



MY HOME, MY KAMPONG 吾爱吾家

Activity Booklet for Seniors
乐龄创意手册



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).	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)。	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).	உங்களுக்கு சமூக பராமரிப்பு சேவைகள் அல்லது பராமரிப்பு உதவிகள் தேவைப்படும் முதியோர்கள் / பராமரிப்பாளர்கள் பற்றி தெரிந்தால், ஒருங்கிணைந்த பராமரிப்புக்கான நிறுவனம் (AIC)ஐ தொடர்புக்கொள்ளுங்கள்.
Call 📞 1800-650-6060 (Monday-Friday 8.30am-8.30pm; Saturday 8.30am-4pm)	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	Melalui 📞 1800-650-6060 (Isnin-Jumaat 8.30 pagi-8.30 malam; Sabtu 8.30 pagi-4.00 petang)	📞 1800-650-6060 (திங்கள் முதல் வெள்ளிக்கிழமை காலை 8.30 முதல் இரவு 8.30 மணி வரை; சனிக்கிழமை காலை 8.30 முதல் மதியம் 4 மணி வரை).
Website: https://www.aic.sg	网址: https://www.aic.sg	Lungsuri: https://www.aic.sg	இணையத்தளம்: https://www.aic.sg
Visit 浏览 Kunjungi பார்வையிடவும்		AIC Link (https://www.aic.sg/resources/AIC%20Link)	



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)

Contents 目录

Find It	找一找	5
Your Design	您的设计	6
Make This	造起来	7
Draw the Other Half	画出另一半	9
Make This	造起来	10
Match It	配一配	11
Mobile	连接起来	12
Make a Guess	猜一猜	15
Repeated Patterns	重复花纹	16

Pop-up Card	立体卡片	17
Fold and Cut	折一折 剪一剪	19
Spot the Difference	找出不同	21
Diorama	拼一拼	22
Build a Bus	造一辆巴士	25
Make a Wish	许个愿	27
Remember?	记得吗?	29
Answers	答案	31
Resources	资源	33

Find it 找一找

Pre-war
Houses
战前房屋



Hat
帽子



Camera
相机



Merlion
鱼尾狮



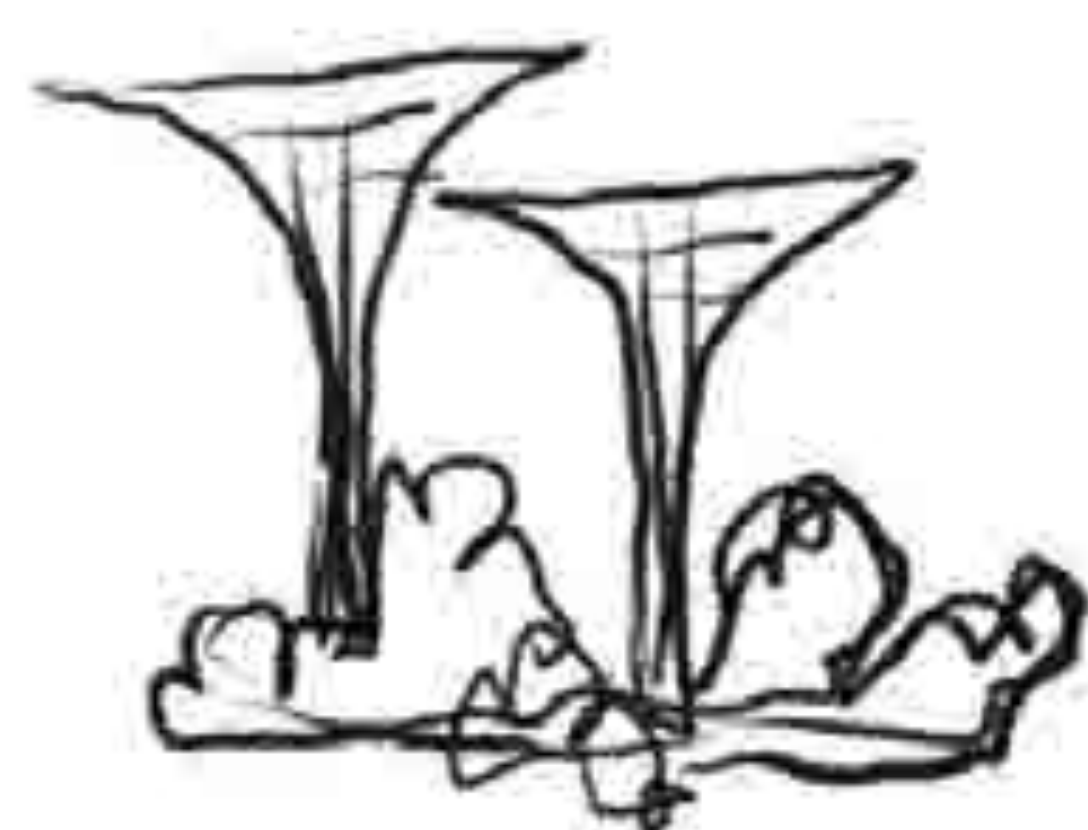
Taxi
德士



Marina Bay Sands
滨海湾金沙



Esplanade
滨海艺术中心

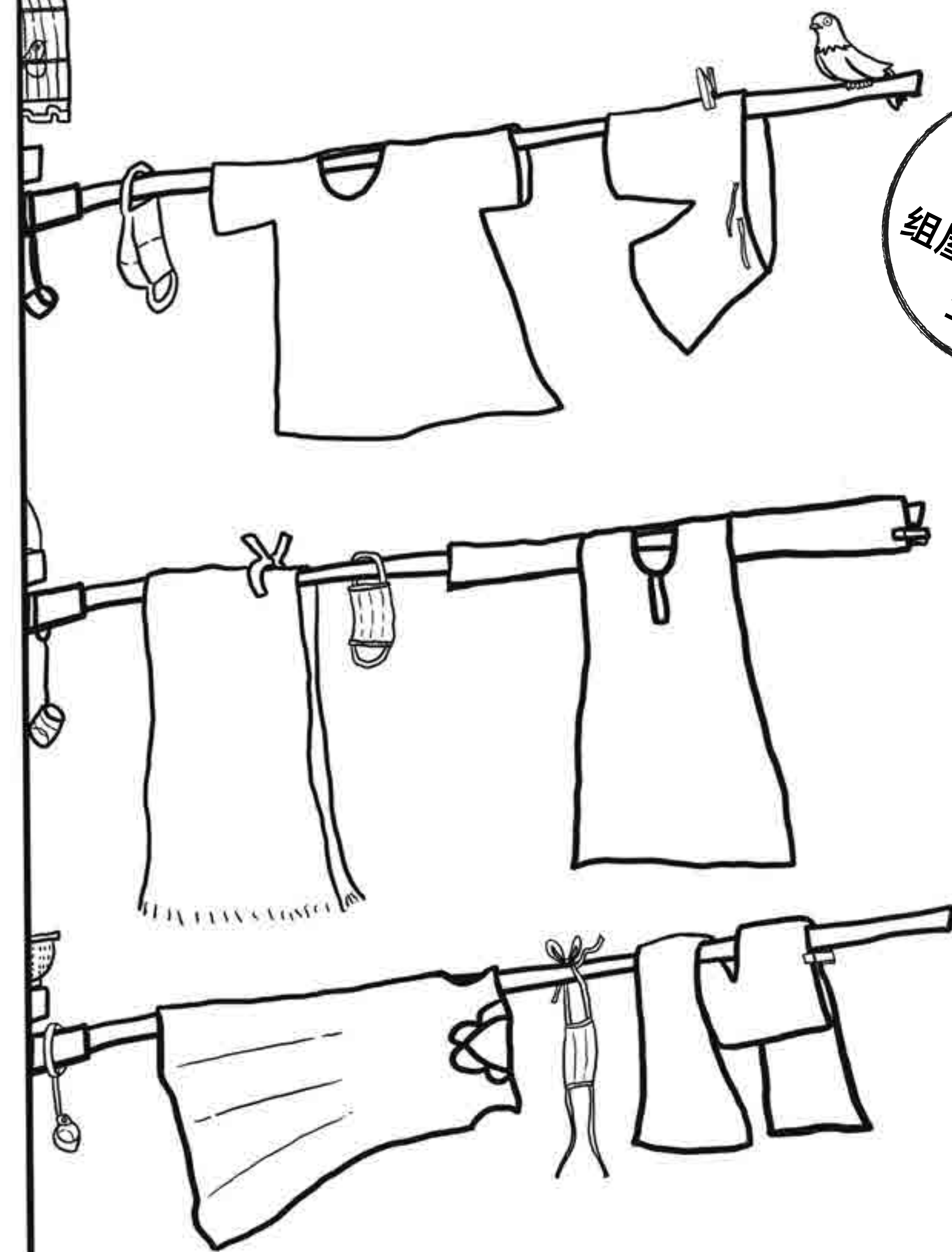


Gardens by the Bay
滨海湾花园



Sunglasses
太阳眼镜

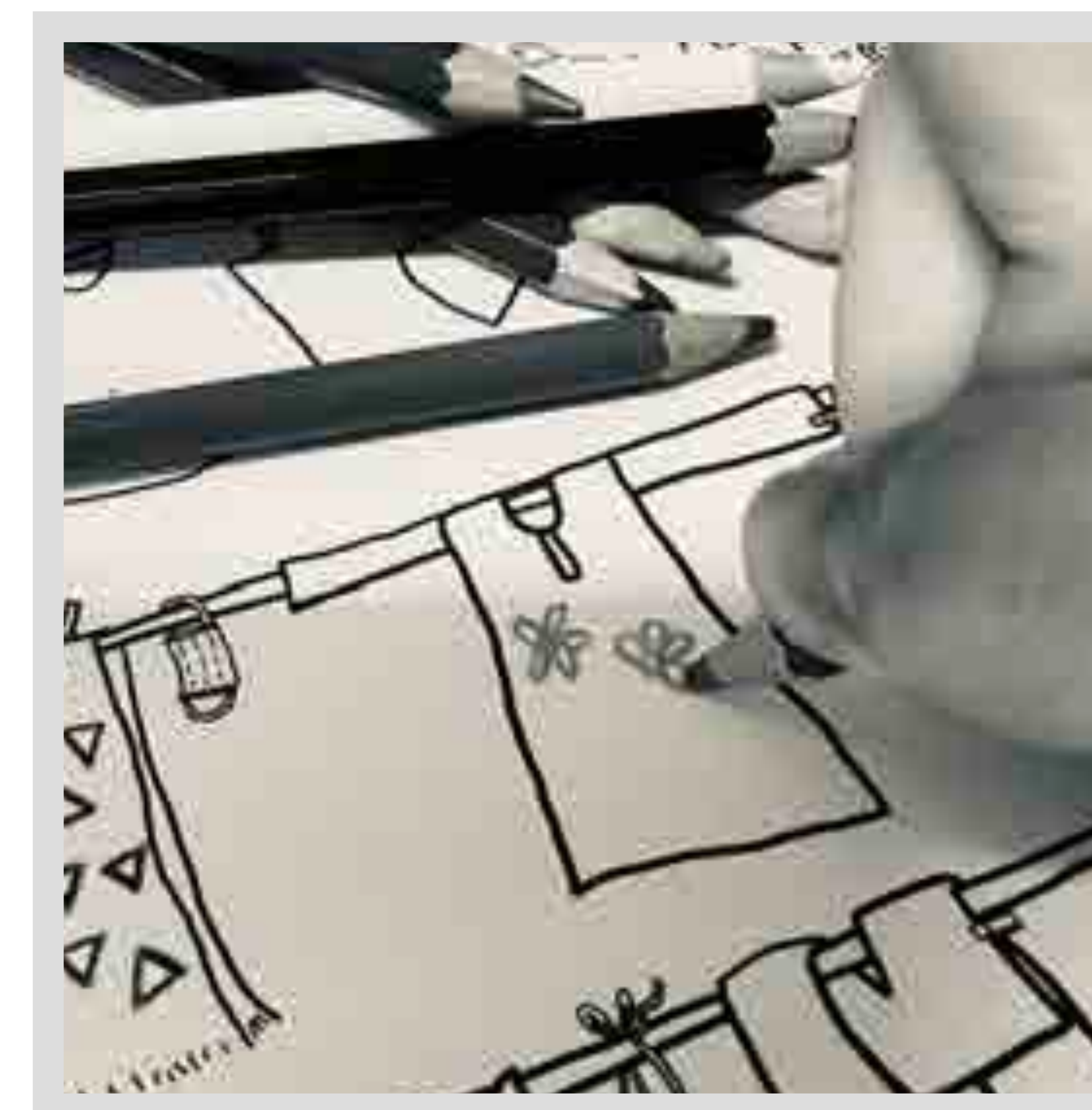




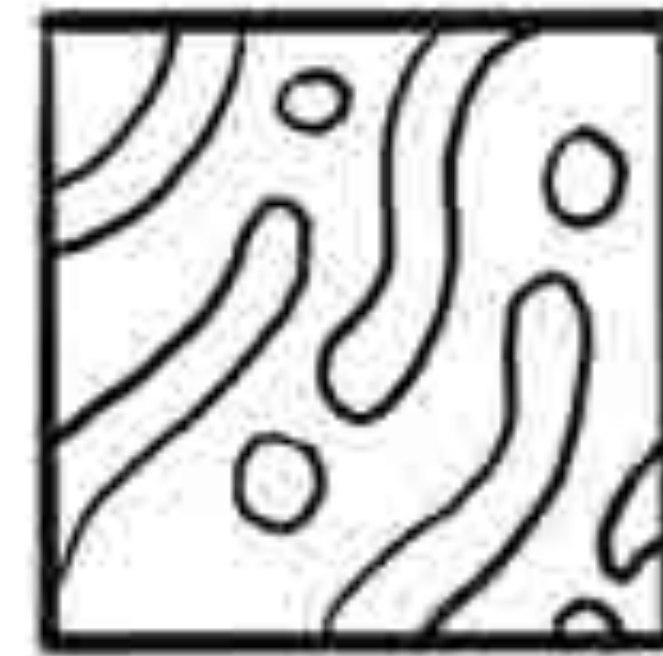
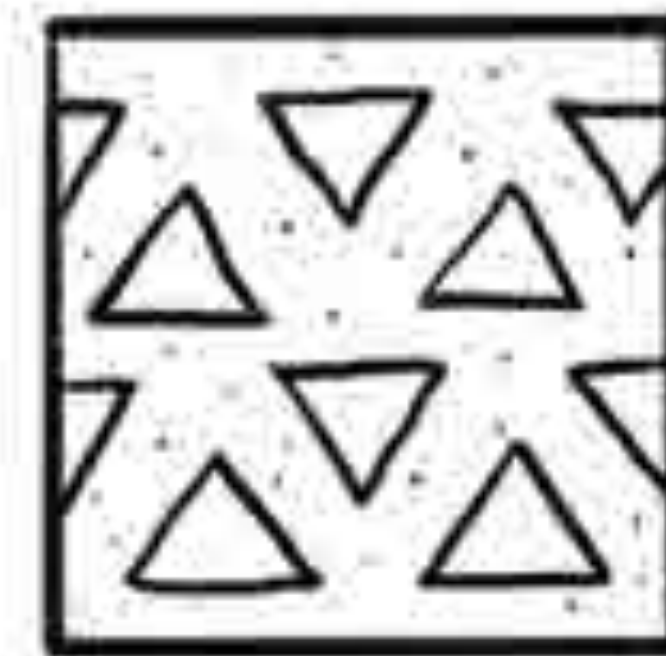
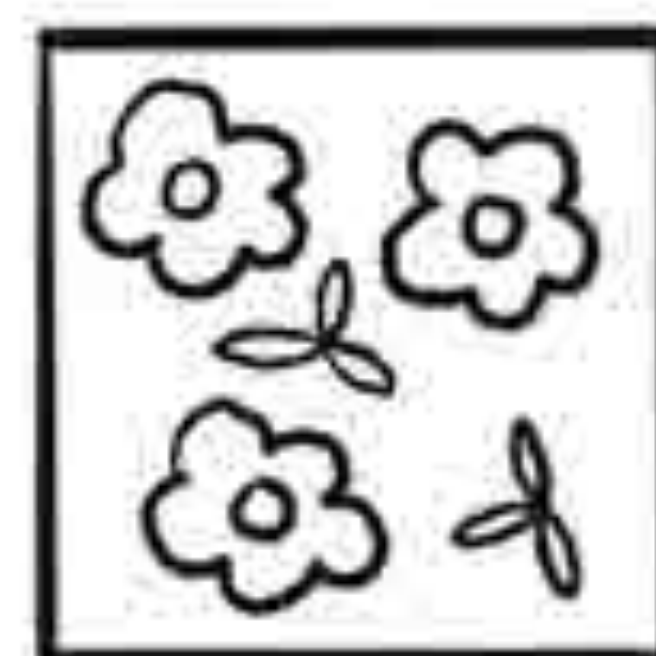
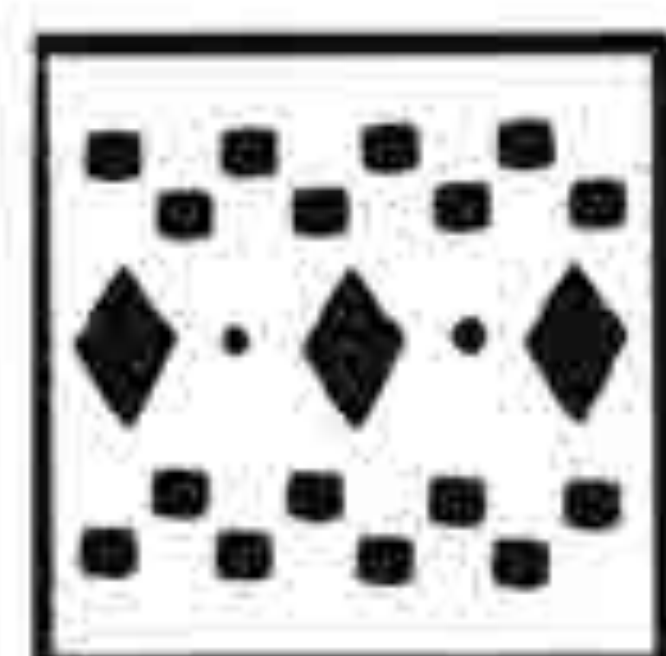
Daily
Life in HDB
Flats
组屋区的日常
生活

