

A QUEST To Save The Edmoral Kingdom



Written by Chng Chin Wei and Ng Ka Mun, Amanda

Foreword

A message from the National Environment Agency (NEA)

NEA is pleased to provide this pre-school resource book 'A Quest to Save The Edmoral Kingdom' to encourage parents and children to embark on their environmental journey together. The activities included in this book have been designed to help children easily understand various environmental messages with the help of their parents and to instill good values and habits from an early age.

A message from our sponsor, Lian Beng Group

As a leading construction company in Singapore, Lian Beng Group believes that it is important to promote sustainable living and to take care of the environment as we engage in our businesses. We share the belief that the concept of ownership of the environment needs to be inculcated in the young. We are excited to play a part in building a Clean & Green Singapore.

Acknowledgements

The NEA would like to thank the authors and illustrators of the resource book:

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A Note to Parents

A Quest to Save The Edmoral Kingdom is a fun-filled family activity book, designed to help you and your child spend meaningful time together:

1. Learning about personal and toilet hygiene, environmental issues of littering and the prevention of dengue.
2. Practising important values like care, respect and responsibility.

Look for the parent's "tower" on each spread which contain a note to parents, instructions on how to carry out the activity, useful quotes and tips!



A map to mark the progress of your quest is on page 4. Paste the given sticker of the mystical flower (centre spread sticker page) on the road of the map, as a marker to know which activity you are at.



It is our greatest desire to see you both enjoy this precious journey together. We hope that the bond between you and your child will be strengthened and new memories will be made as you embark on this quest!

All the Best!

Greetings!

Dear -----

(child's name) and

(parent's name)



Hi, I am Captain Green, protector of the environment in Edmoral Kingdom! My job here is to ensure that the people in this Kingdom practise clean and green habits on a daily basis. These habits can go a long way in improving everyone's way of life and creating a healthy and happy Kingdom.



Unfortunately, the Kingdom is in danger! A couple of days ago, an evil witch from Dumpster Town, named Elva, cast a spell on the people of Edmoral Kingdom! Under the spell, the people of the Kingdom have become less caring, less respectful and irresponsible! They have become careless in their personal and toilet hygiene and are littering. Their habits are encouraging the breeding of dengue mosquitoes!



The only thing that can break this spell is a potion made from the mystical flower of Edmoral Kingdom, but Elva has stolen this and hidden its petals in some towns in the Kingdom.



I need your help hero! Go to all the 3 towns, carry out the activities and collect the petals. With the petals "in" the bottle, say a pledge found at the end of the book and the spell will be broken!

I have left some clues for you in 6 treasure chests and a map to help you mark your journey. I will meet you along the way to give you advice and encouragement.



