-Programme>.
若想获取其他活动手册，请浏览 <https://aic.buzz/AIC-Wellness-Programme> 查询详情。