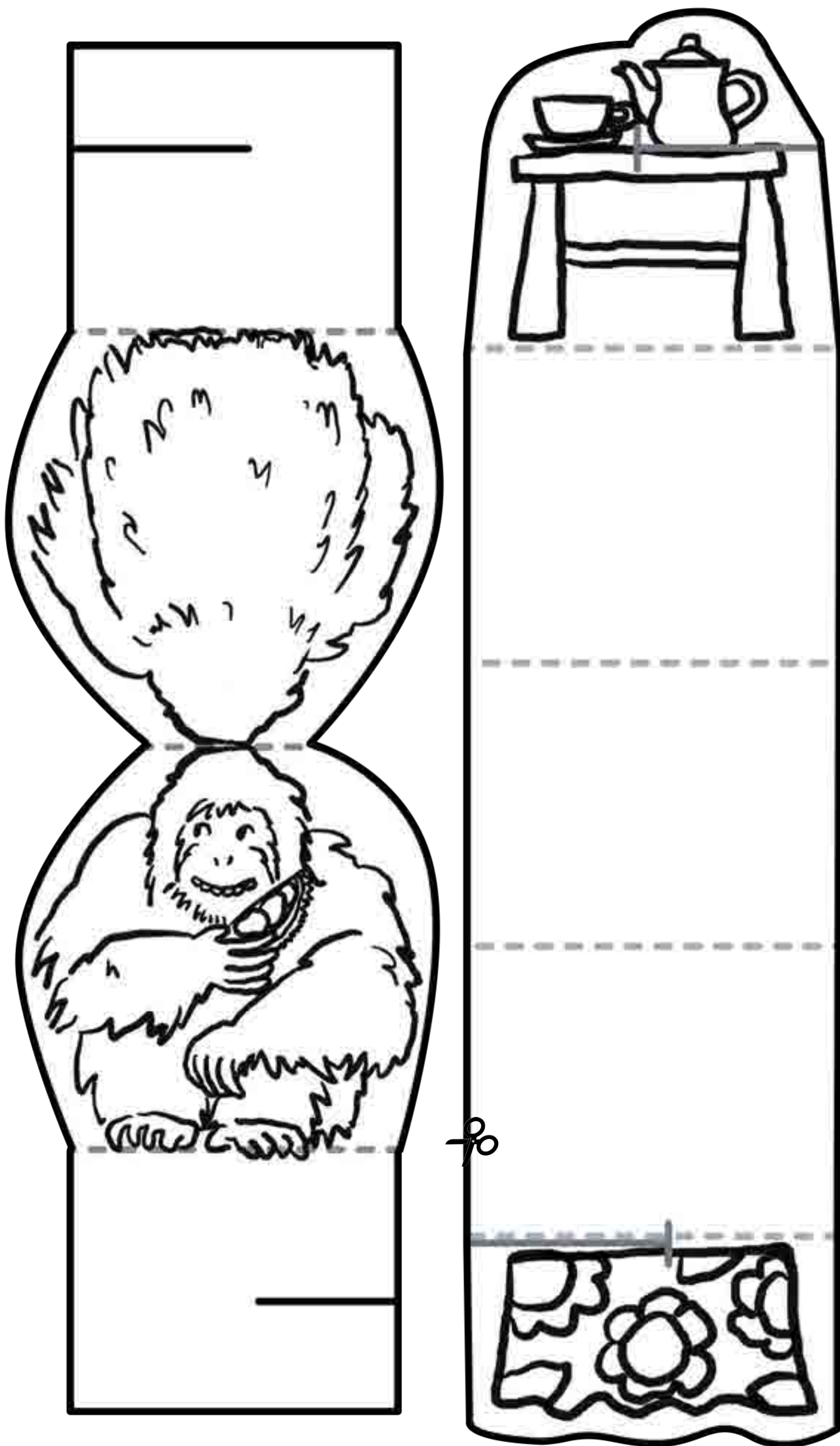
Your Design 您的设计

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。



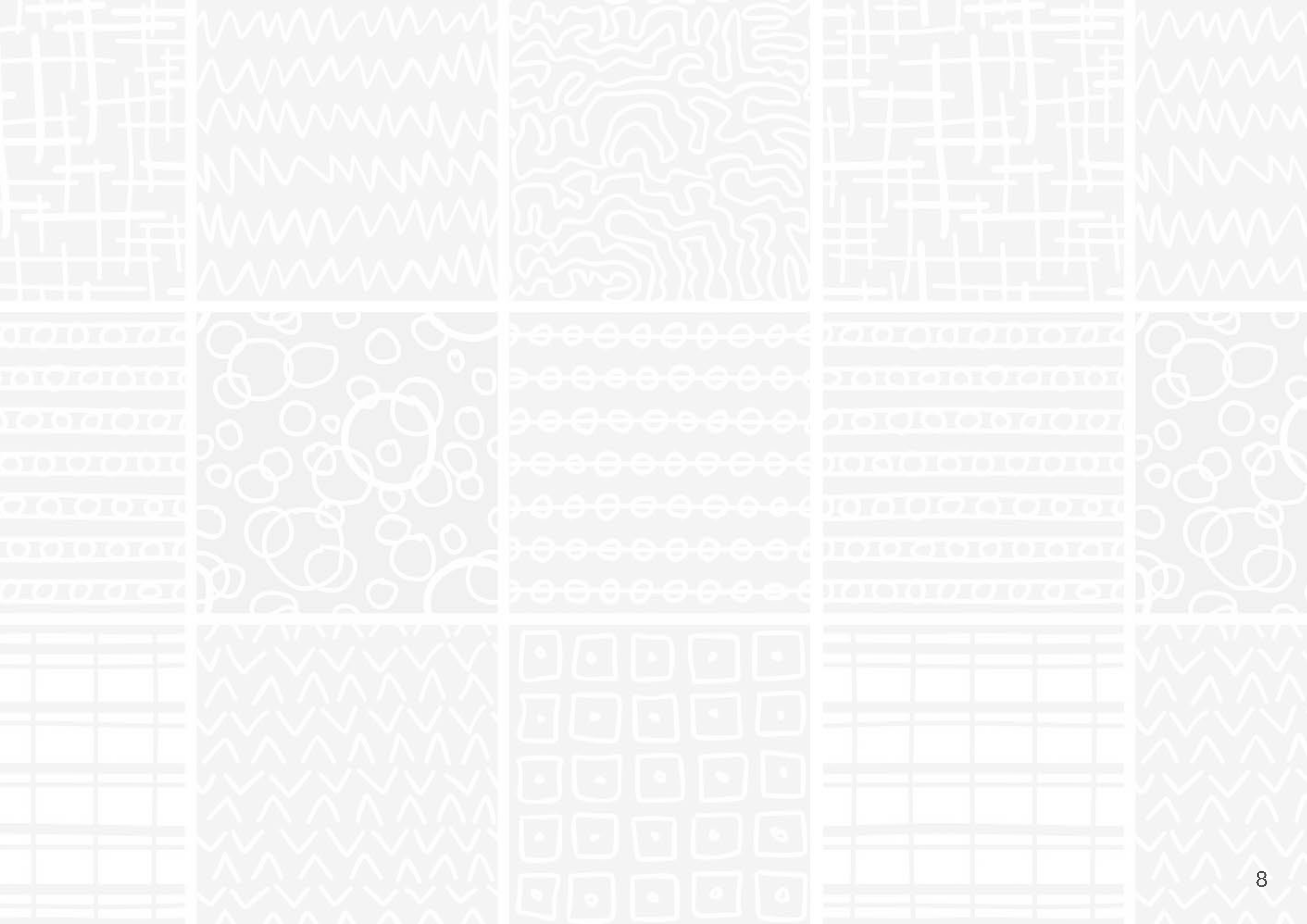


Make This 造起来

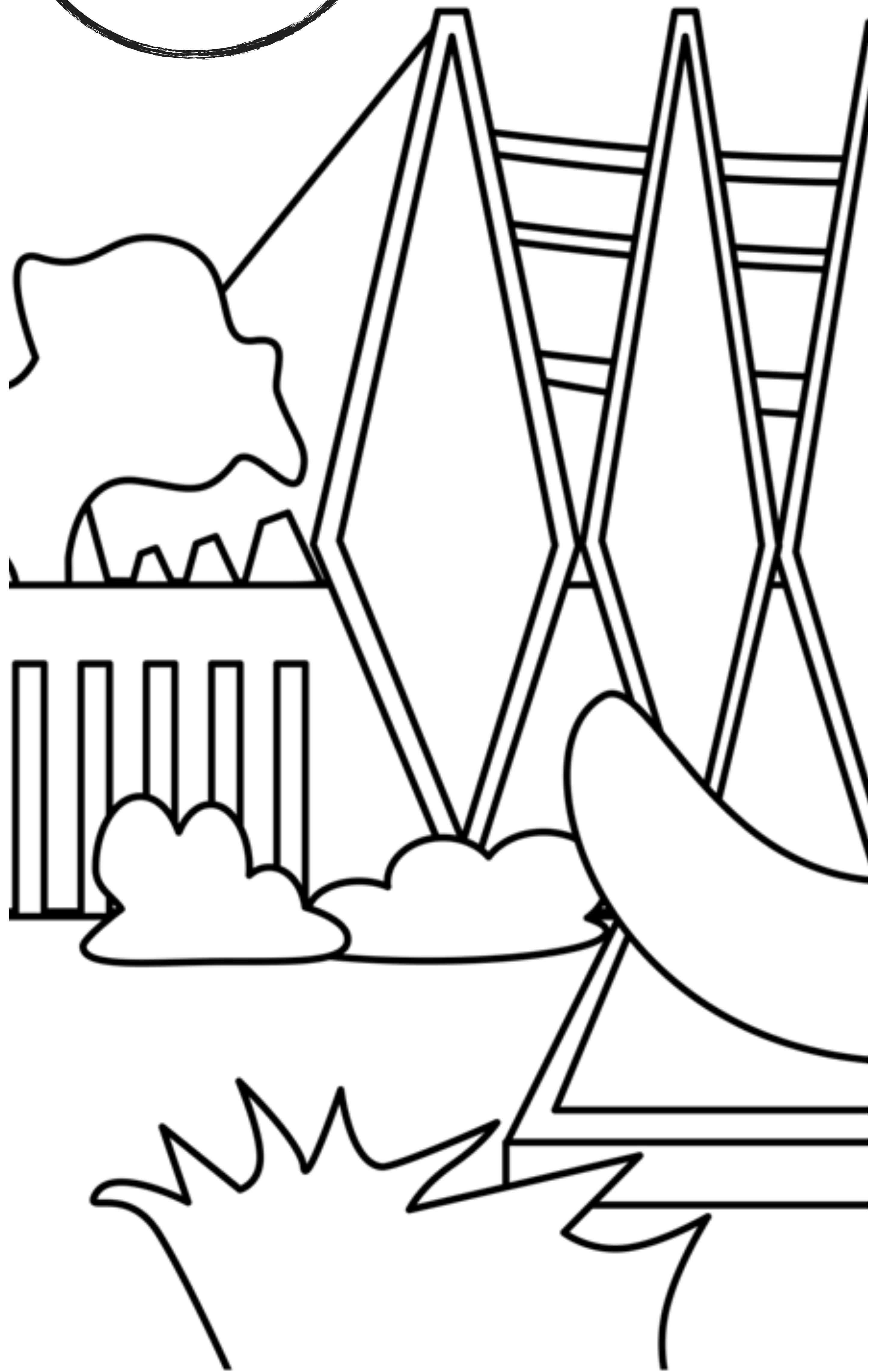
Cut and fold along the dotted lines accordingly to create a three-dimensional image.