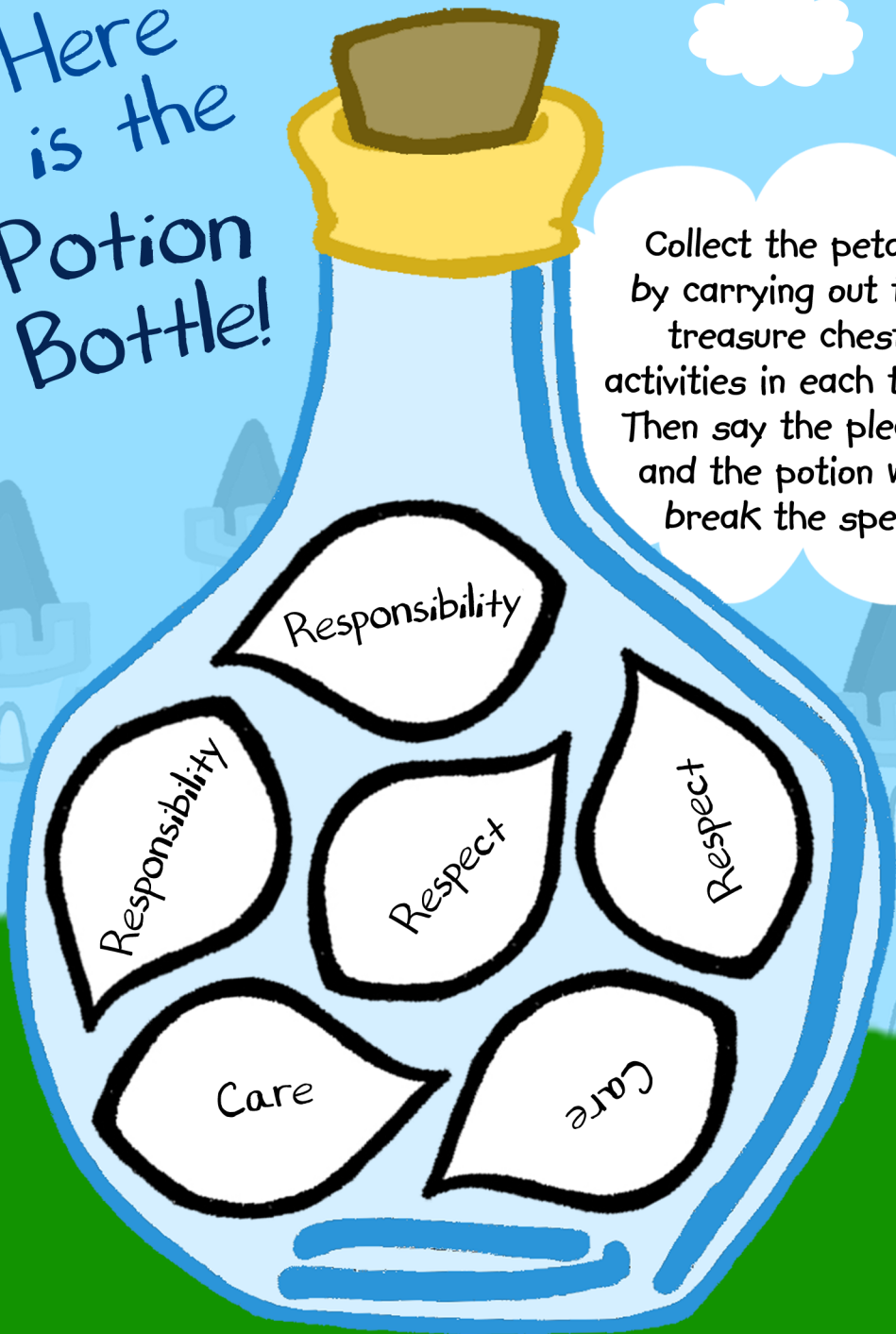
Take care on your quest!

Yours truly,
Captain Green



Here
is the
Potion
Bottle!

Collect the petals
by carrying out the
treasure chest
activities in each town.
Then say the pledge
and the potion will
break the spell!



A QUEST To Save The Edmoral Kingdom



Finish!

Responsibility

6

- Storytime!
Smack Little Mozza

You're almost there!



Responsibility

5

- Mozzie Mozzie, what are you like?
- Where can Mosquitoes Breed?
- Do the 5-step Mozzie Wipeout!

Respect

4

- Storytime!
A Day at the Park



Keep going!



Respect

3

- How Clean is Your Room?
- How Clean is Your Neighbourhood?



Let's head to the next town!

Care

2

- Other Ways of Keeping Clean
- Keeping the Toilet Clean



Care

1



Start!

- Keeping My Hands Clean
- Be a Hand-washing Ambassador!



Care

TOWN

Hey Kid!

It's Captain Green again.

To care for a person is to do things that make the person happy, healthy and safe.

First, you should take care of yourself and stay healthy! We can do this by keeping our bodies clean and having good toilet habits.

We can care for others by doing simple things like having clean personal habits – this helps prevent germs from spreading to them.



1

Keeping My Hands Clean

Here are some things a hero should know!



Why is it important to wash our hands?

- 1 Our hands contain a lot of germs that can cause diseases and make us ill!
- 2 Our hands are also covered with germs when we touch our toys or play with things around us. Everything contains germs!
- 3 Washing our hands with soap helps ensure that these germs do not spread around to make you or people around you sick!

