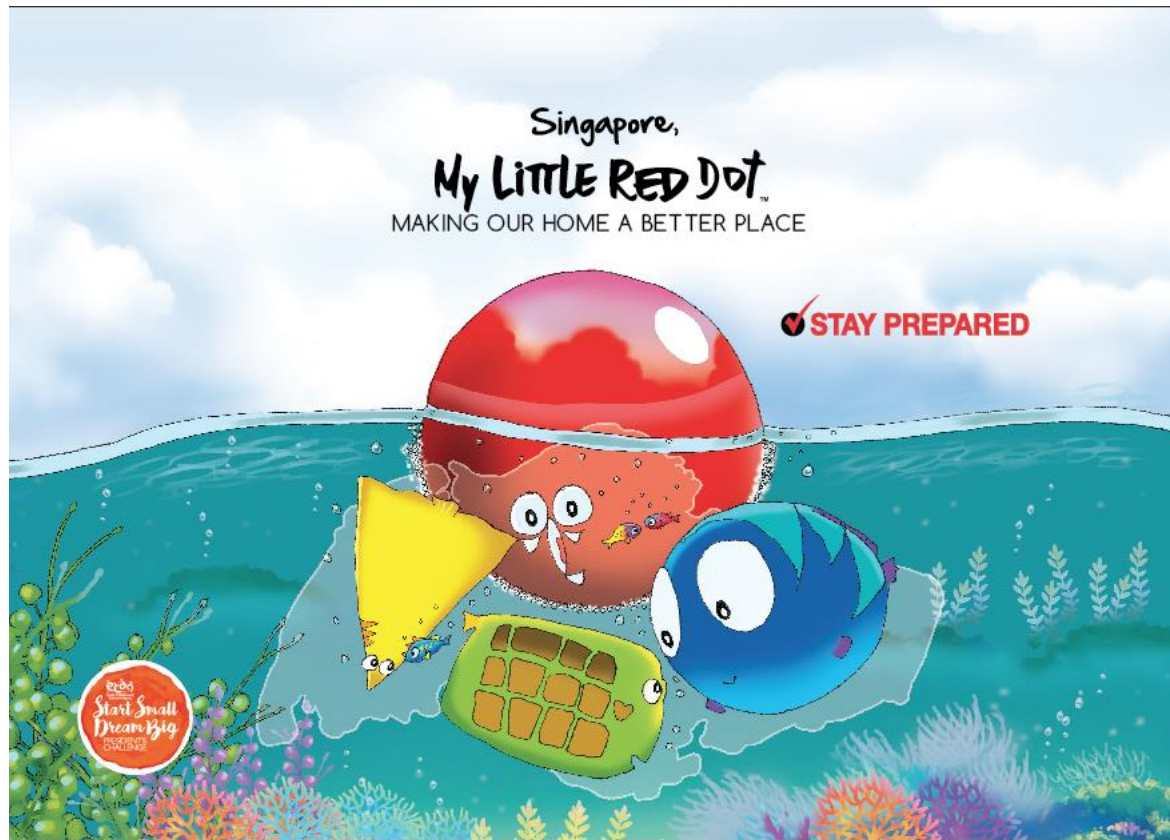


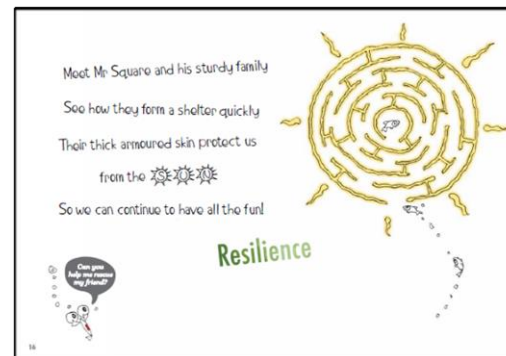
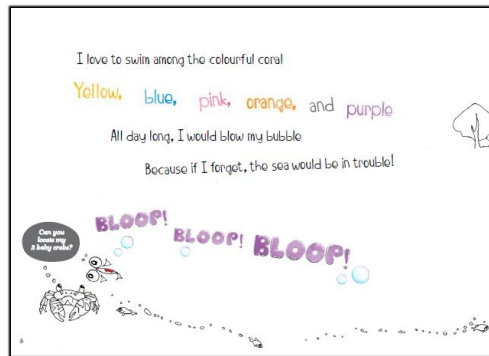
# Singapore, My Little Red Dot (MLRD) - Making Our Home a Better Place



- Singapore, My Little Red Dot - Making Our Home A Better Place (MLRD) is a **Total Defence resource** comprising:
  - A) an activity book and
  - B) an adventure box.
- It is written, illustrated and developed by actor and author Edmund Chen and supported by \*Nexus, Temasek Foundation and ECDA.