把构图剪下, 沿着横线的地方对折把构图立起来。

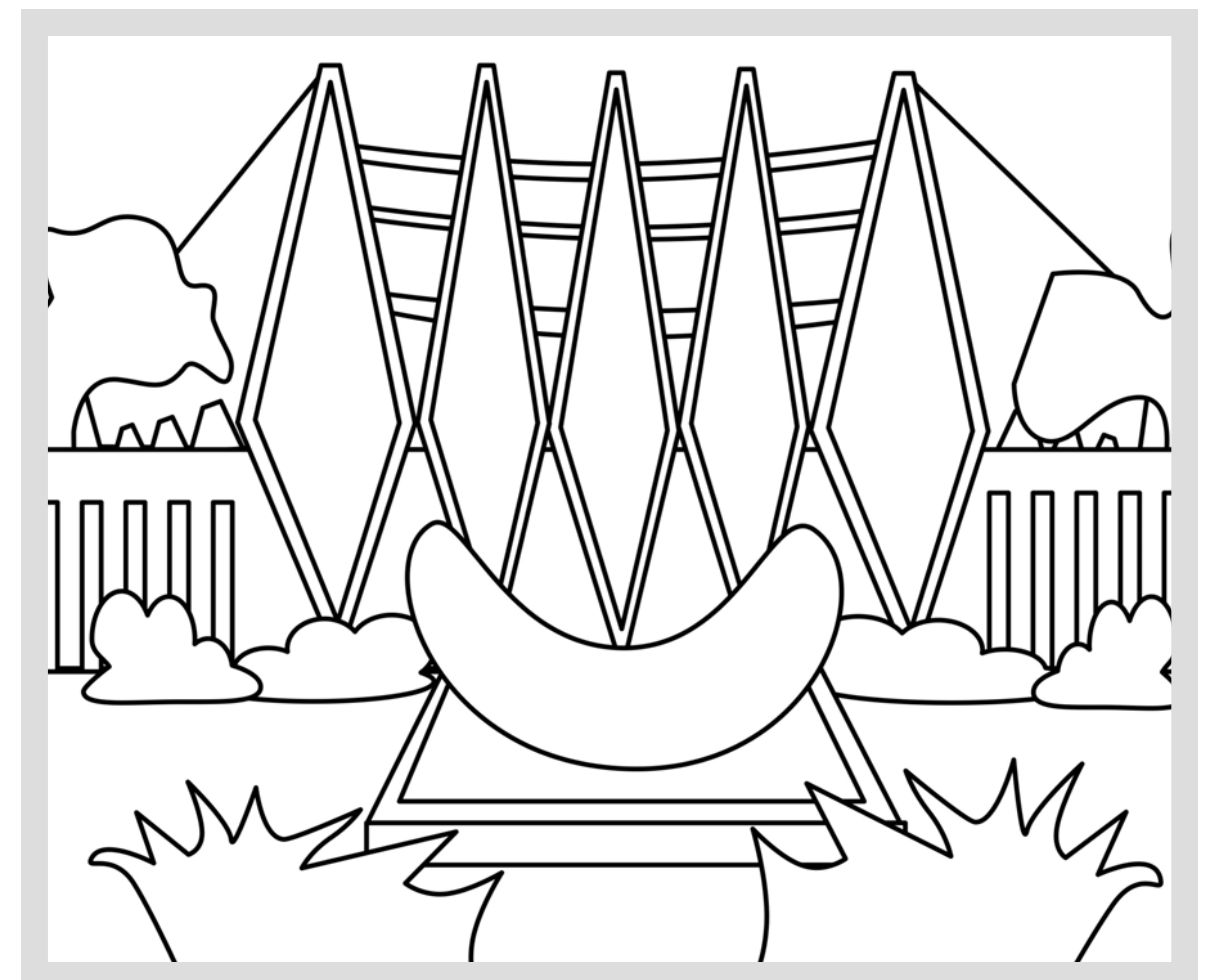




National
Theatre
国家剧场



Draw the
Other Half
画出另一半



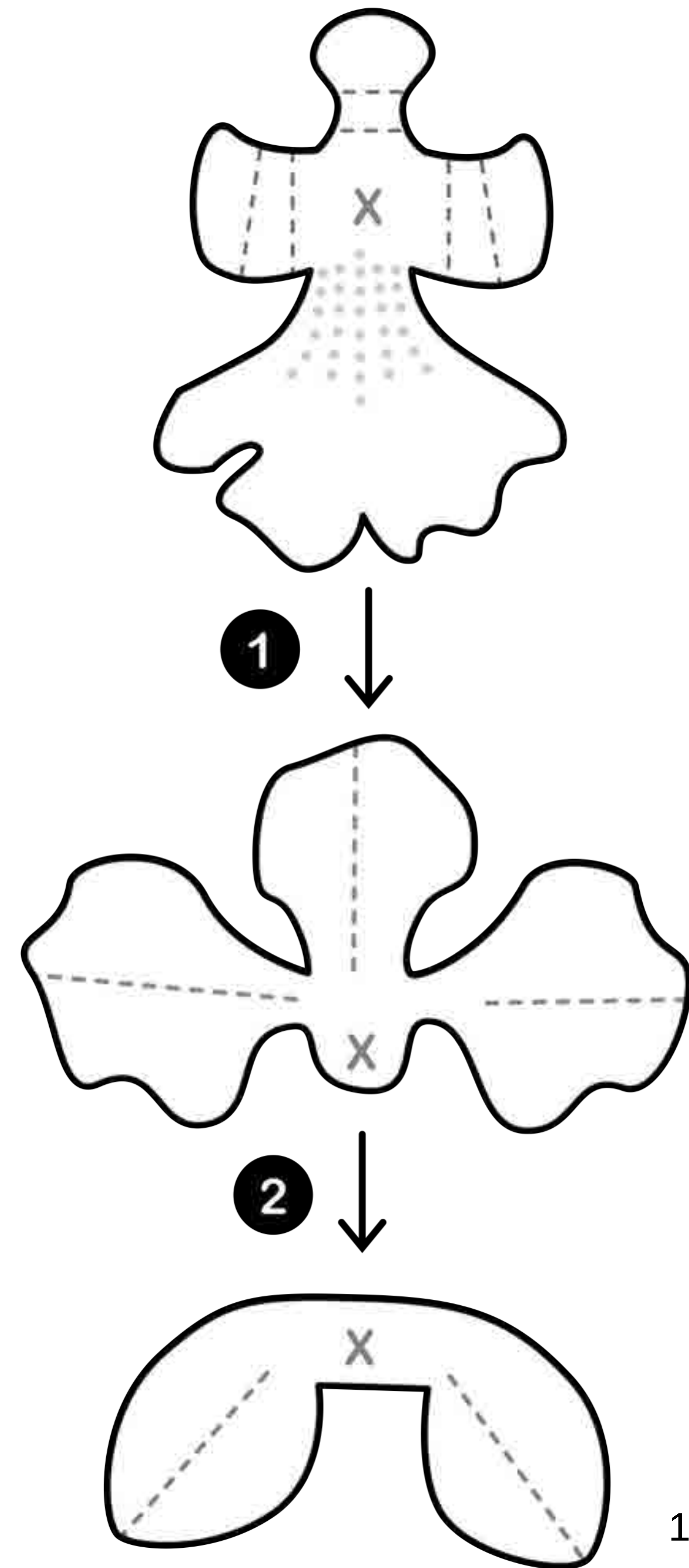
Make This 造起来

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。

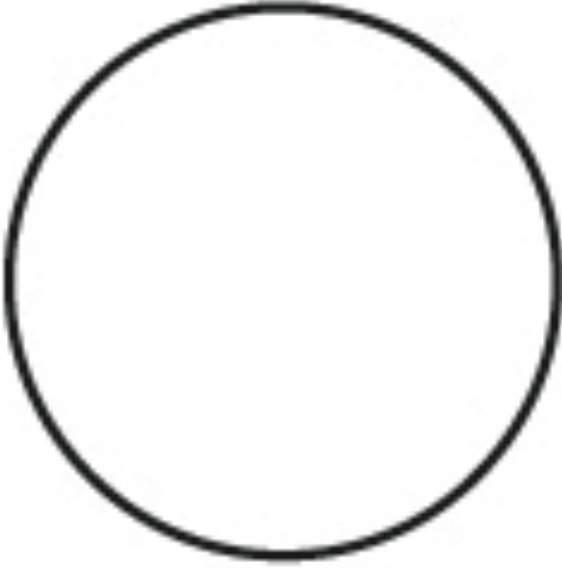
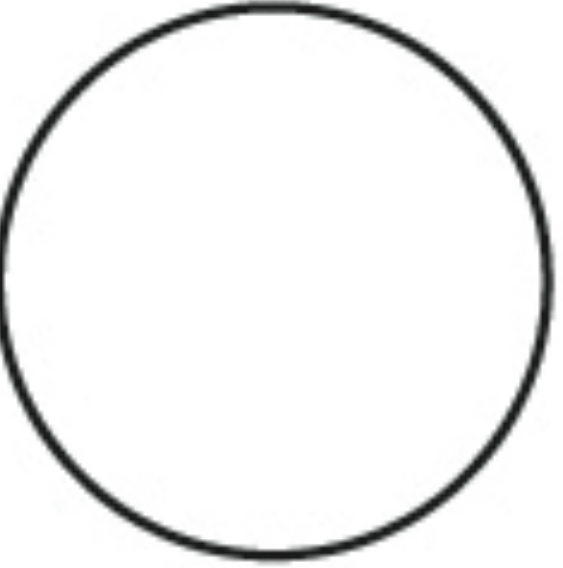
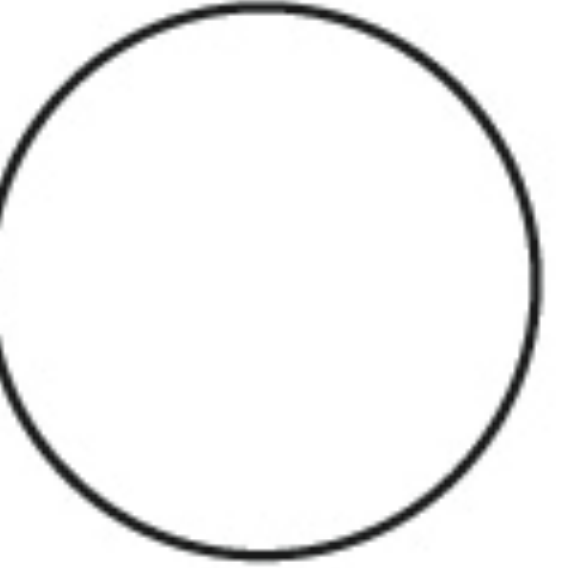
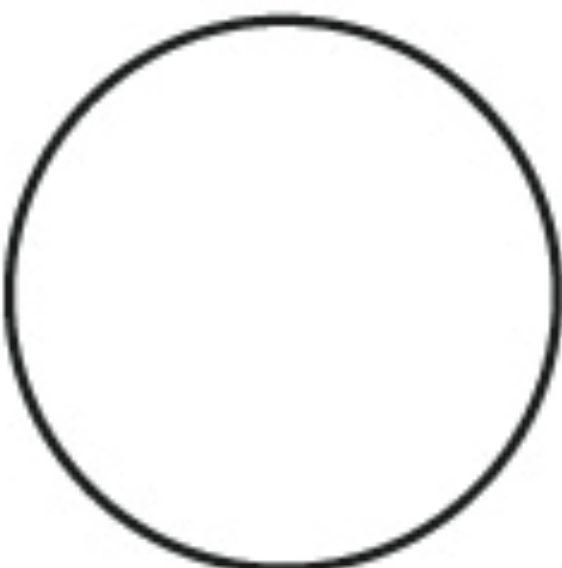
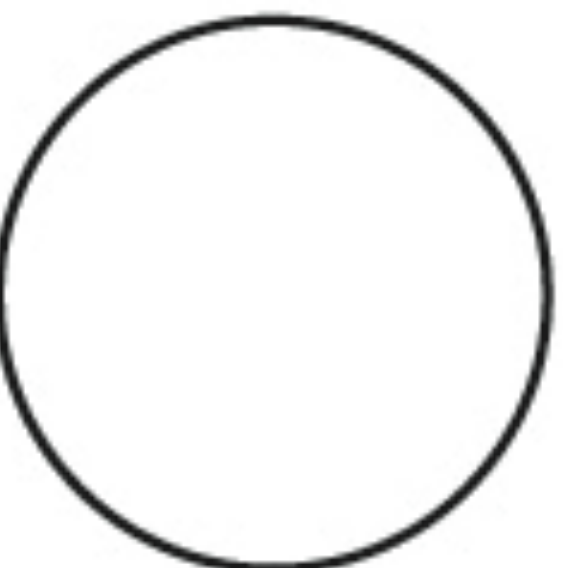
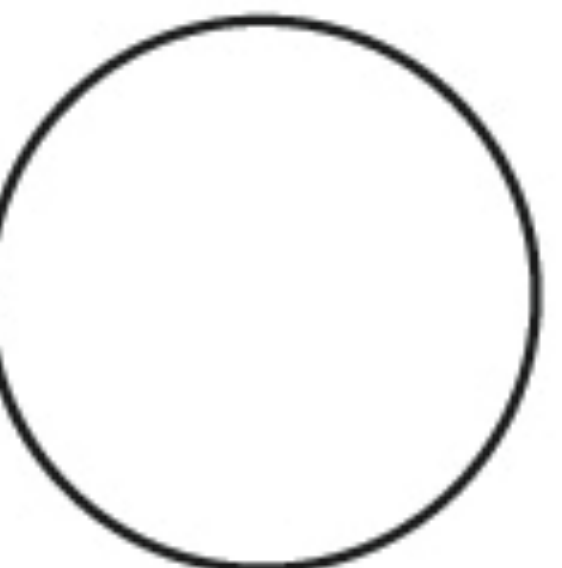
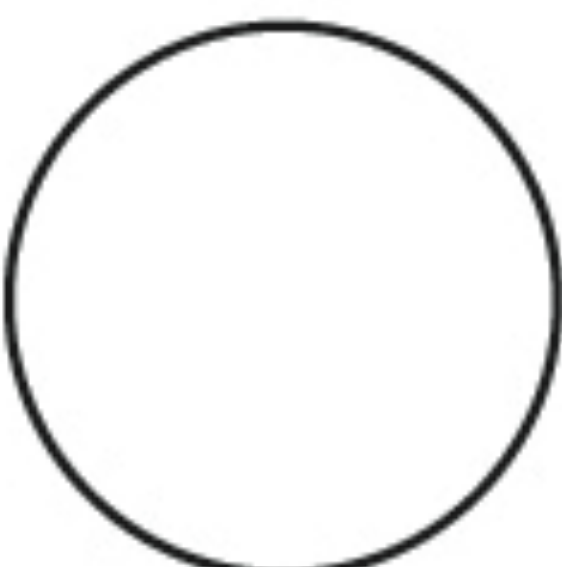
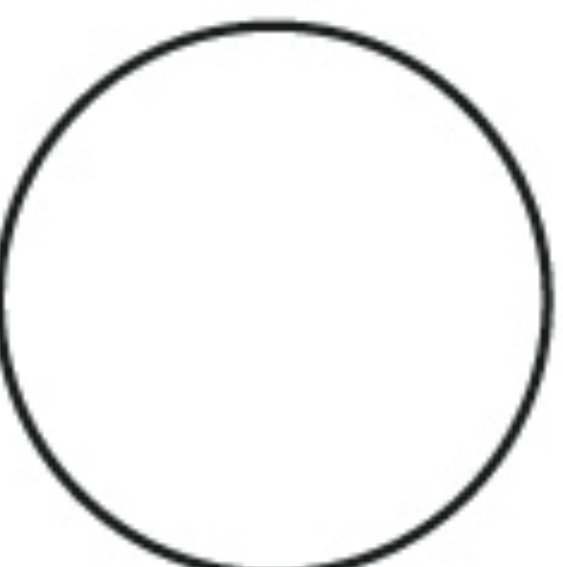
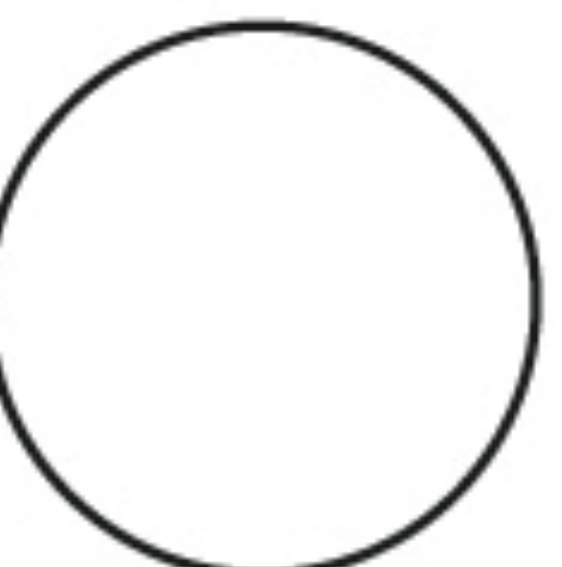


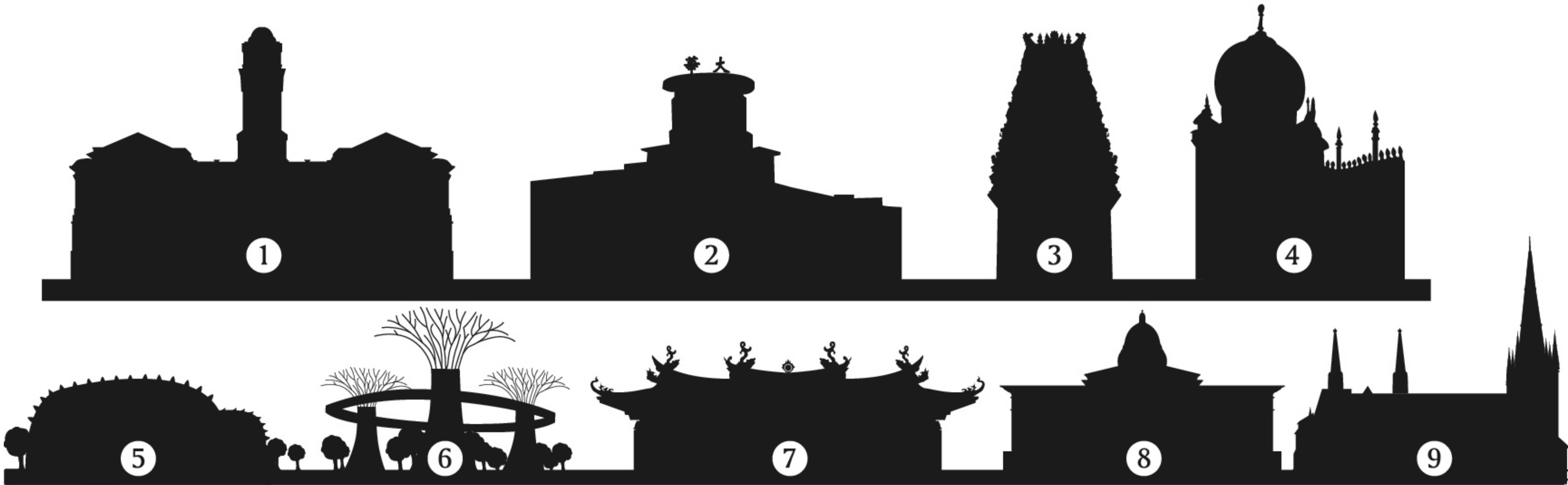


Match it 配一配

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

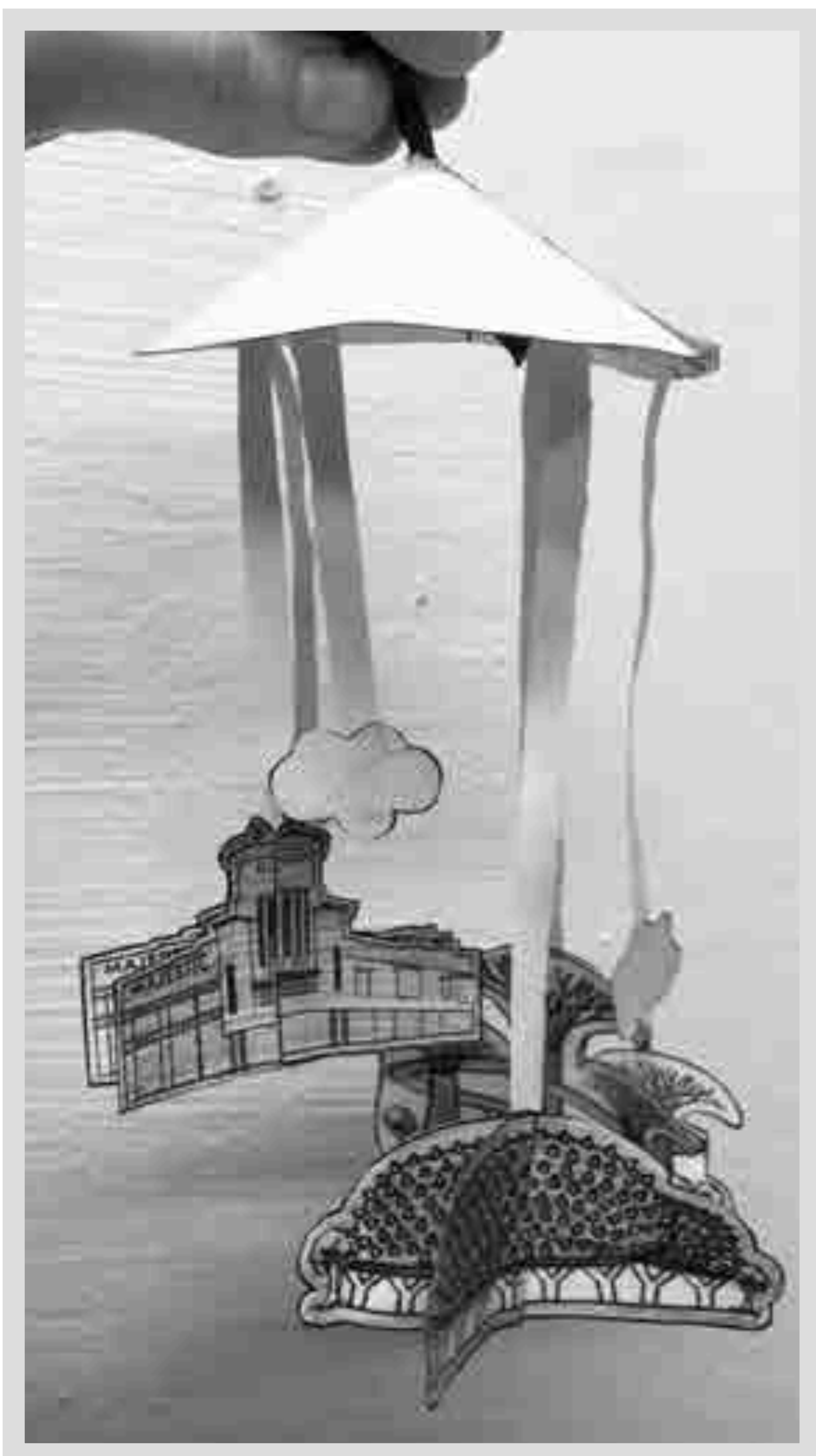
识别建筑物的轮廓并在正确的地标名称上标明编号。

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

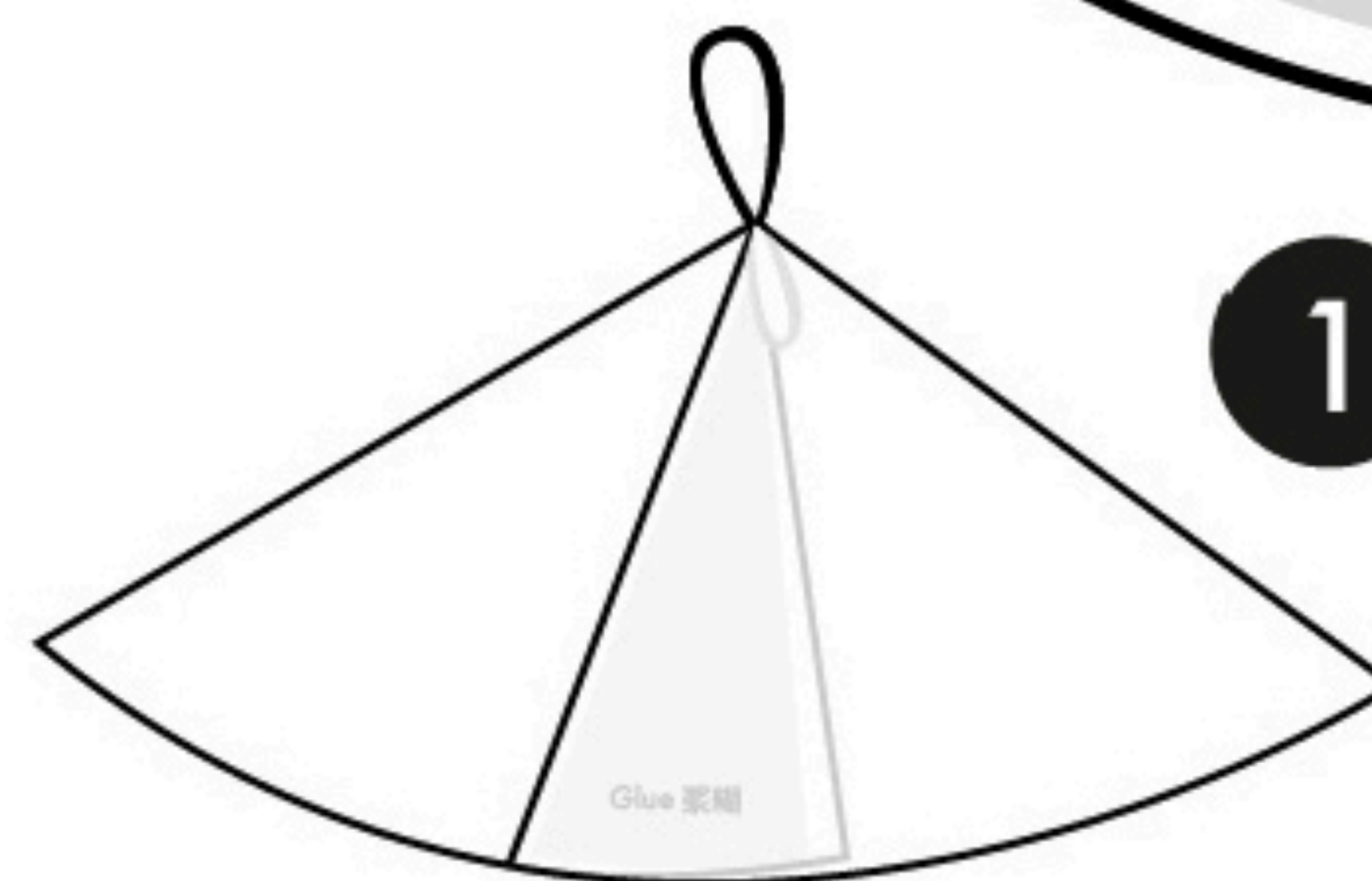
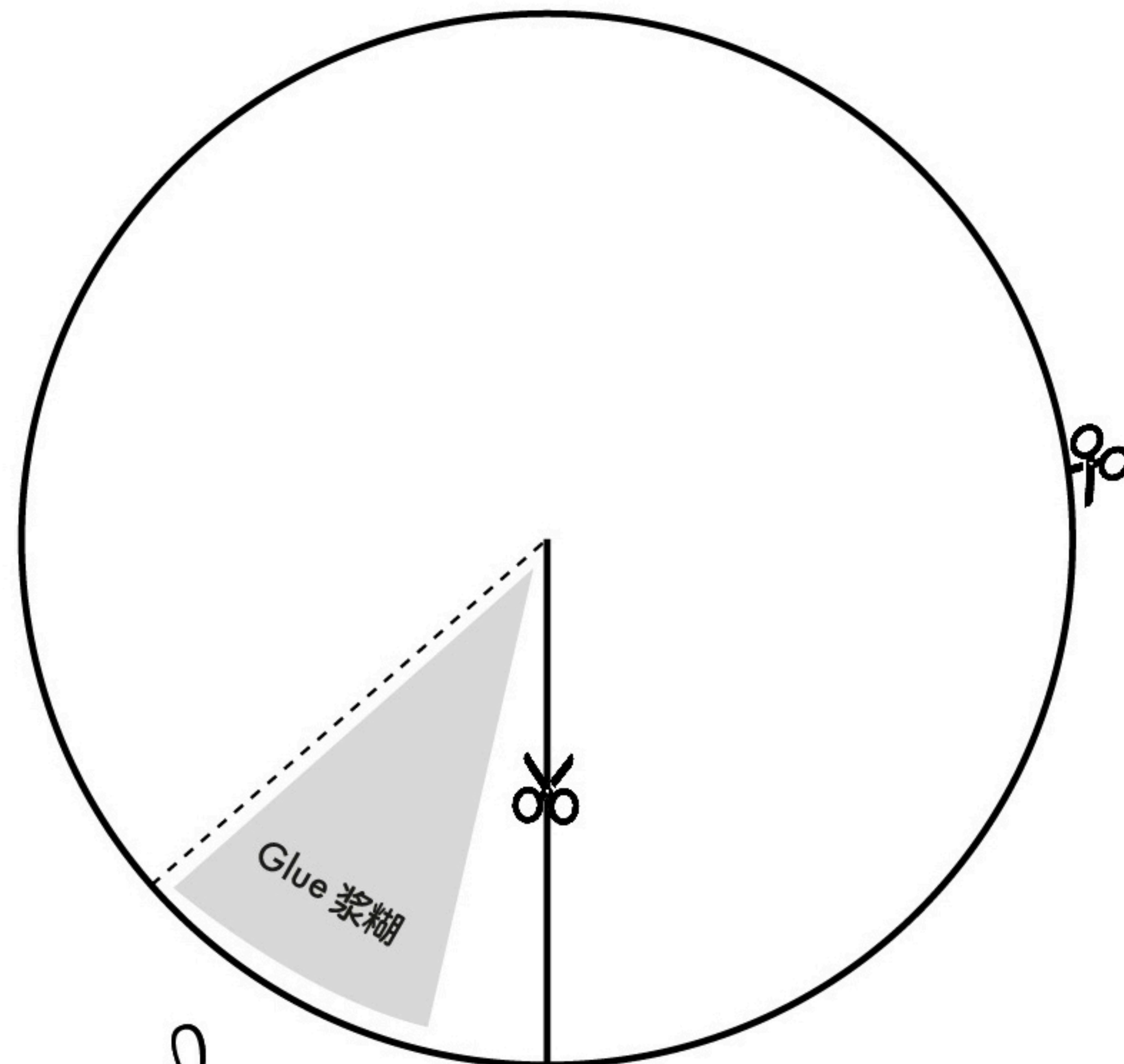
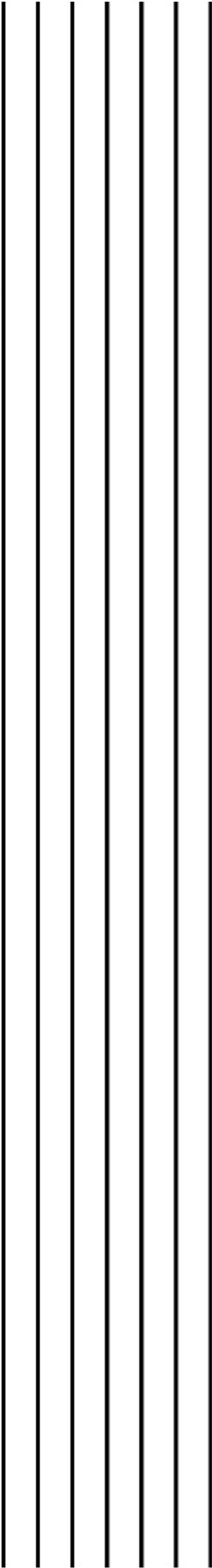