When to wash our hands?



Before and
after food



After playing
with pets



After coughing
or sneezing



After using
the toilet

Let's
Do It!

Wash your hands using the 8-steps method.

1



Palm to palm

2



Between fingers

3



Back of hands

4



Thumbs

5



Back of fingers

6



Fingernails

7



Wrists

8



Dry hands

Hey Parents!

Duration of activity:
15 minutes

1. Read page 6 together.
2. At the sink, practice the 8 - steps method for washing hands.

Parent's Tip

“ Tell me and
I forget. Teach me
and I remember.
Involve me and
I learn.

- Benjamin Franklin - ”

Be a Hand-washing Ambassador!

Care for other people's health

What does a hand-washing ambassador do?

A hand-washing ambassador teaches others that washing hands is important.



Let's
Do It!

Protect your family's health and help Care Town too!

- 1 Tie a piece of cloth or ribbon around your wrist to show others that you are a hand-washing ambassador!
- 2 When you see someone at home washing their hands, explain to them that you are a hand-washing ambassador, praise them for being clean and give them a "I have clean hands" sticker!

Let's Reflect!

Who did you give the
"I have clean hands" stickers to?
Write their names or draw them here:

How do you feel being
a hand-washing ambassador?

Great job in
completing the 1st
treasure chest activity at
Care Town! You get one
care petal! Paste this over
one of the care petals in
the potion bottle
on page 3.



Hey Parents!

Duration of activity:
over one day or a
few days

1. Read page 8 together and ask a few questions to check if your child knows what to do.
2. Find a narrow piece of cloth or ribbon and tie this around your child's wrist.
3. Look for the stickers on the centre spread sticker page.
4. Go through the "Let's Reflect" questions together at the end of a day or a few days.
5. Reward your child with a care petal sticker (see centre spread sticker page).

Parent's Tip

“ We worry about what a child might become tomorrow, yet we forget that he is someone today.

- Stacia Tauscher - ”

2

Other Ways of Keeping Clean



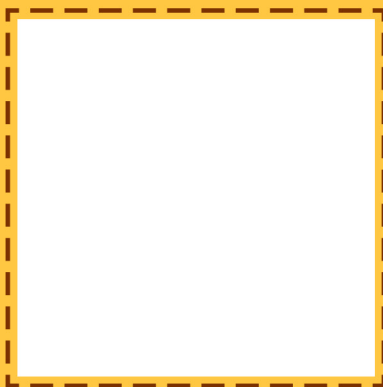
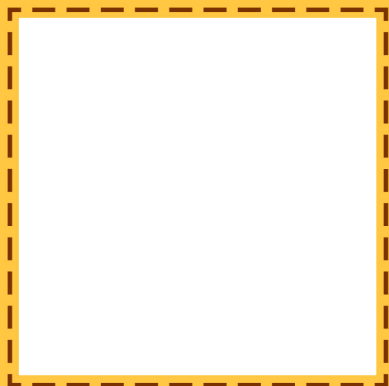
Besides washing your hands, here are other ways to keep yourself clean and healthy. By practising these, we can care for ourselves and others too!

Let's
Do It!

- 1 Read the keep clean action words on pages 10 and 11.
- 2 Stick the correct sticker into the box next to these action words.
- 3 Act out these keep clean actions!

Keep your fingernails
short and clean

This prevents germs and dirt
from hiding under your nails.

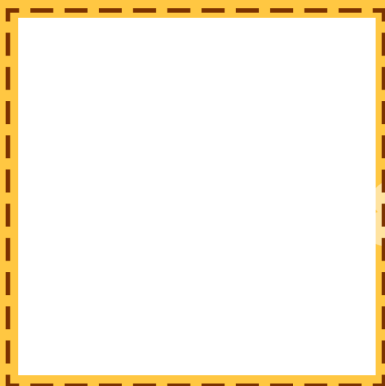


Brush your teeth

This will keep your teeth clean
and white; and your breath nice
and fresh!