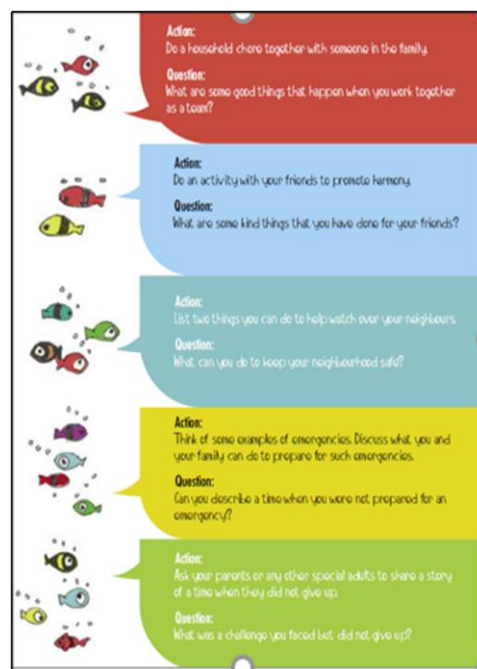
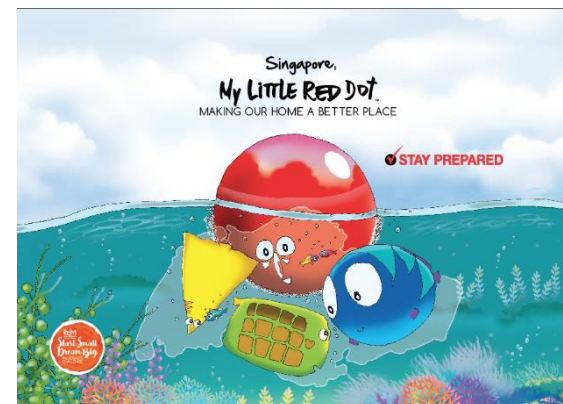


- MLRD resources comprise engaging activities:
  - A) Book: identifying shapes, manoeuvring through mazes, colouring.
  - B) Adventure Box: building jigsaw puzzles, role- playing, storytelling (hands-on learning experience).
- Targeted at the young Singapore family unit and pre-schoolers, MLRD inculcates Total Defence and National Education values such as **staying prepared, unity, resilience, teamwork and vigilance.**



## 1. MLRD Activity Book (*Enhanced*)

- Cohort experience for all K1 and K2 pre-schoolers under ECDA's regulation.



- Inclusive of **new take home activity cards** to engage parents on Total Defence and National Education through the pre-schoolers.

- Incorporation of 'Staying Prepared' messages.

Dear Parent/Guardian,

We hope you found this book useful to initiate a conversation with your child on being prepared for the unexpected.

Children thrive when they feel supported by adult caregivers. You play an important role in helping your child cope with overwhelming emotions that may come up after something unexpected happens. In the next section, we have included some helpful tips on how to spot signs of trauma in your child, what you can do and where to seek help.

For more information, please scan the QR code to visit the Trauma Network for Children Website. You may also email non-urgent enquiries to the KKH Psychosocial Trauma Support Service at [Contact.PTSS@kkh.com.sg](mailto:Contact.PTSS@kkh.com.sg)

Some things can make me feel sad, scared, or angry

Feel Angry

Feel Sad

Feel Scared

These things could be

A fire

An accident

Staying in hospital

Being hit or beaten

Someone touching my body, and making me uncomfortable

Someone I love dying suddenly

After these things happen to me, I may

Have nightmares

Keep thinking about what happened

Have stomachaches

Not feel like eating

Avoid places, people or things that remind me of the event.

To feel better, I can talk to my teacher and my family

I can also do the things that I like.  
I can try to draw, read, or play with my friends.

I can also try to do belly breathing to calm my body down.

I can also spend time with my family.

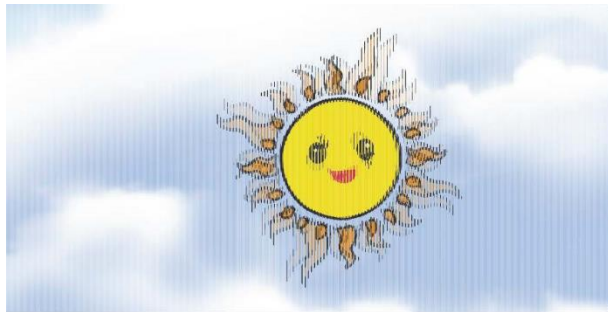


## 2. MLRD Adventure Box *(New resource)*

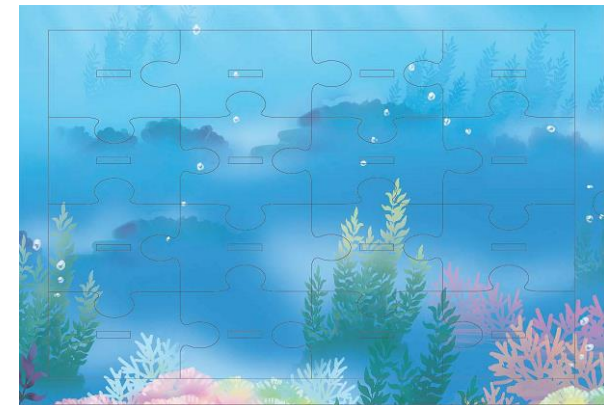
- Classroom resource - based on characters from MLRD book.
  - Adventure Boxes (five boxes per centre) will be distributed to all pre-school centres in 2020.
- Interactive resource with hands-on activities.