Famous Landmarks
著名的地标

Mobile 连接起来



➡ Cut out these thin strips. 把长条形剪下。

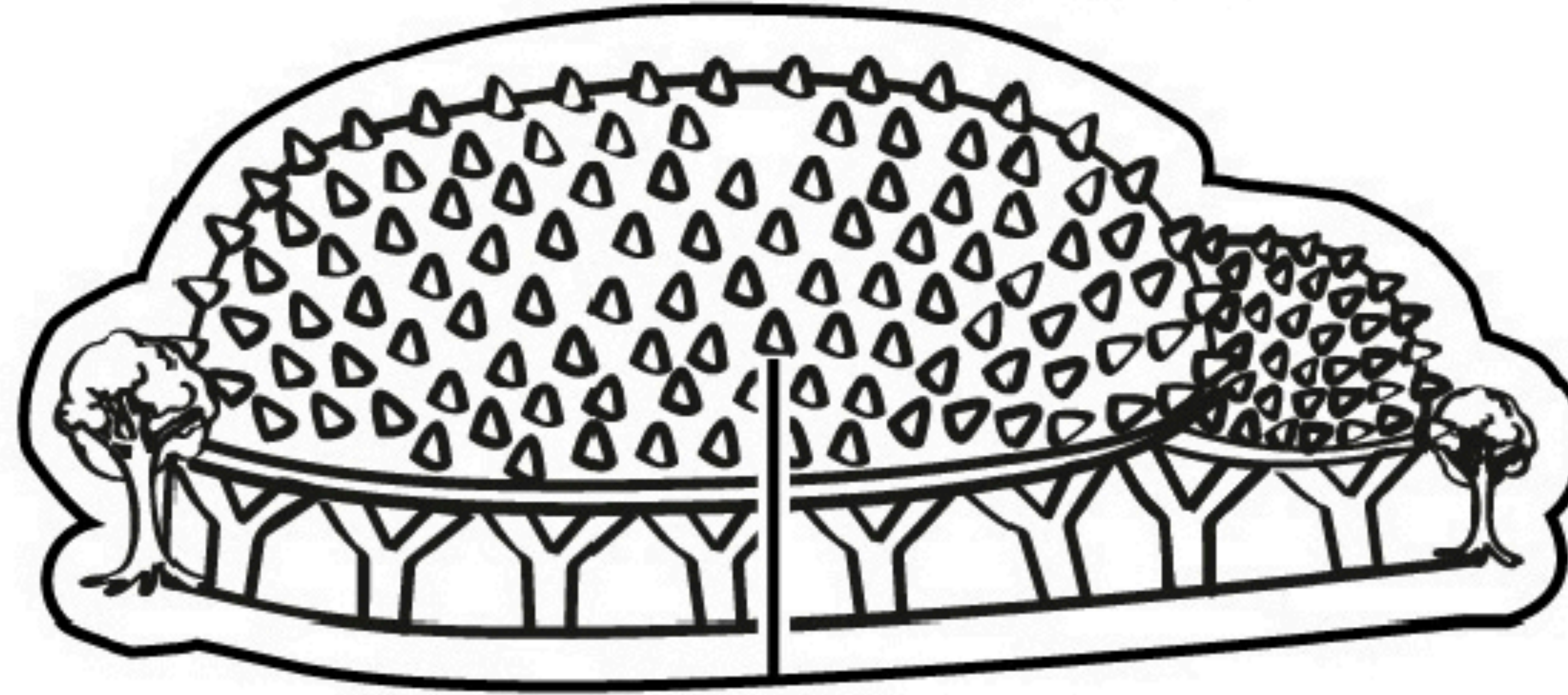
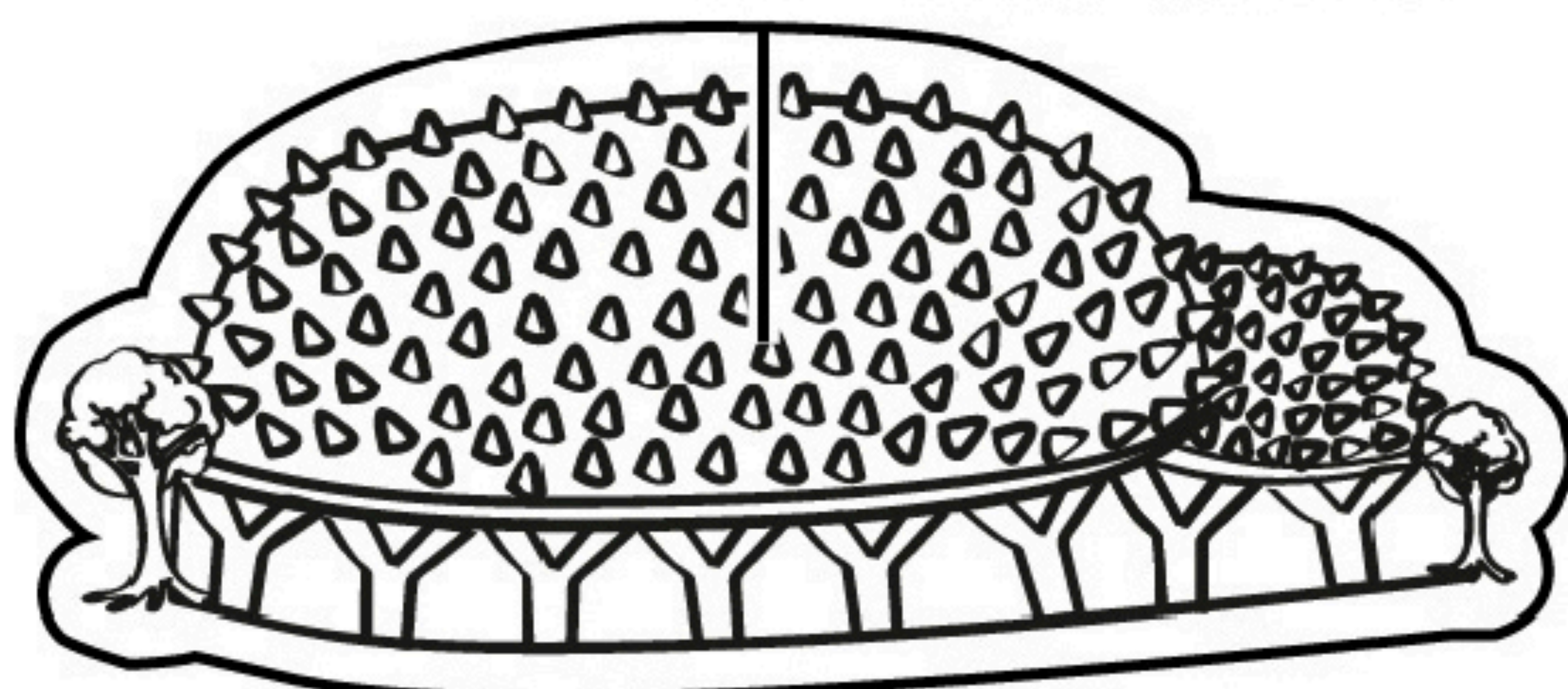
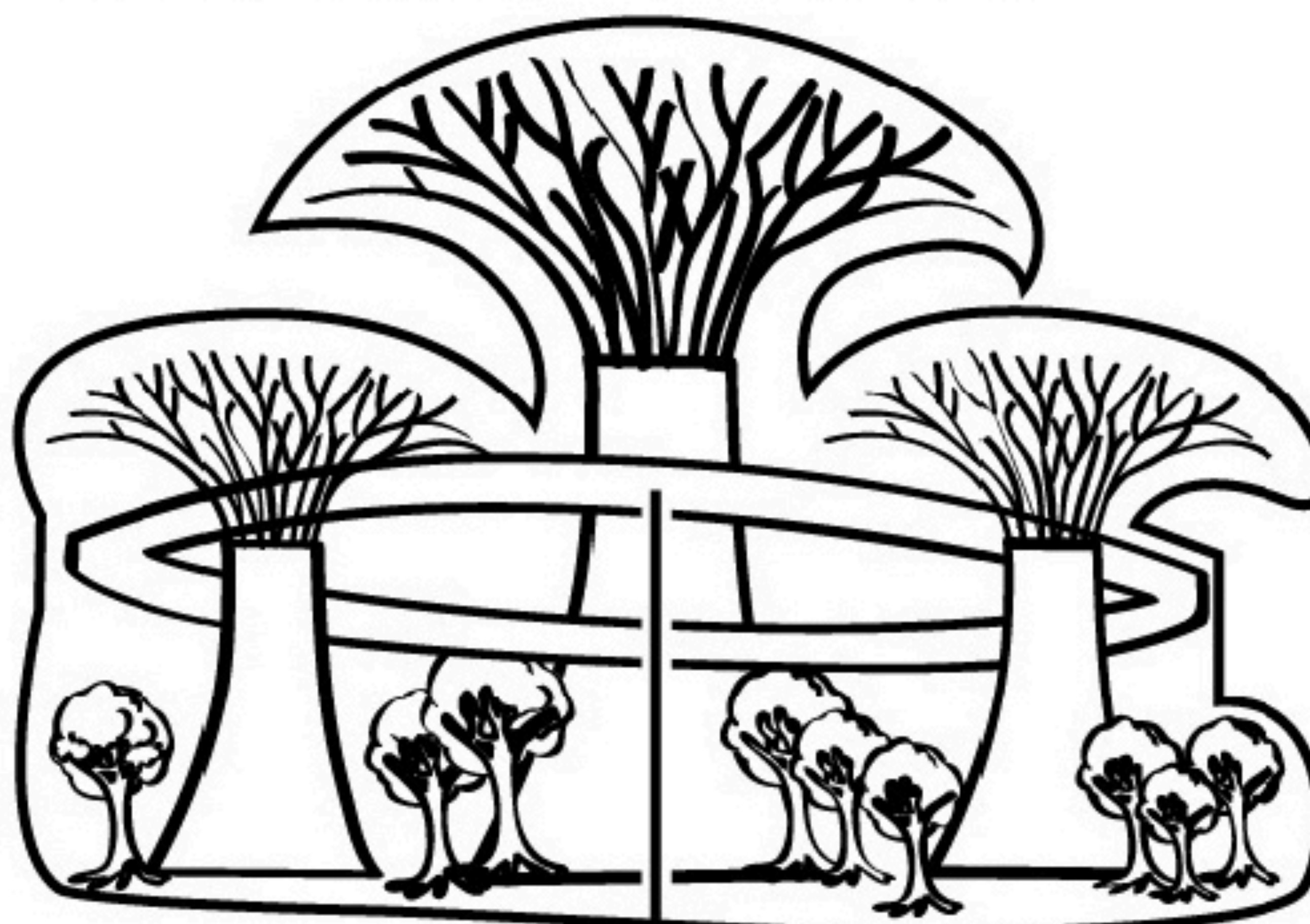
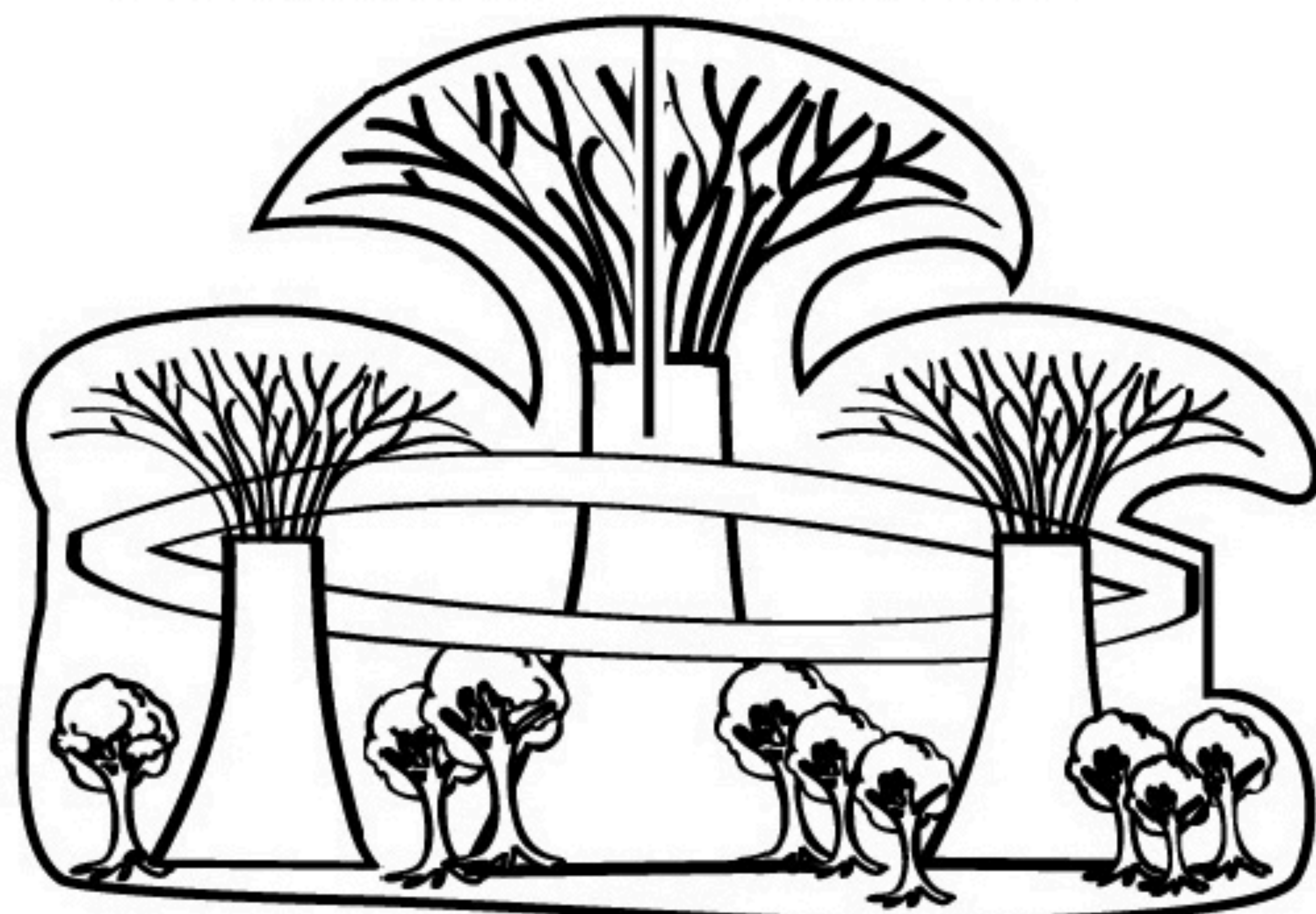
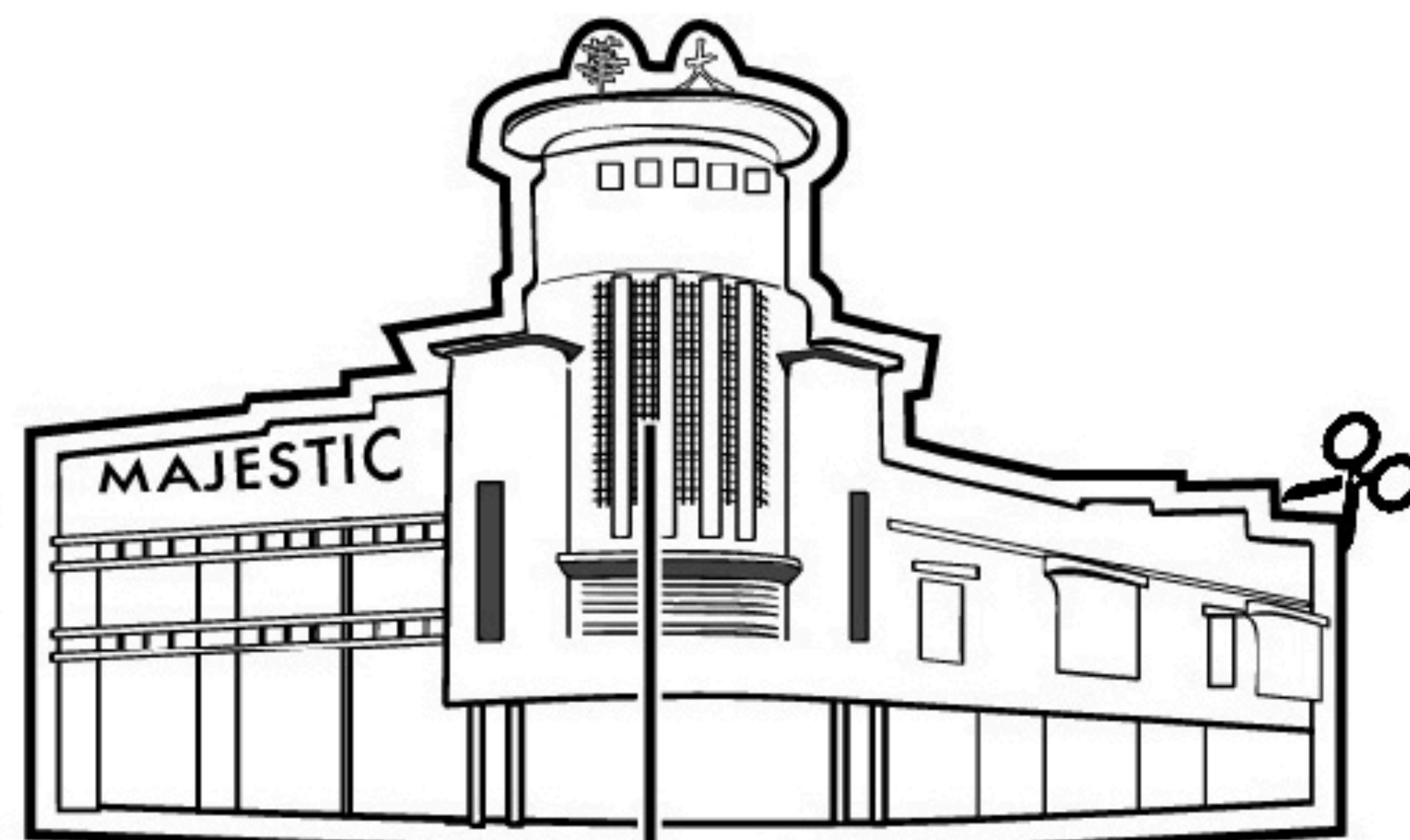


- 1 Form a cone by cutting along the lines and overlap the paper as shown. Add a piece of rubber band or ribbon and fix them together with glue.