Don't cough or sneeze into the air

Cough or sneeze into a piece of tissue and throw this away. This helps to stop germs from spreading to others.



Wear a mask when you are ill, to prevent germs from spreading



Hey Parents!

Duration of activity:
15 minutes

1. Read pages 10 and 11 together.
2. Get the stickers from the centre spread sticker page. Optional - get some props: toothbrushes, toothpaste, paper masks, tissue paper.
3. After your child has done the matching, act out the keep clean actions together using the props!

Parent's Tip

Role-playing can be very useful when teaching children how to react in new or unfamiliar situations. Acting gives children a chance to learn the appropriate reactions in a fun way. Try it out!

Keeping the Toilet Clean

Another way to care for ourselves is to have good and clean toilet habits.

Let's
Do It!

Pretend you are a toilet inspector!
Look for these bad toilet habits in the
toilets you visit. Which have you seen?

Toilet not
flushed



Toilet seat is wet



Rubbish is not
thrown away

Let's Reflect!

Look at the poor toilet habits on page 12. What should you and other people do to prevent them?

Hey Parents!

Duration of activity:
over one day or a few days

1. Go through the photos of poor toilet habits on page 12.
2. Discuss the questions in the "Let's reflect!" section together:
 - How to prevent smelly and unflushed toilets?
Flush the toilet often or after each use.
 - How to prevent toilets with rubbish on the ground?
Throw all rubbish properly into the bins provided.
 - How to prevent dirty or wet toilet seats?
Clean the seat if you do wet it and do not stand on the toilet seat.

Super work in completing the 2nd treasure chest activity in Care Town! You get another care petal to paste on page 3! Now you can move on to the next town! See you there!





R

espect

TOWN

Hey Kid!

To respect a person is to value a person and be considerate. Think through what he or she will experience.

We can show respect to people around us by keeping our neighbourhood, public places – in fact our whole country clean, so everyone can enjoy a clean and healthy environment!



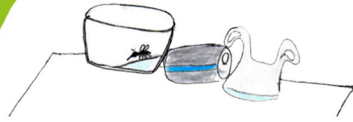
What is Litter?

Litter is anything which is not thrown into the proper place - a rubbish bin, or anything that is left behind when a person leaves.

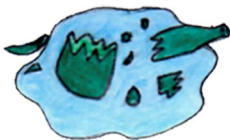
What can litter do?



Litter can dirty a place and attract pests (unwanted, dirty animals which can spread diseases)



Litter can collect rainwater and breed mosquitoes



Sharp pieces of litter like broken glass or rusty nails can hurt us



Litter can harm animals

When people litter, they do not respect other people or the place!

3 How Clean is Your Room?

Let's
Do It!

Look at your room and discuss these questions:

Is your room
clean or dirty?



clean



dirty

Do you like a clean
or dirty room? Why?

How do you keep
your room clean?



Hey Parents!

Duration of activity:
10 minutes

1. Read pages 14 and 15 together.
2. Here are some suggested answers to the questions:

- Is your room clean or dirty?

Answers may vary.

- Do you like a clean or dirty room?

A clean room.

Why? *A clean room helps you stay healthy, feels good and happy to live in.*

- How do you keep your room clean?

Throw all food wrappers and drink containers into the dustbin, empty the dustbin often, don't eat in the bedroom.

How Clean is Your Neighbourhood?

Let's
Do It!

- 1 Look at this picture. Spot all the pieces of rubbish and cross it out (x) with a pen/pencil.
- 2 Take a short walk around your neighbourhood or void deck. What rubbish did you spot along the way?



Hey Parents!

Duration of activity:
15-30 minutes

1. Let your child cross out all the pieces of rubbish in the picture.
2. Bring your child on a short walk around your neighbourhood to spot rubbish.
3. Debrief the activity by asking them how a dirty neighbourhood makes them feel? Why?

Answers may vary.

Let's Reflect!

How does a dirty room or neighbourhood make you feel? Why?