**Character Pieces**

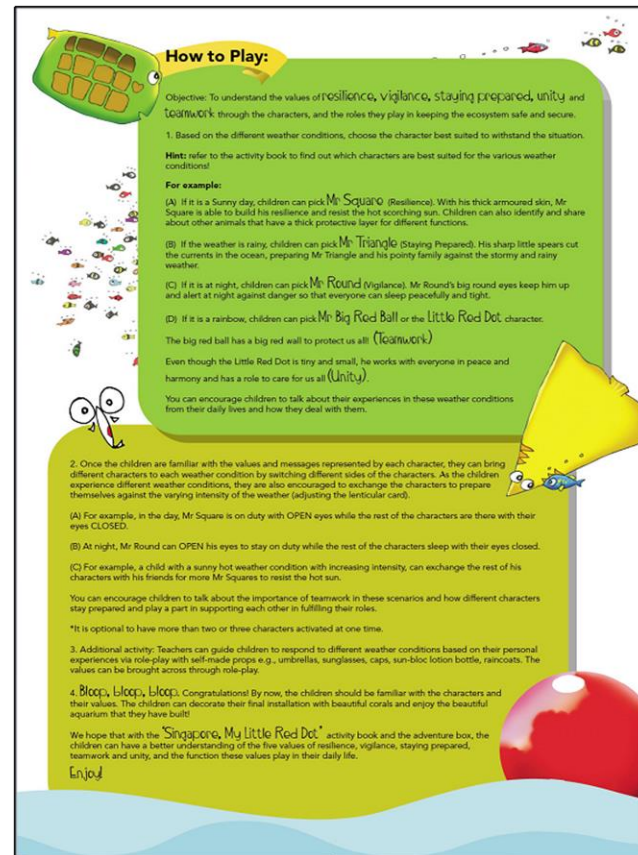
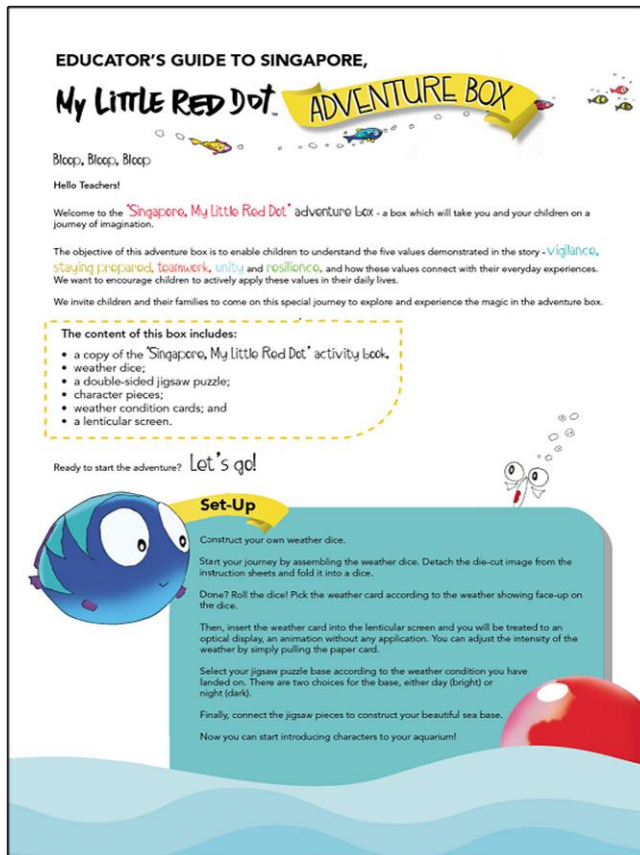


**Weather Card**



**Jigsaw Puzzle**

- Includes an educator's guide to enable the educator to bring across the messages to the pre-schoolers.



# Distribution Timeline & Feedback Required

## Distribution Timeline

- Delivery of SSDB Resource Packages to SSDB Centres in Mar 2020 (comprising MLRD adventure boxes and activity books).
- Delivery of MLRD books to all pre-school centres and adventure boxes to non-SSDB centres in Apr/May 2020.
  - ☐ One MLRD book for every K1 and K2 student.
  - ☐ Five sets of MLRD adventure boxes per centre.

## Feedback

- Incorporation of QR Code in MLRD activity book for educators and parents to provide feedback on MLRD resources.





For queries/more information: please write to  
[Sherwinderjit Kaur D/o Bhajan Singh@mindef.gov.sg](mailto:Sherwinderjit_Kaur_D/o_Bhajan_Singh@mindef.gov.sg)

Thank you.