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。

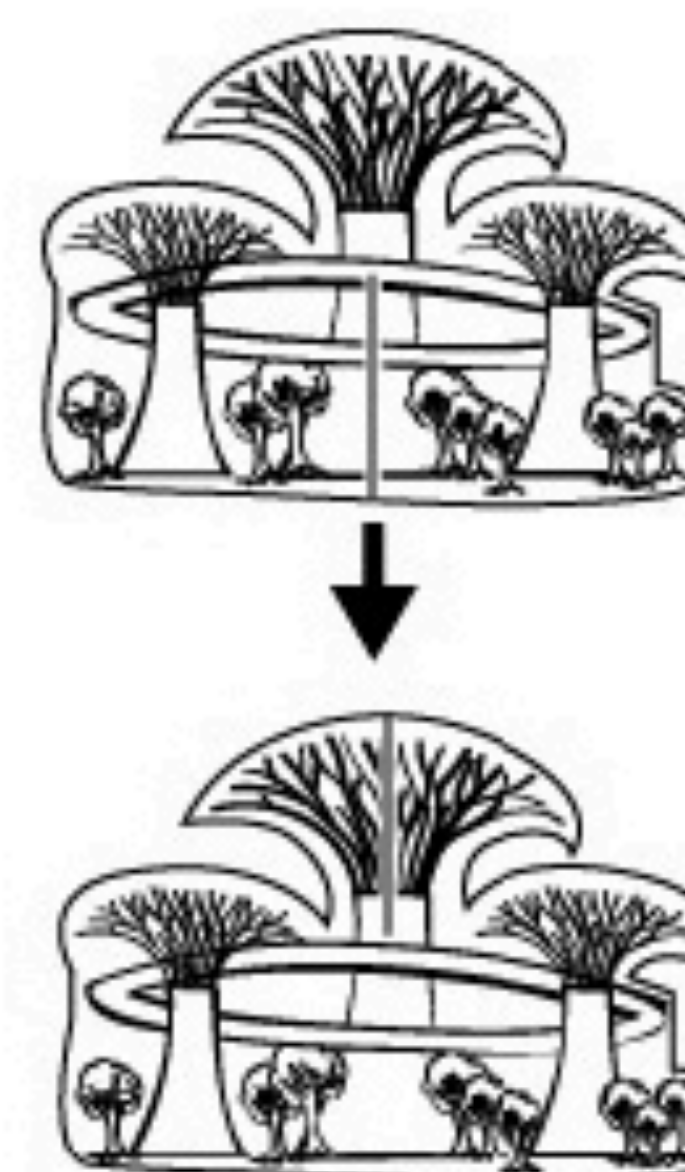


2

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

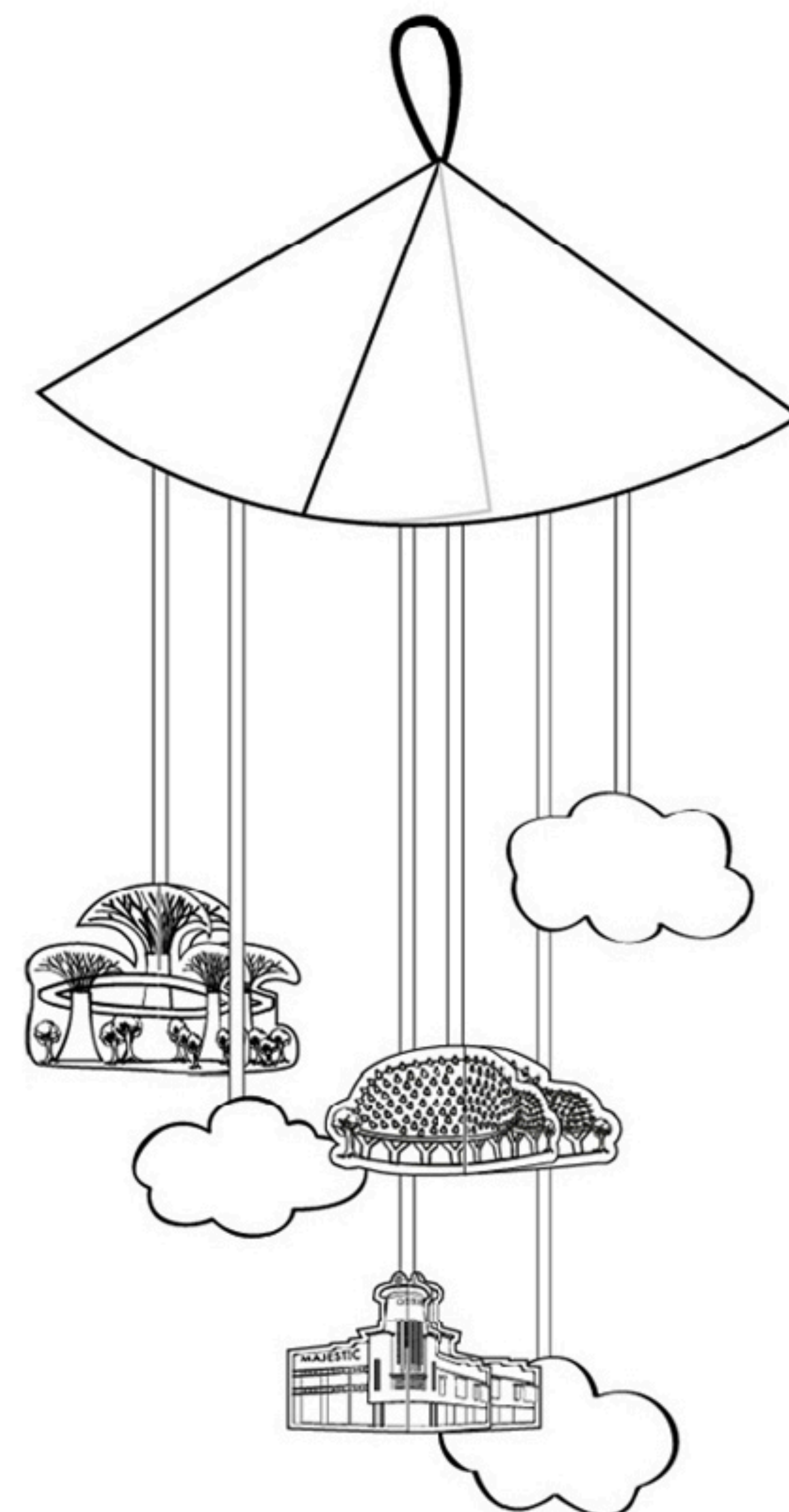
3

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。

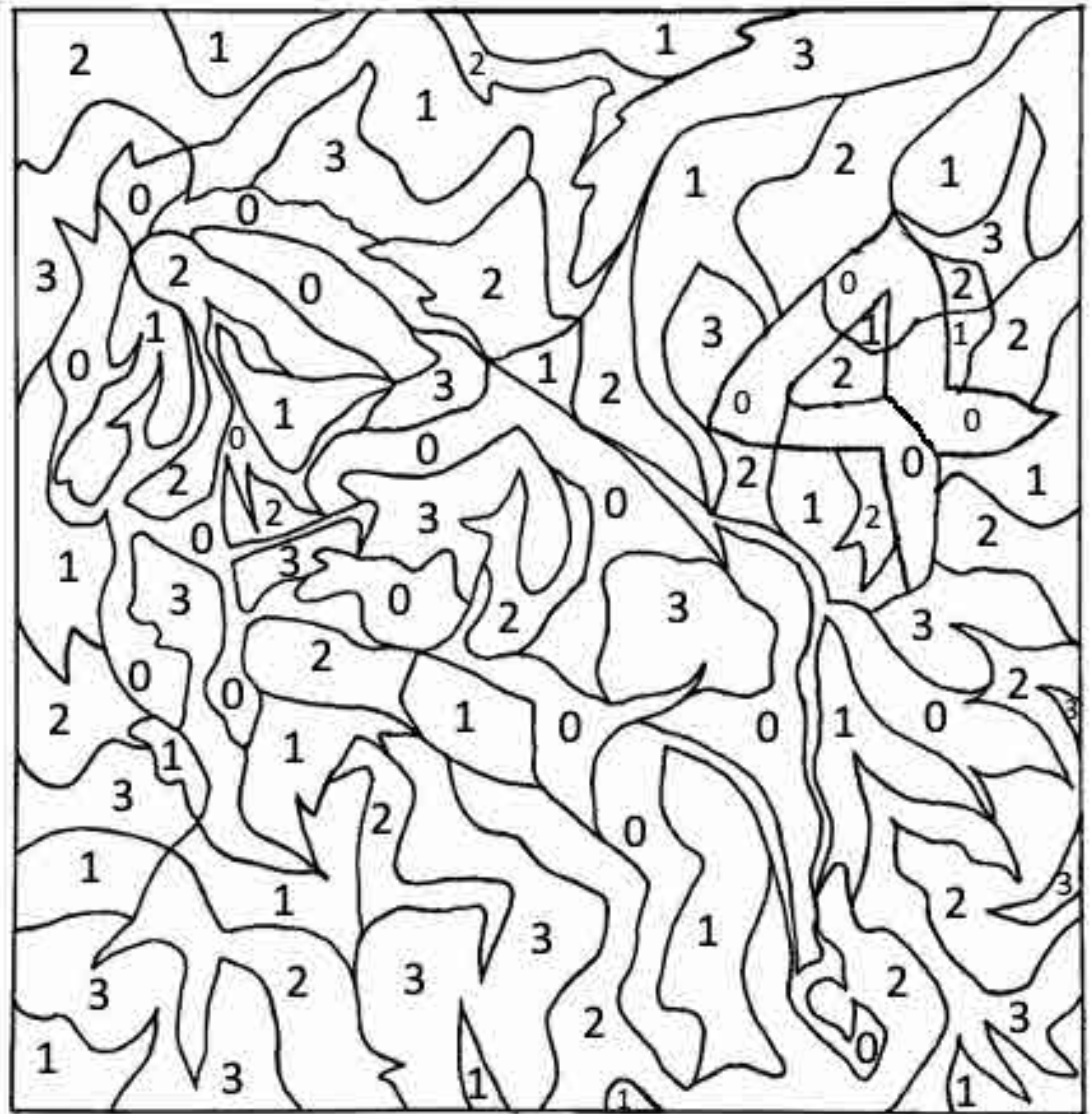


Make a
Guess
猜一猜

Where Is This?
这是哪?

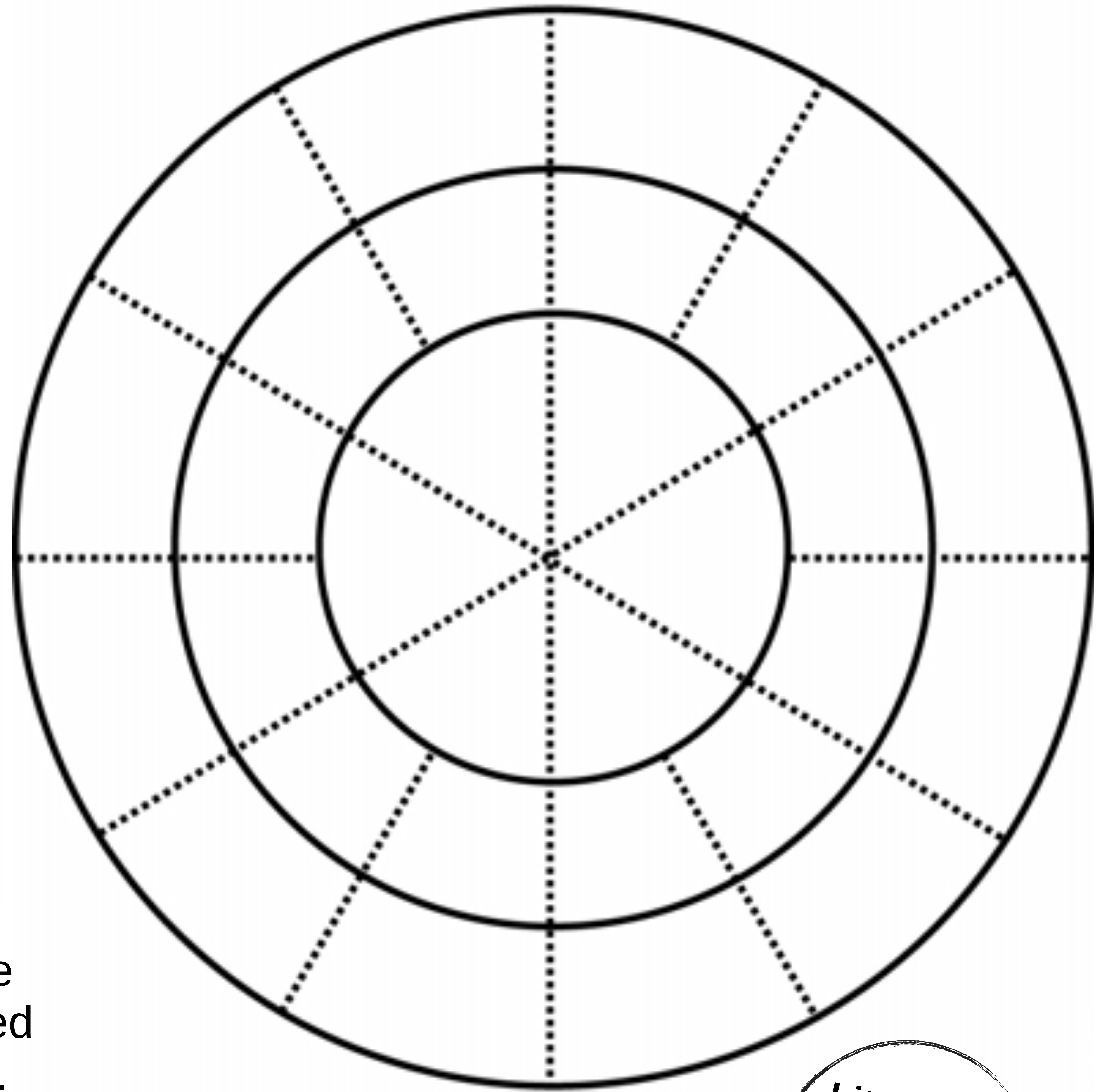
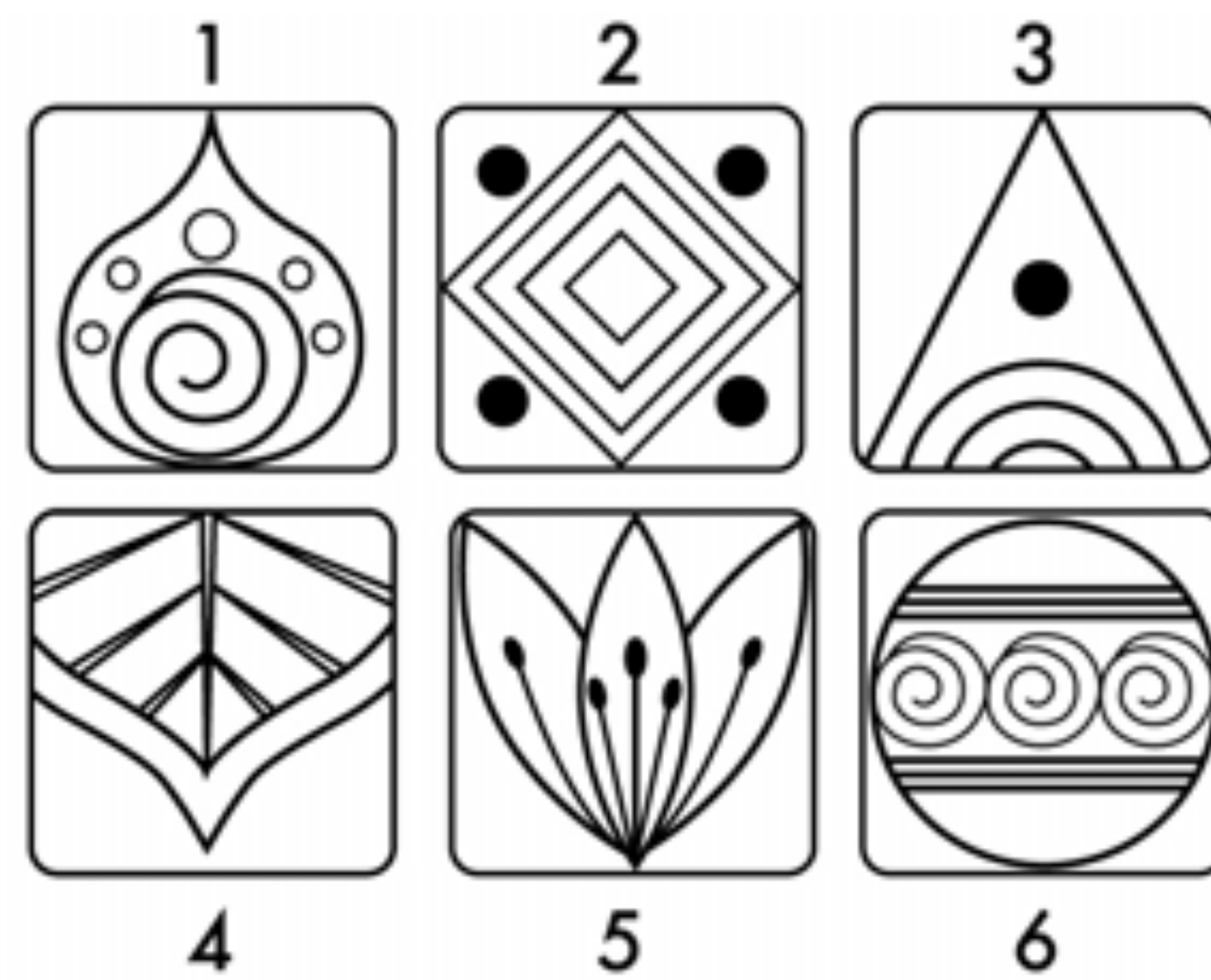
Colour according to the numbers
and guess the name of a place.

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.