Happy



Sad



Disgusted



Angry

Well done on the rubbish hunt!
You "get" one respect petal!
However for a change, the reward is not to stick the sticker, but to colour in the respect petal!



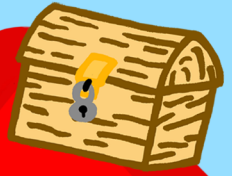
Parent's Tip

Instead of giving your child a reward sticker, celebrate your child's achievement by praise and encouragement (and a hi-5!). Let them colour in a respect petal. This is to help your child be motivated by other rewards.

4

Storytime!

A Day at the Park



Hey Parents!

Duration of activity: 15 minutes

1. Read the story on pages 20 and 21 together.
2. Paper puppets are printed on the centre spread sticker page. Cut them out and use them as props to act out the conversation between Sue and Siti. Help your child with the cutting of the puppet.
3. After the reading/acting out of the story, discuss the questions under the “Let’s Reflect!” section:
 - Who should clean up the rubbish that we make?
*We should not wait for cleaners to clean up after us.
We should be responsible and clean up after ourselves.*
 - Why should we clean up the park after using it?
To let others enjoy a clean and healthy environment to play and rest in – This is part of respecting others and the environment.
4. Take a look at these useful internet links with your child!
 - “A litter at a time” was set up to encourage people to help make our country a cleaner living environment.
www.facebook.com/ALitterAtATime

- Gather other parents and help keep Singapore clean!
<http://www.publichygienecouncil.sg/community/litter-free-singapore>

Storytime!

A Day at the Park

Sue and Siti are best friends. One day, Siti's mummy brought them to East Coast Park to have a picnic. Siti's mummy prepared a basket filled with food. They had sandwiches, orange juice, chicken wings, fishballs and satay.

SUE: Wow! The food looks delicious!

Mummy took out some wet tissues to clean their hands before they ate.



SUE: Let's go play "catching" over there!

SITI: But what about all this rubbish from our picnic?

SUE: Just leave it... the cleaner will come and clear up.

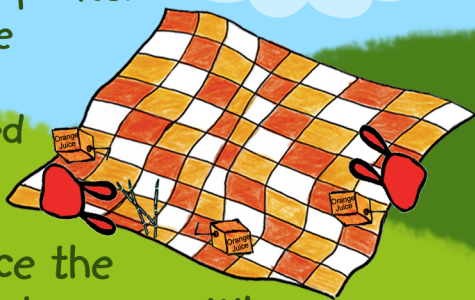
SITI: Oh OK!

Just as they were about to run off, Mummy said, "Aren't you girls going to clean up your rubbish before you play?"

SITI: But why?



Mummy answered, "We should be responsible for our own rubbish. If no one cleaned up after they have their picnic, the whole park would be so dirty! You wouldn't like a park that is filled with rubbish, would you?"



SUE: No, what a horrible place the park will become! Let's clean up Siti!

Mummy said, "Here's a way to make cleaning up more fun. Let's rap together!"

Wrap Up Your Rubbish!



Is it clean? Is it clean?
Is it really really clean?
Do you throw your rubbish
in the rubbish bin?
Well, throw it in -
that's what you can do.
To respect your surroundings
and the people too.
Tell your family
and all your friends.
To protect our earth
as much as we can!

The two girls and Mummy picked up all their rubbish and then the girls ran off to play "catching". They felt very happy that they had done the right thing!

Let's
Reflect!

Who should clean up
the rubbish that we make?

Why should we clean up
the park after using it?

Congratulations
young hero! You have
completed the 4th treasure
chest! Colour in your second
respect petal on page 3!



Parent's Tip

“ Family is the first
school for young
children, and parents
are powerful models.

- Alice Sterling Honig -

”



R

esponsibility

TOWN

Hey Kid!

You have reached the final town in Edmoral Kingdom. Press on, you are almost done! I cannot wait to hear you recite the pledge to break the spell and see you at the end of the quest!

To be responsible is to know that you have a duty to yourself, your family, your country and the world!

In this Town, we will learn about dengue prevention. We can do our part by not breeding mosquitoes!