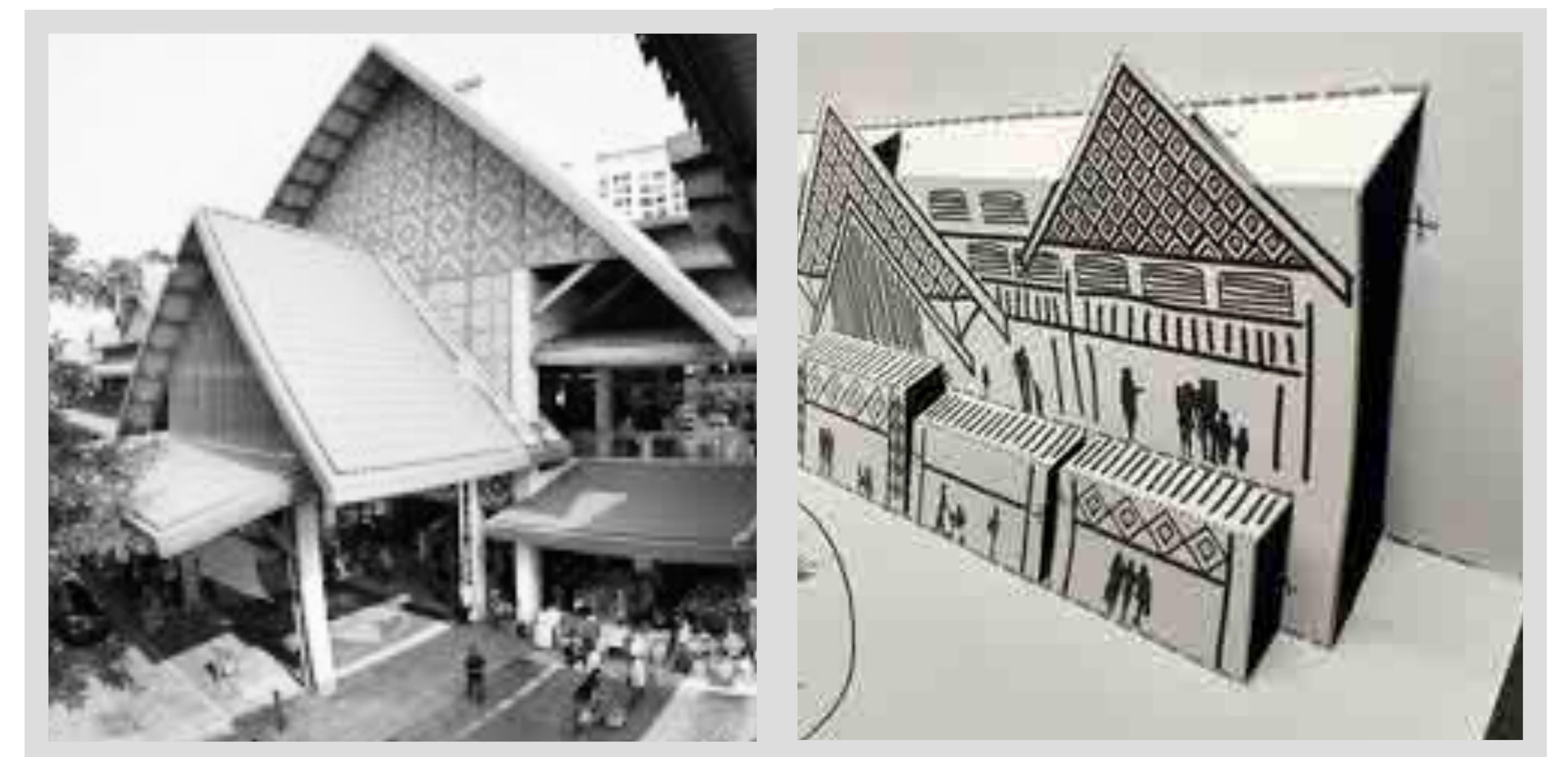
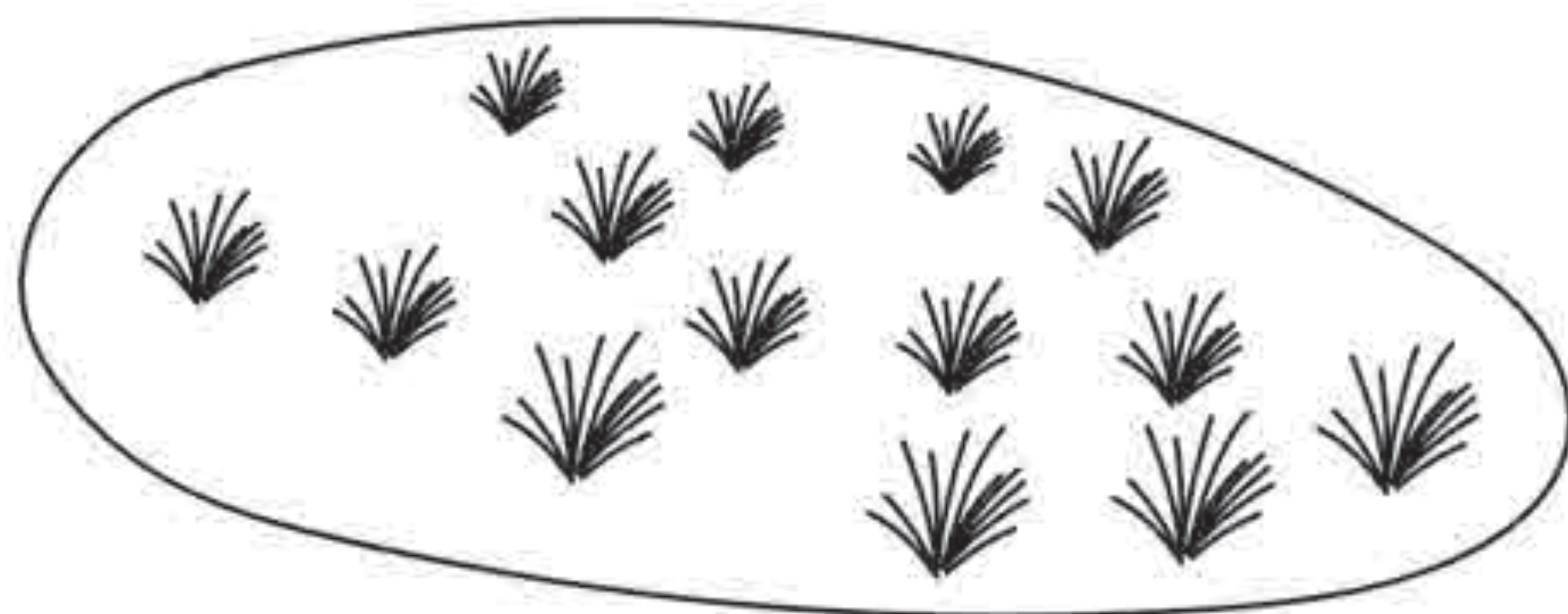
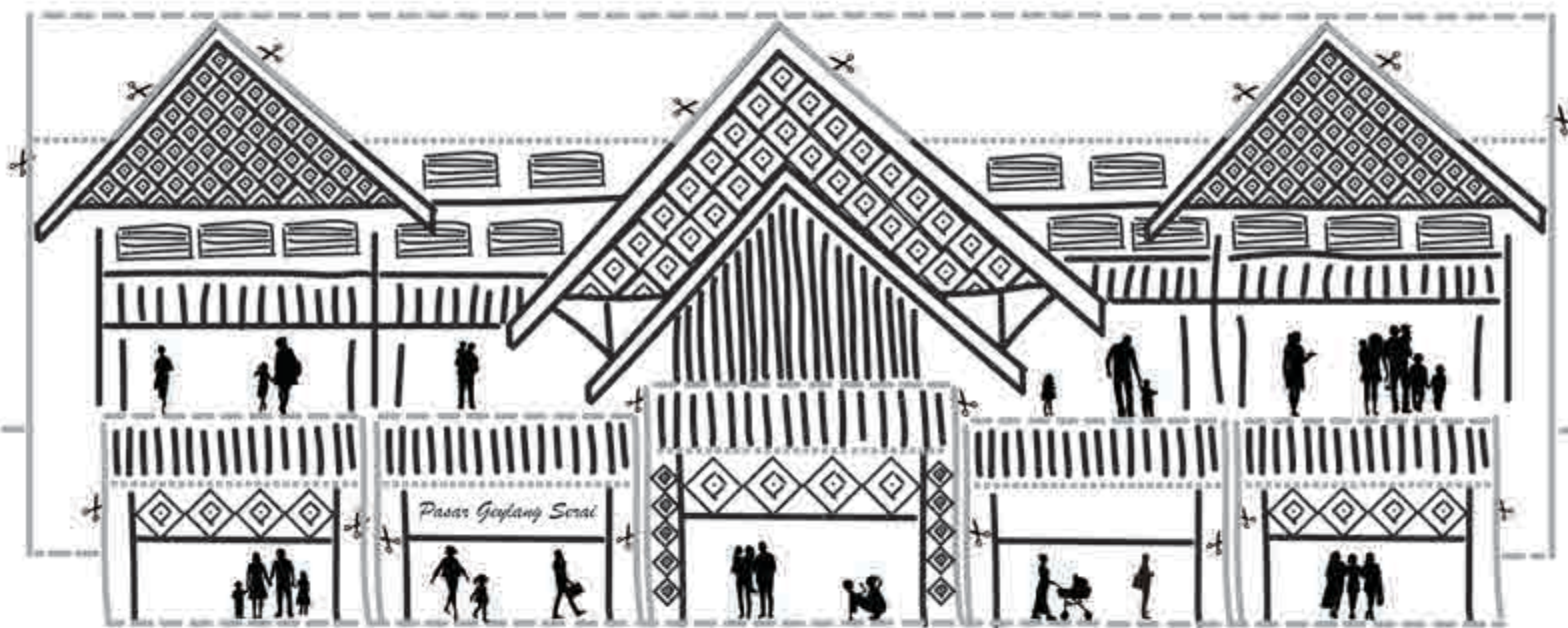
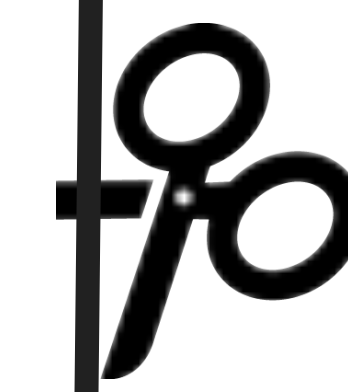
从这些设计中选择一个或两个作为每个圆圈的重复图案。



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

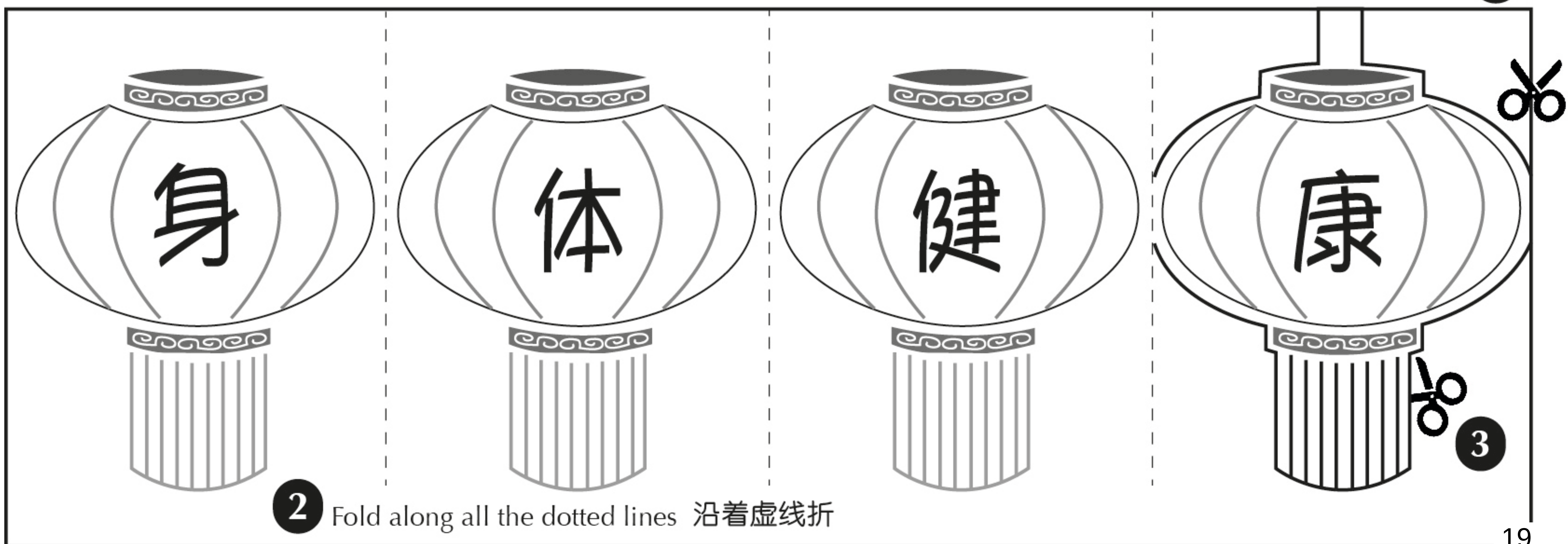


Lanterns at
Chinatown
牛车水的灯笼



- 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。

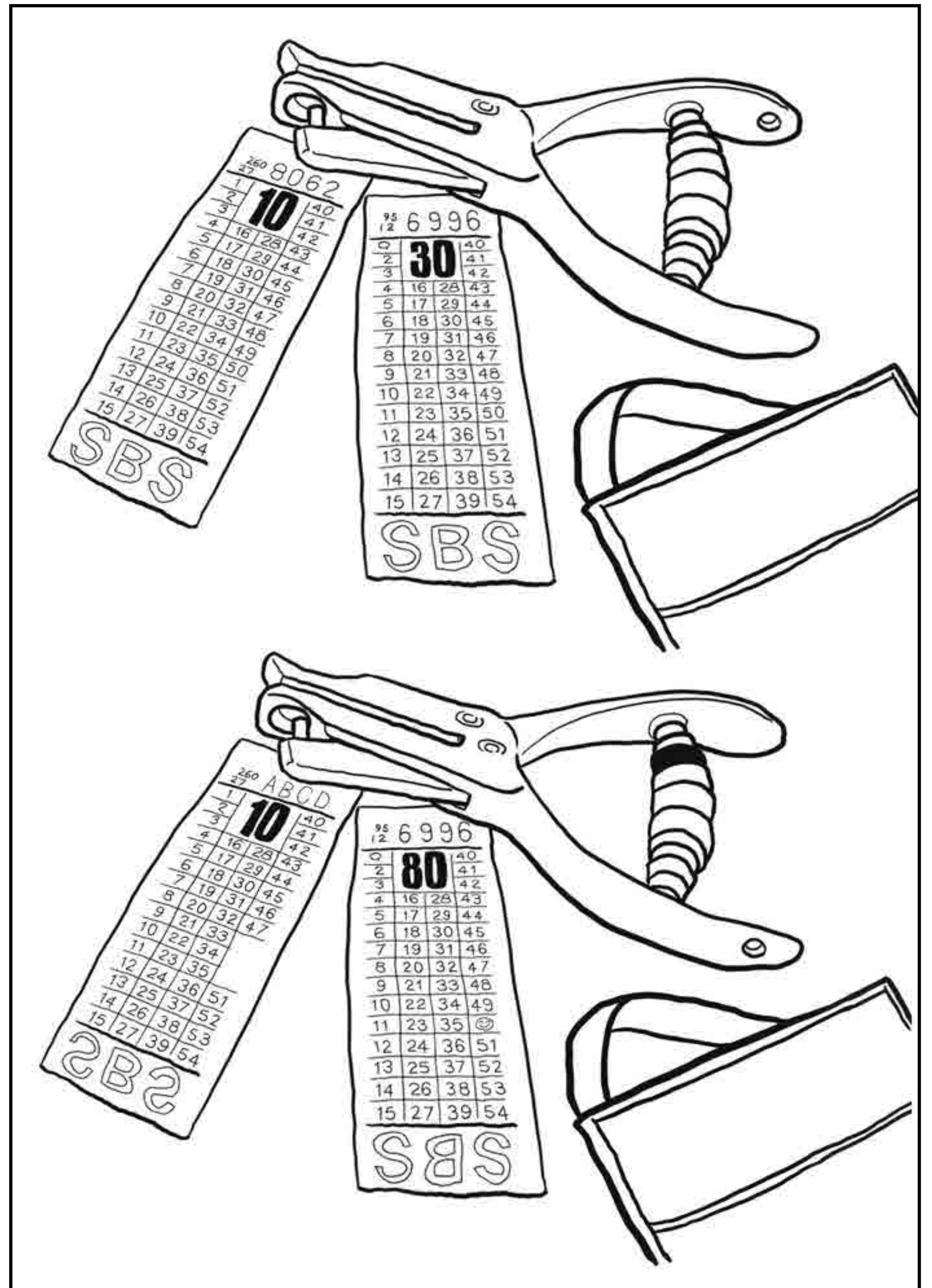


Spot the Difference 找出不同

Can you spot 10 differences?

您能找出10个不同的地方吗?