5

Mozzie Mozzie, what are you like?



Let's
Do It!

1. Read the next few pages to find out more about mosquitoes.
2. Use the internet to find out even more about them!

What are mosquitoes?

Mosquitoes are insects. We humans often consider them to be a pest because they suck our blood causing us to itch. However, only the female mosquitoes suck blood as they need the protein found in it to make eggs. Male mosquitoes feed on nectar and plant juices.

What is the life cycle of a mosquito like?

Females lay
their eggs on
stagnant
water



Adult Mosquito



Eggs



Larva
(Wiggler)

It takes only
7 days
for an egg to
become an adult
mosquito!



Pupa

How does an *Aedes* mosquito spread dengue?

Not every female *Aedes* mosquito spreads dengue. Only one which has bitten a person with dengue spreads it. Since it carries the virus after biting, the next person it bites can get dengue.

I only need
a spot of water the
size of a 20-cents
coin to breed!



Hey Parents!

Duration of activity:
20 minutes

1. Read pages 23 – 27 together and do the 5-step Mozzie Wipeout!
2. Use the internet to find out more about dengue, and its symptoms, and where the common mosquito breeding places are.

Parent's Tip

When teaching or talking to our children about potential dangerous animals like mosquitoes or even animals in the wild, we should talk objectively about the facts and convey a sense of alertness and carefulness. We should avoid over-reacting as this may instil imaginary fears in our children.

Where can Mosquitoes Breed?



Storage containers



Roof gutters



Flower vases



Bamboo pole holders



Flower pot plates

Do the 5-step Mozzie Wipeout!

Let's
Do It!

Look around your house to spot any stagnant water and do the Mozzie Wipeout!



Change water in
the vase on
alternate days

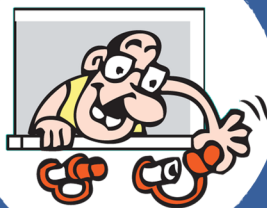
Here are the
5 Steps
to prevent dengue.
Try them out!



Turn over
water storage
containers



Clear and put
insecticides in roof
gutters monthly



Cover bamboo
pole holders when
not in use



Remove water
from flower
pot plates

Let's
Reflect!

Draw a few mosquito
larvae in some water.
They are also called "wrigglers".

Wriggle your finger –
it is like the movement
a larva makes!

Now that you
know more about
mosquitoes and how to
prevent them from breeding,
colour in a responsibility
petal!



6

Smack Little Mozza

Storytime!

Let's
Do It!



1 Read the story on pages 30 and 31 together.

2 When you hear "Mozza", make a buzzing sound and then smack the picture of Mozza (the mosquito).

3 When you hear the name of an animal, point to the correct picture and make the sound of that animal.



Parent's Tip

Interactive reading activities help to train your child's listening skills and add fun to your stories!

Smack Little Mozza

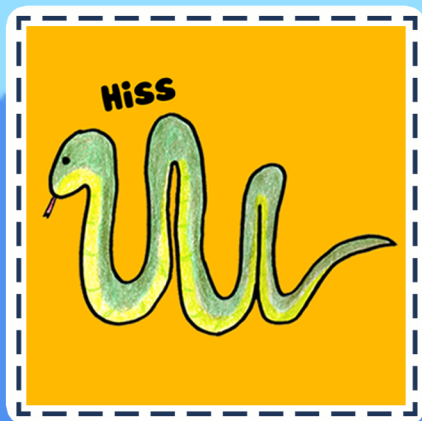
Once, there was a mosquito named Mozza. She grew up in the rainwater which had collected in a pile of rubbish. One day, Mozza decided to go on an adventure at the zoo.

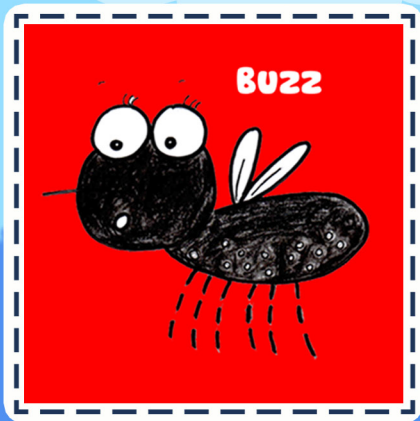
After flying around, she thought, "All this flying around is making me hungry! What animal can I bite?"