Bus Tickets
巴士车票



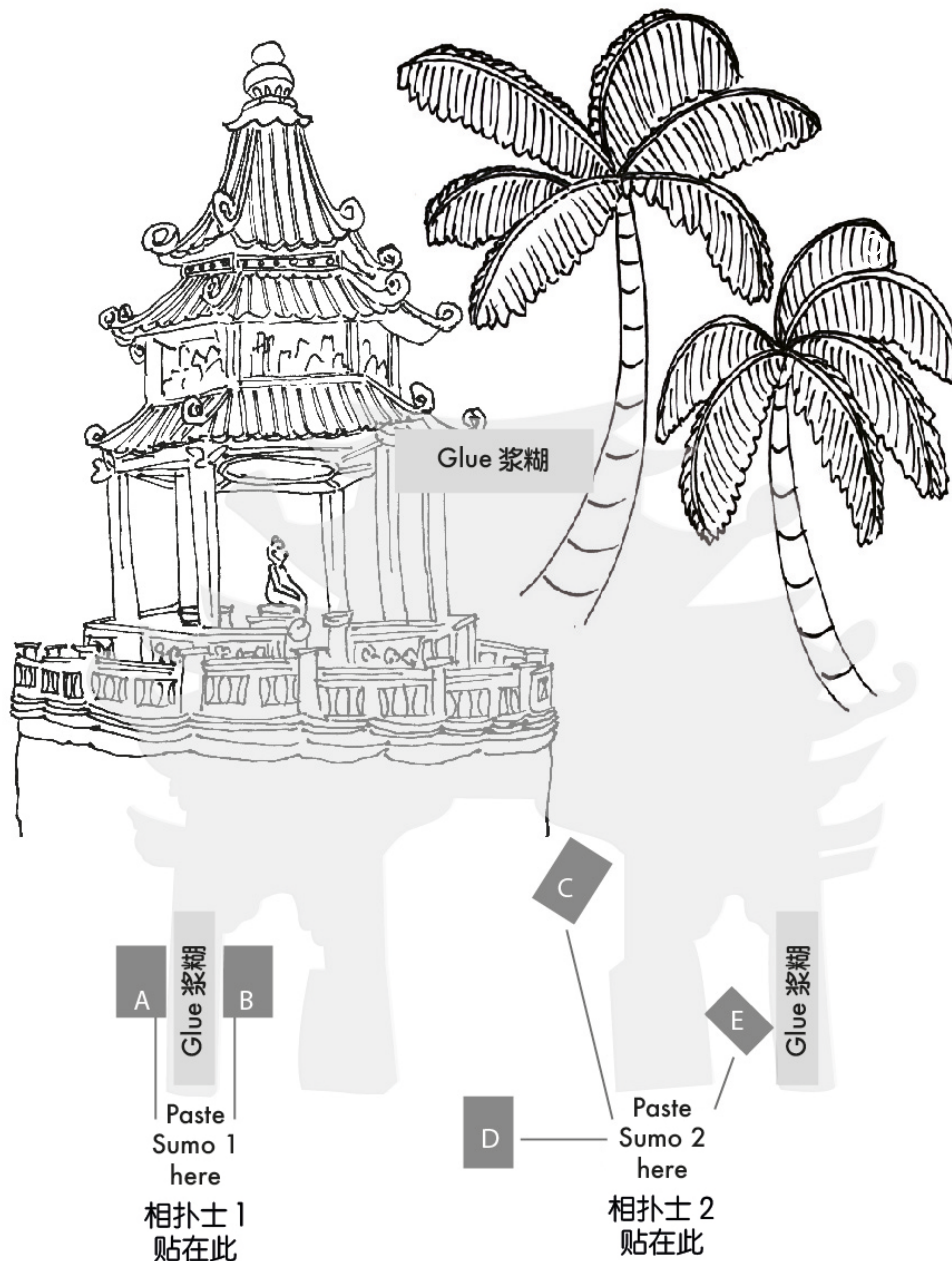
Diorama 拼一拼

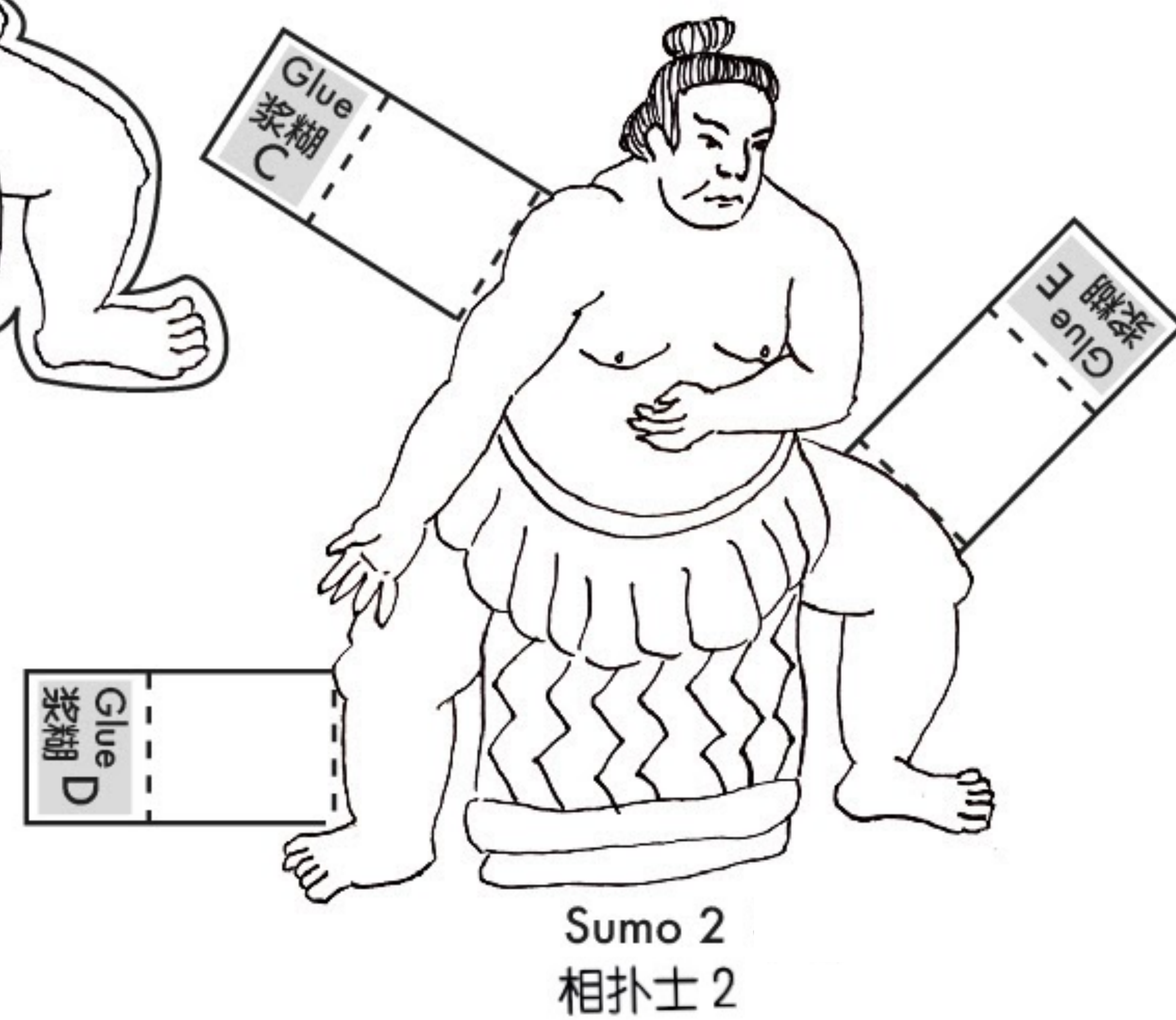
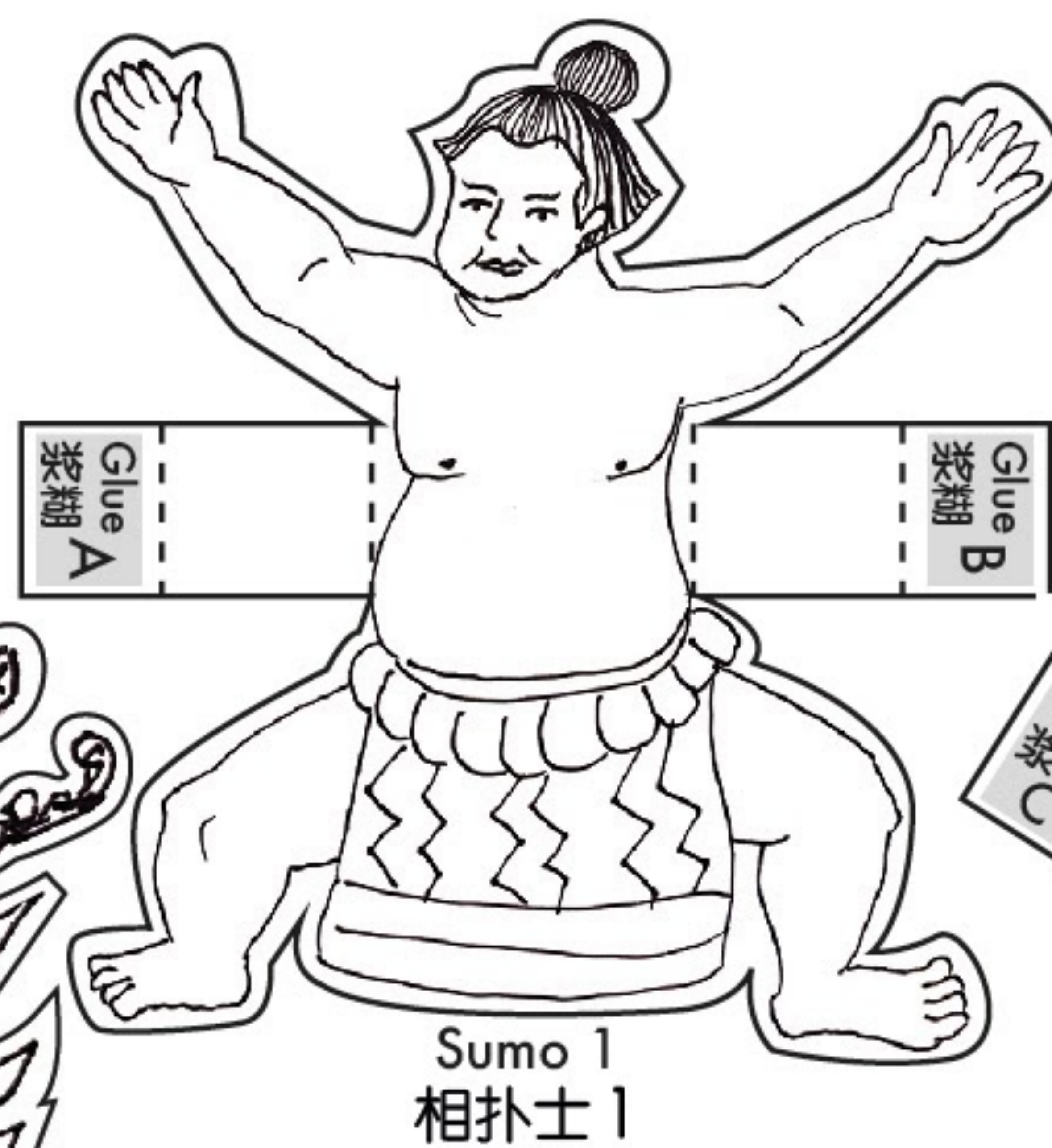
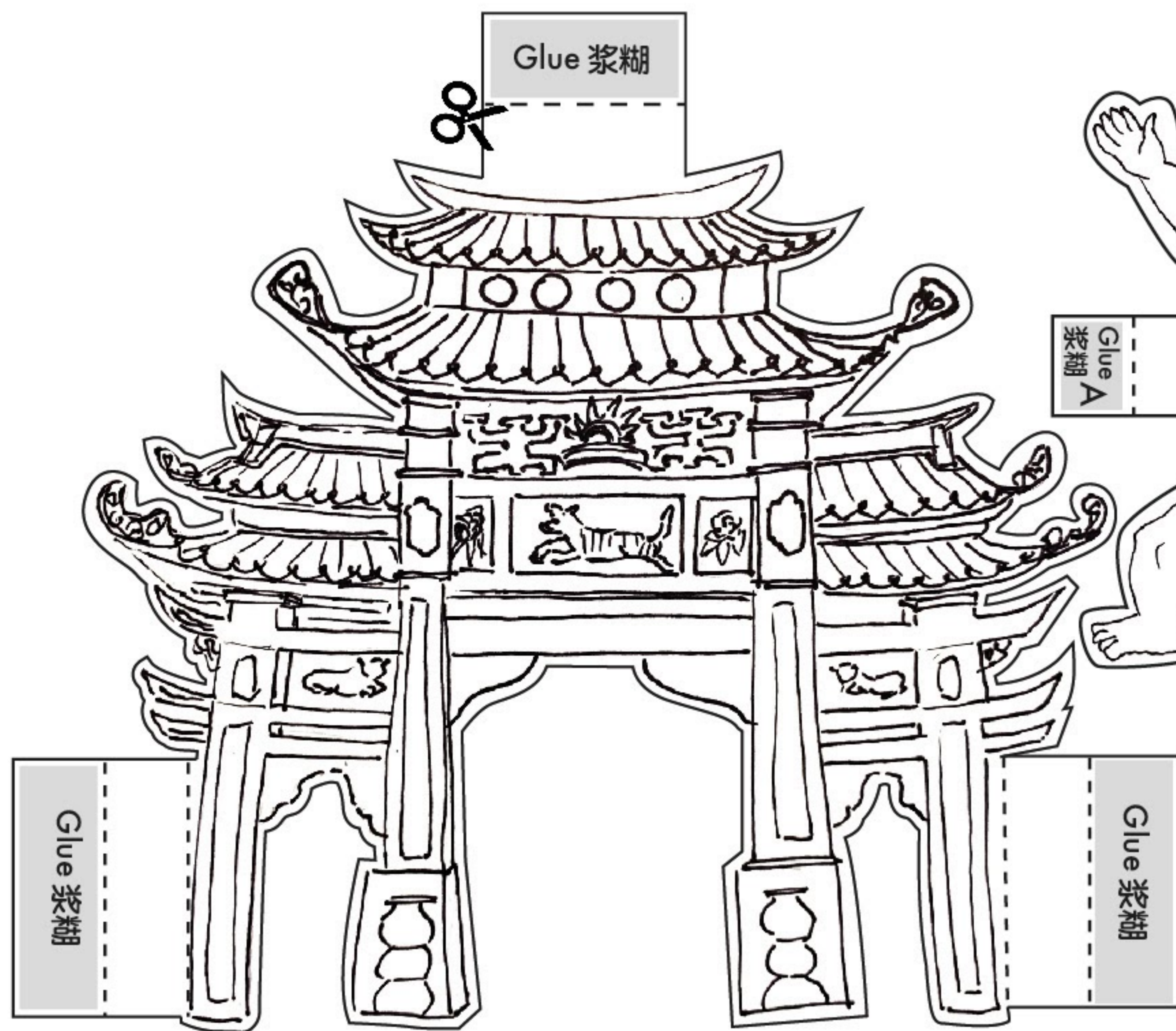
Haw Par Villa
虎豹别墅



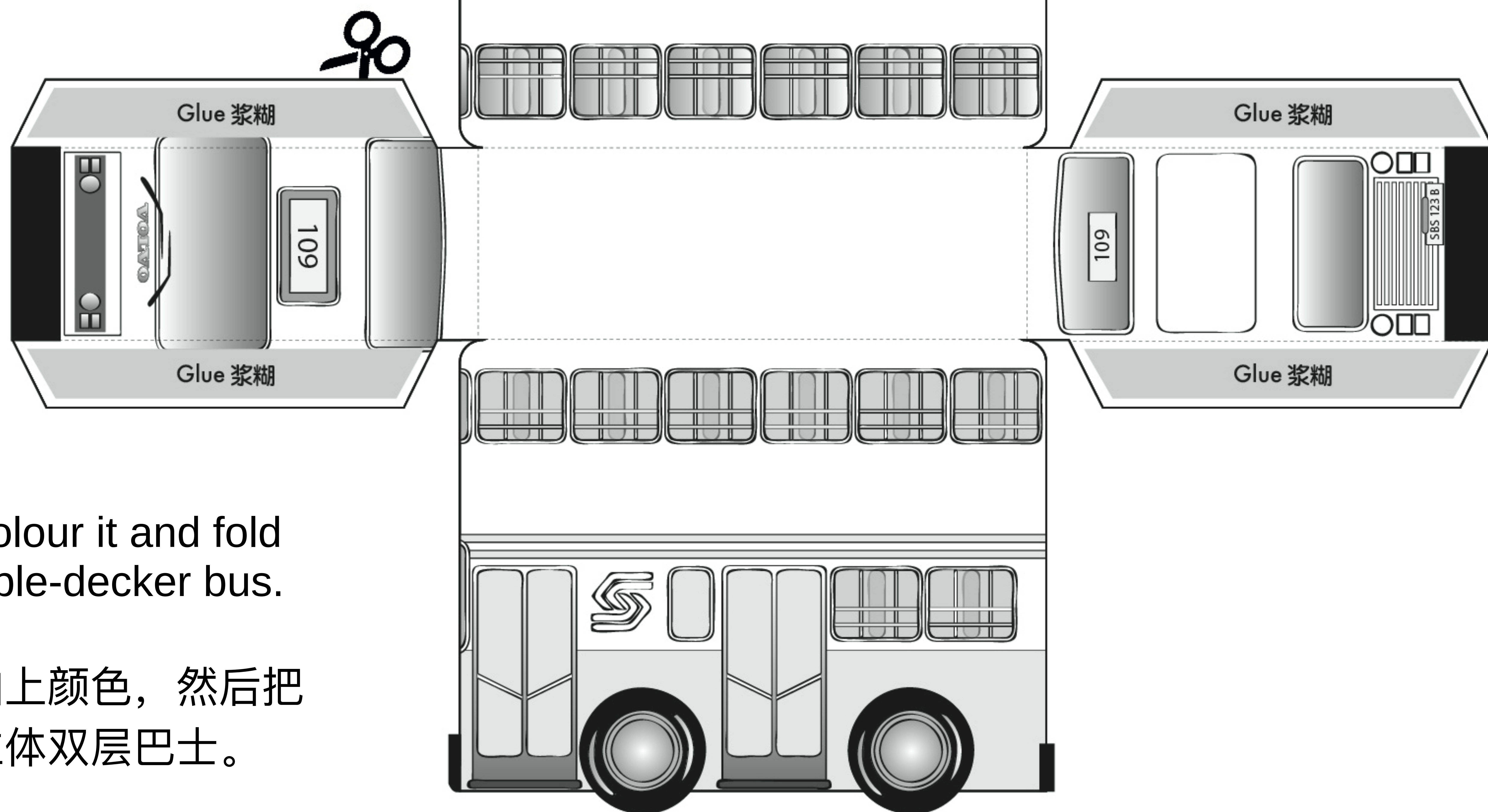
Cut out the Haw Par Villa landmarks on page 23, fold along the dotted lines and stick them on the right.