Mozza spotted a , with bright coloured feathers and flew near it. "I'm sick," it shouted, "and I won't taste good!" "HAA-CHOOOOO!" 

It was such a huge sneeze that Mozza was blown all the way to a sleeping  in its den! She

thought to herself, "I'm sure this would be exciting!", and flew into the big fluffy mane. "Ahhh! I'm stuck and I can't see!"





After trying very hard, she finally found her way out.

Next she flew towards the

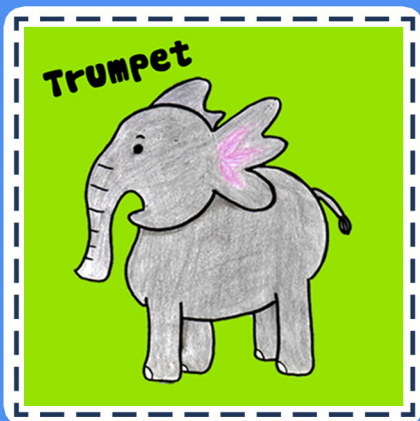


enclosure and then to the enclosure, but she could not bite through the snake's scales and the elephant's thick skin.

The sun was about to set and Mozza still did not get one drop to drink!



Just then, a walked by. Mozza grinned "I know who I will bite..."



Mozza flew over to the girl and was about to bite her when she suddenly smelt the strong insect repellent around the girl. "Yuck! I can't stand this smell!" and she immediately flew away!

Hungrily, she flew into the night.

Let's
Reflect!

What did you learn
from the story?

Congratulations!
You have just completed
your last treasure chest!
Colour in the last responsibility
petal. Now you can say the
pledge and break
the spell!



Hey Parents!

Possible answers to
the question above:

- *Mozza was bred in water collected on rubbish. We can prevent mosquito breeding by throwing our rubbish properly.*
- *Mozza did not bite the girl as she had applied mosquito repellent. We can protect ourselves by applying mosquito repellent or wearing a mosquito patch.*



Let's
Share!

Let's summarise all that we have learnt in the book and share them with our family and friends!

- **Washing hands** is important.
- How to practise good **personal hygiene**.
- How to practise good **toilet hygiene**.
- How we can **prevent dengue** from spreading.
- What we can do to keep Singapore **clean** and **green**.



Parent's Tip

“ Practice doesn't make perfect. Practice makes permanent.

- Larry Gelwix - ”

Hurry and Save Edmoral Kingdom!

I, _____ ,
(child's name)

have completed The Quest to Save
The Edmoral Kingdom.

Because I **care** for myself and those around...
I promise to practise good personal hygiene.

Because I **respect** my environment and community...
I promise to keep my neighbourhood clean.

Because I am **responsible** with my actions...
I promise to carry out the 5-step
Mozzie Wipeout diligently.

Because every action counts...
I will do it with all my might!

Now with this pledge and potion,
I lift the spell and restore
all the values to the Edmoral Kingdom!



Hurray!

We finally meet, hero! You have completed the quest to save the Edmoral Kingdom! Excellent job, hero!



I have good news for you! I have captured Elva the evil witch, so she can no longer harm Edmoral Kingdom.

Continue to practise all that you have learnt and share it with the people in your Kingdom – Singapore!



Hey Parents!

Seal this journey with a hug!

Remember the greatest reward your child can ever receive, is you and your time with them.

Parent's Tip

“ To bring up a child in the way he should go, travel that way yourself once in a while. Your children need your presence more than your presents.

- Jesse Jackson - ”



Special Thanks

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聯明集團有限公司
LIAN BENG GROUP LTD



Be a hero and journey through
this quest with your parents!
Learn good habits and values while having
lots of fun with the activities included.