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。



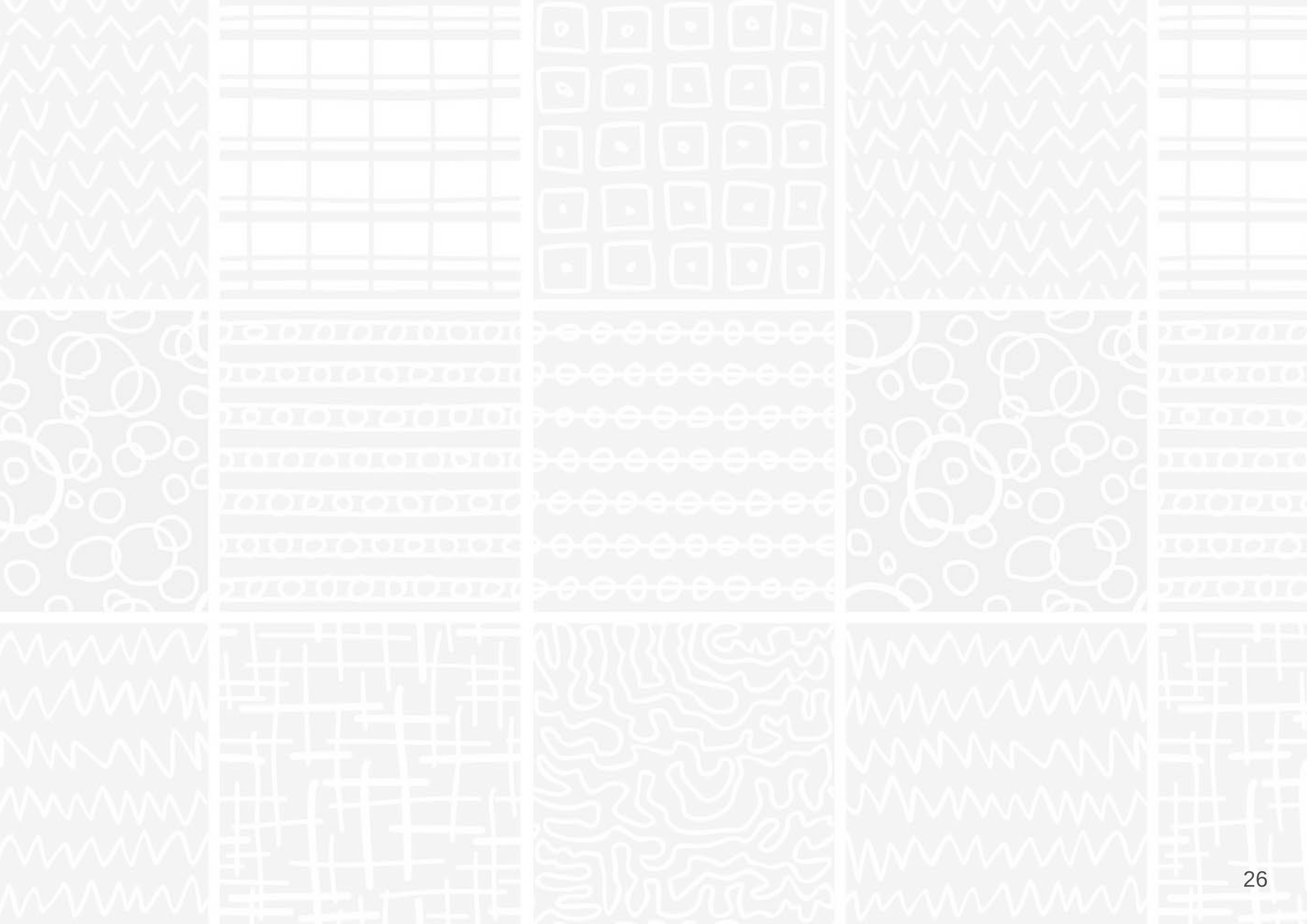


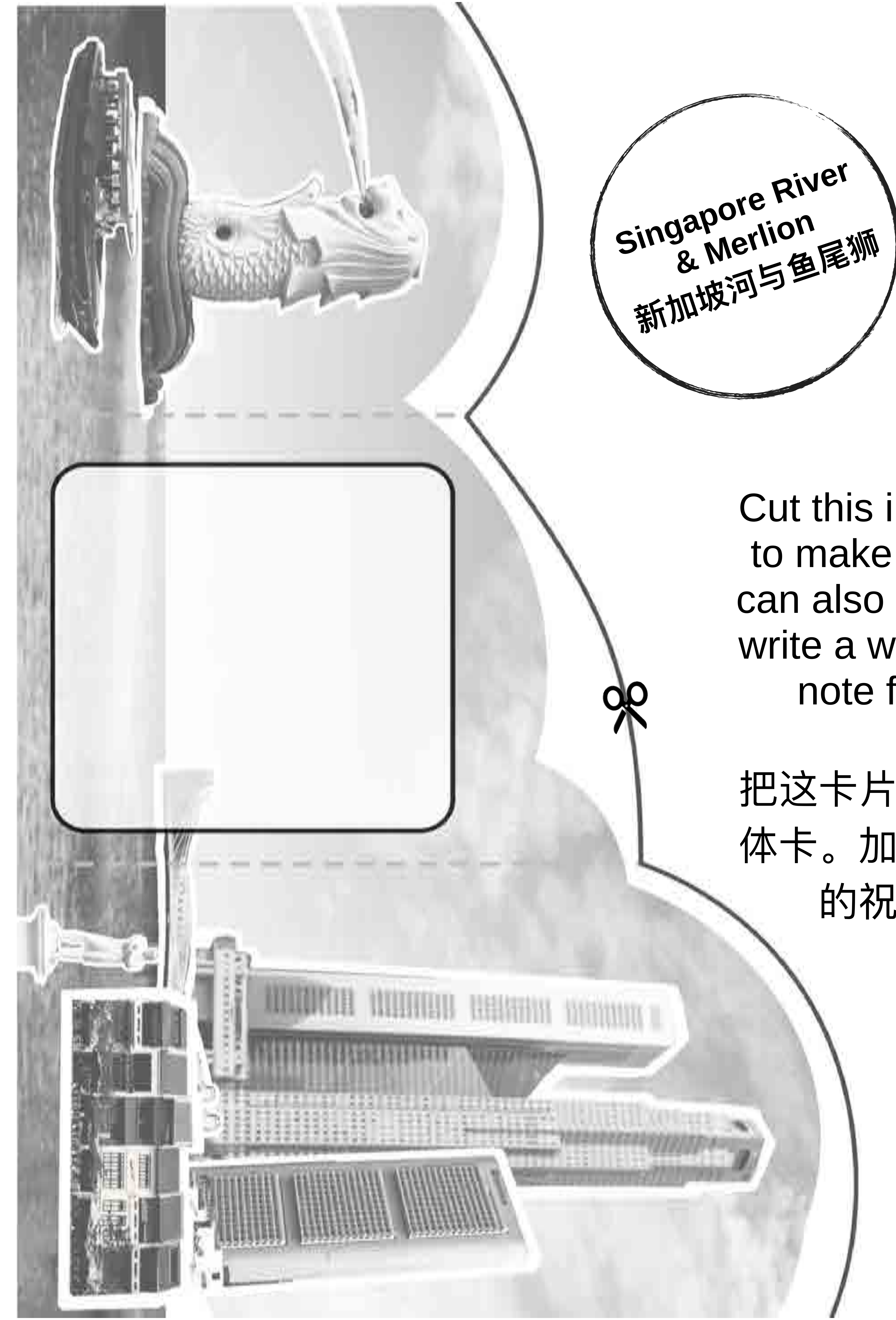
Build a Bus 造一辆巴士



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。





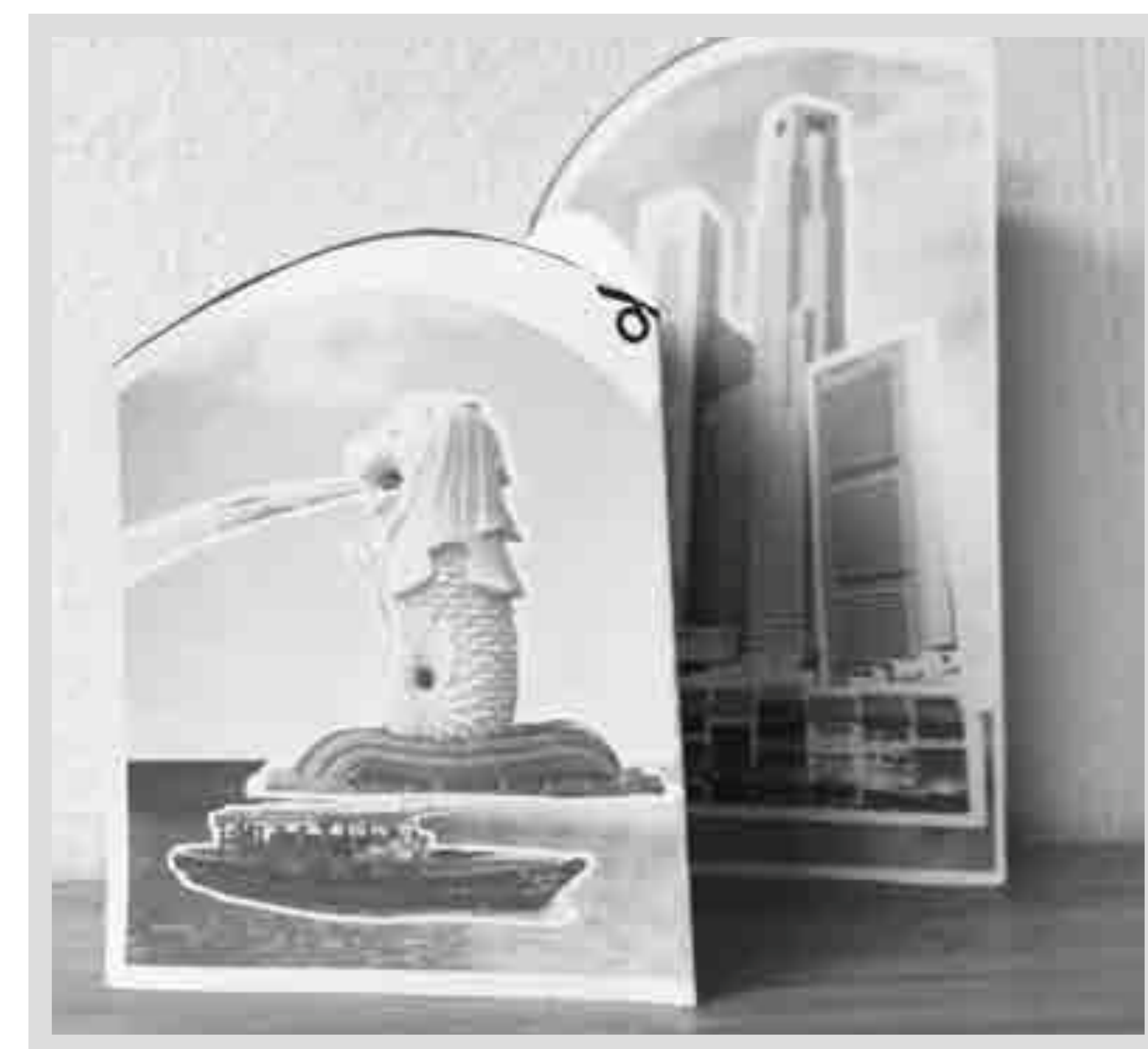
Singapore River
& Merlion
新加坡河与鱼尾狮

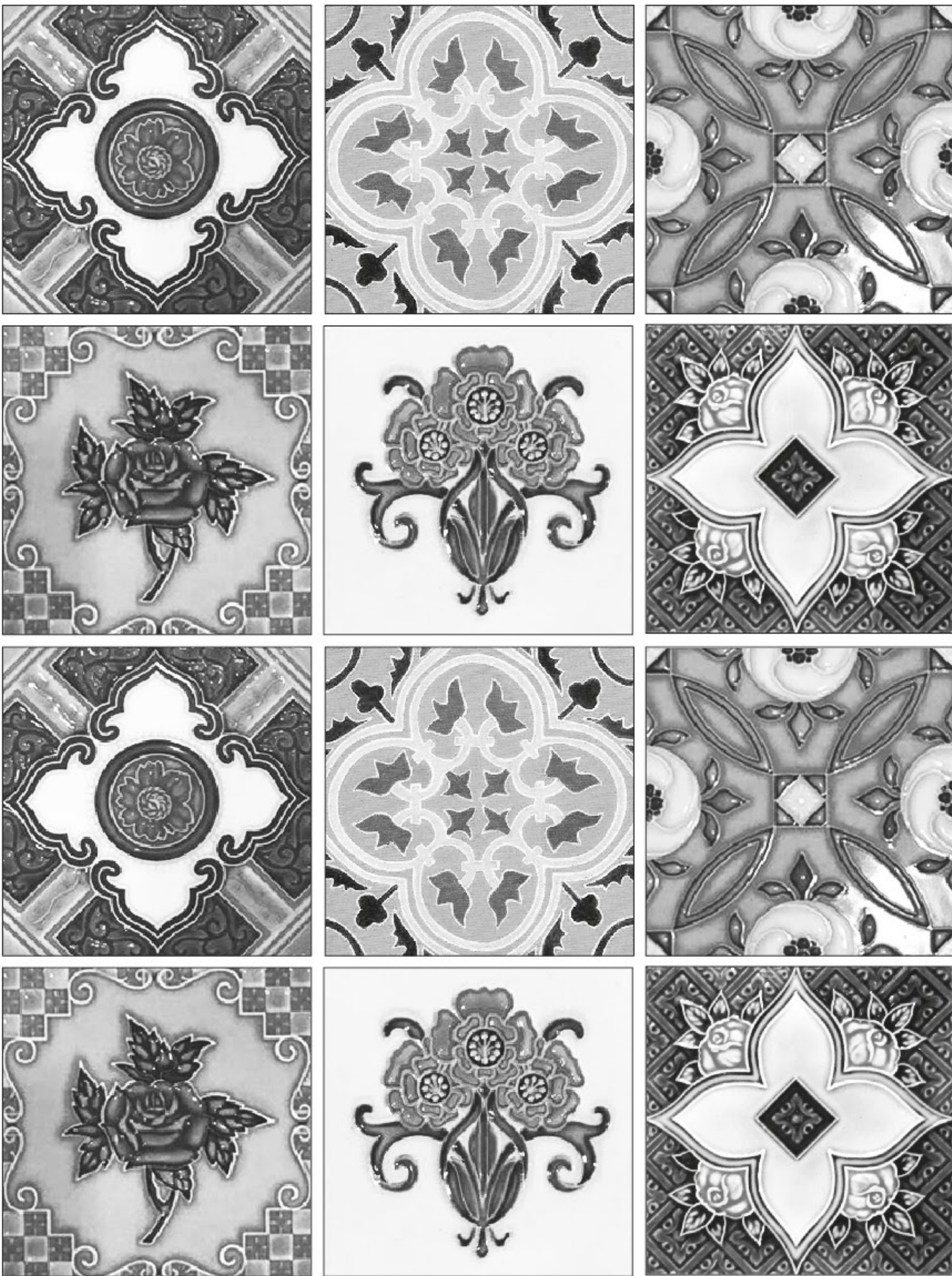
Cut this image out, fold it
to make a 3D card. You
can also add colours and
write a wish or thank you
note for someone.



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



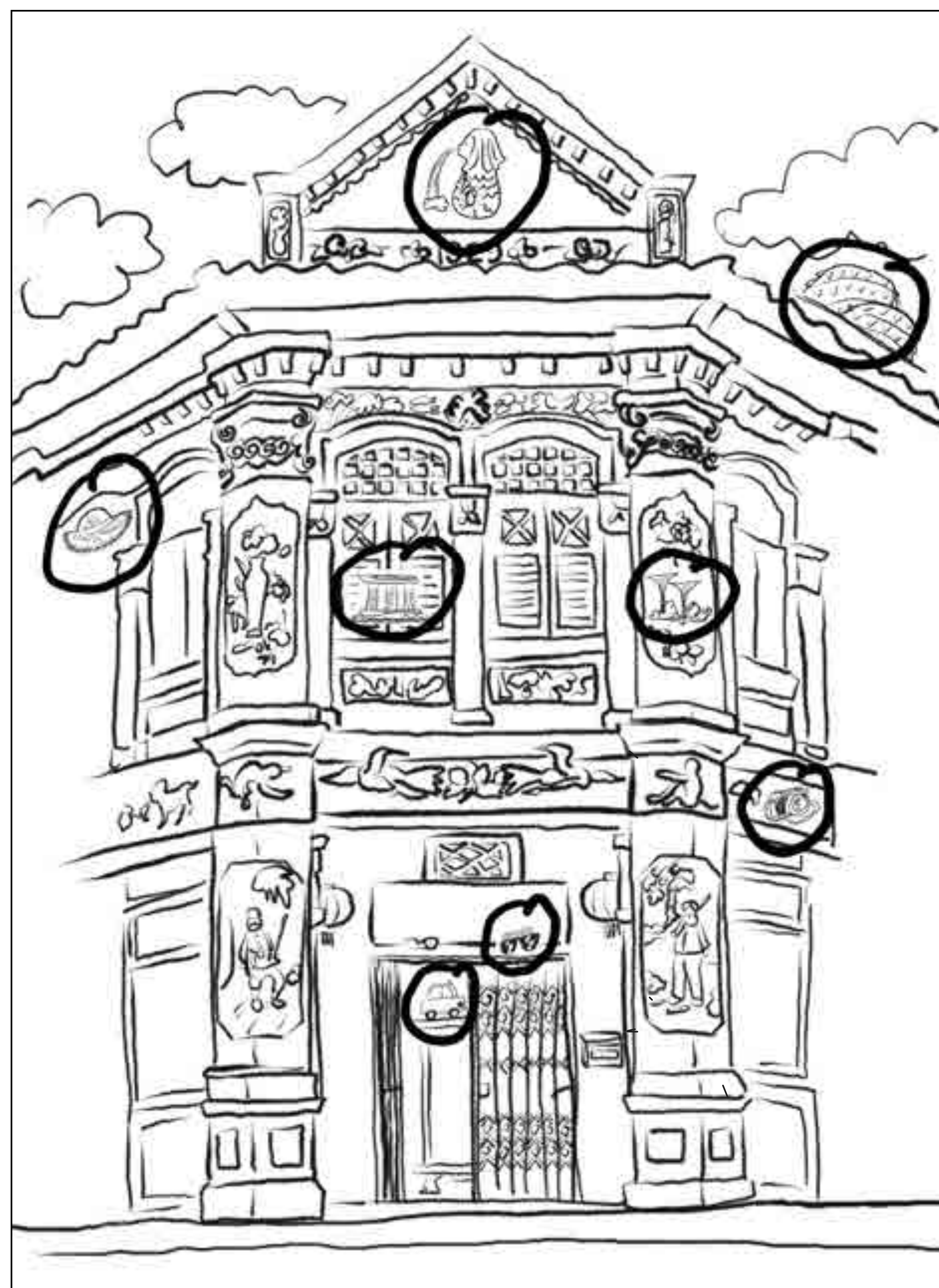
Cut out these 12 cards. Flip over the pictures, and open them slowly to find the pairs.

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

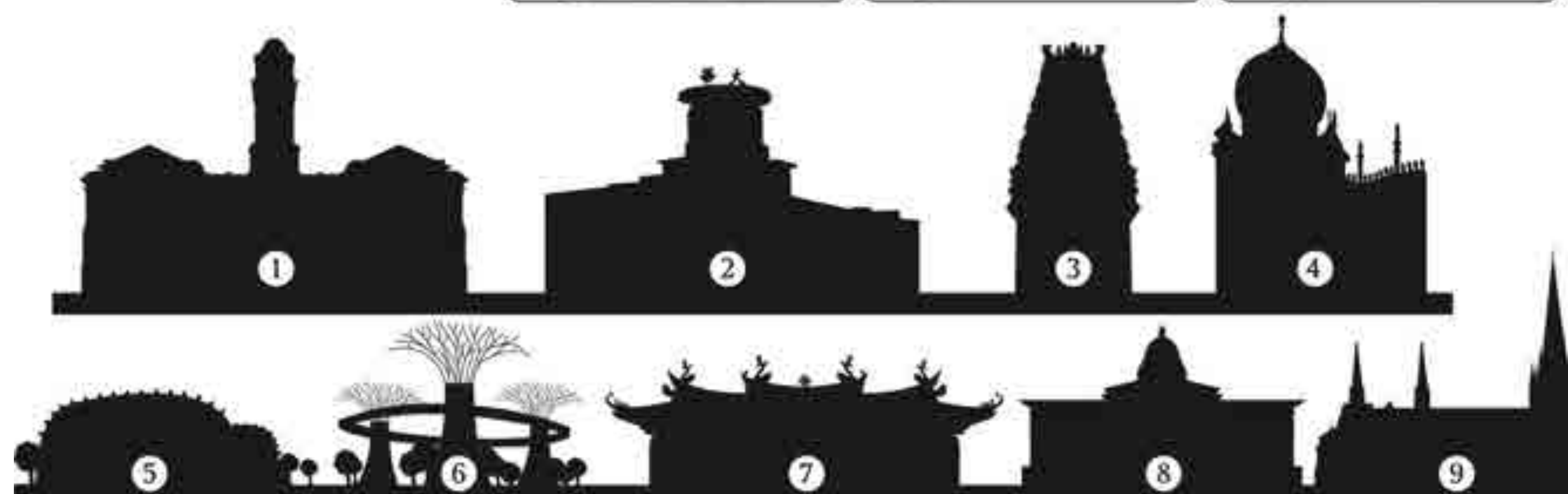
Page 5



Match It
配一配

Page 11

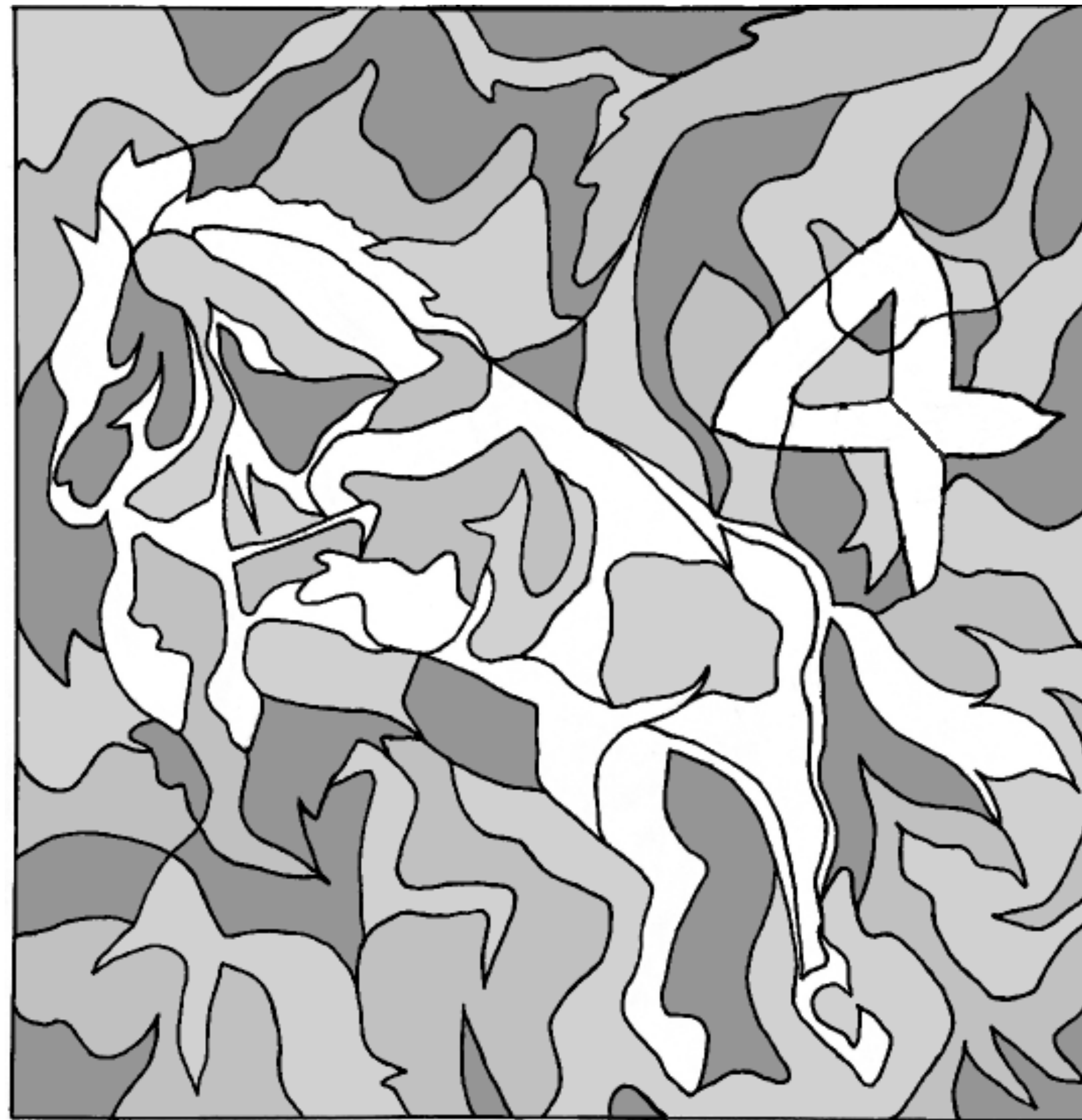
7 Thian Hock Keng Temple 天福宫	2 Majestic Theatre 大华戏院	8 Former Supreme Court 前最高法院
1 Victoria Theatre and Concert Hall 维多利亚剧院与音乐厅	3 Sri Mariamman Temple 马里安曼兴都庙	5 Esplanade 滨海艺术中心
4 Sultan Mosque/Masjid Sultan 新加坡苏丹回教堂	6 Gardens by the Bay 滨海湾花园	9 St. Andrew's Cathedral 圣安德烈座堂



Answers 答案

Make a Guess 猜一猜

Page 15

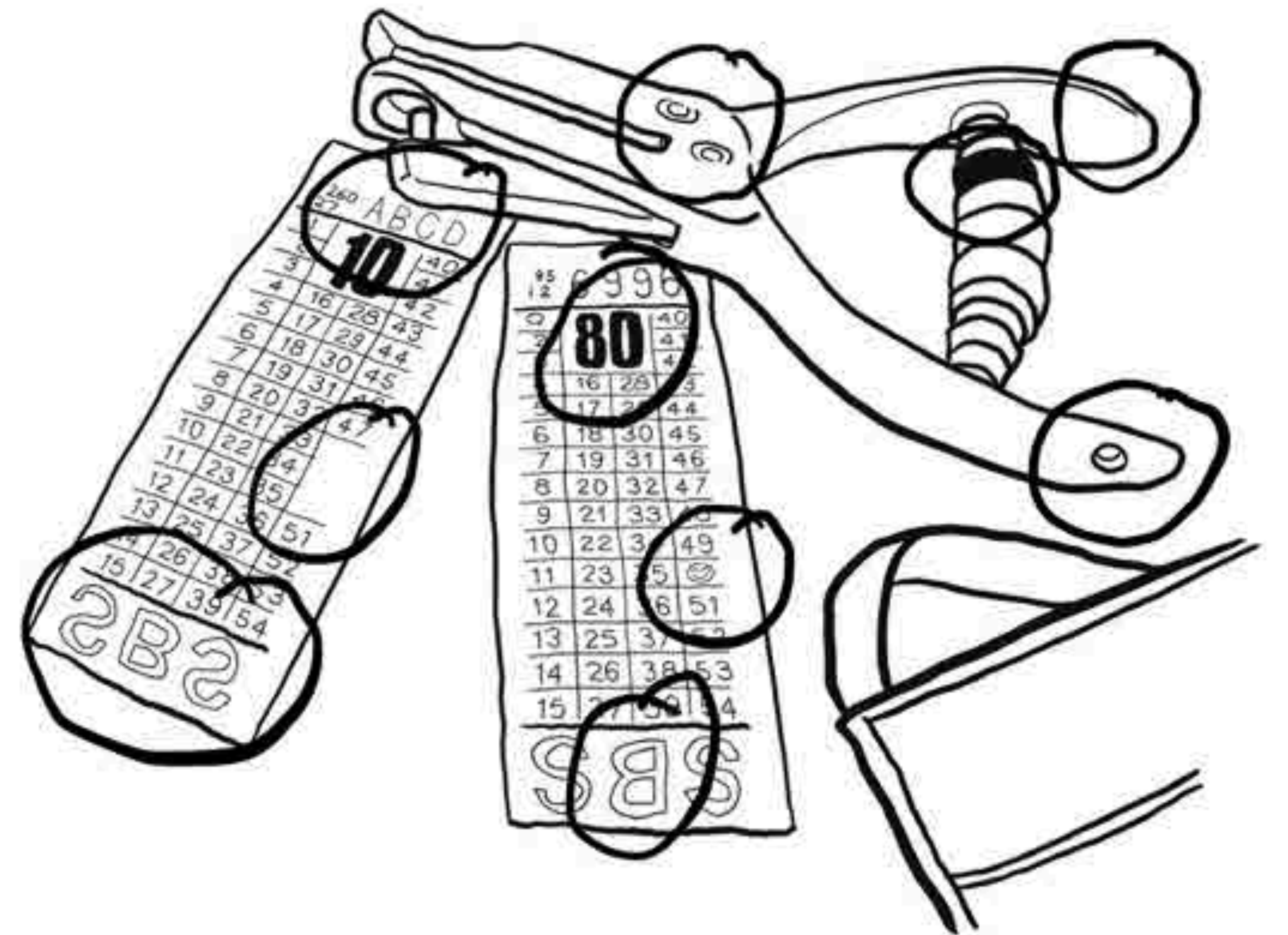


Can you see a horse? You may have guessed that the place is the Singapore Turf Club. We were actually thinking of “**Four Horse Road**”, the other name for Waterloo Street. Did you guess it correctly?

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: <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>

English:



Mandarin:



Malay:



Tamil:



“You Can Get Moving”

Seated exercises by **Health Promotion Board**

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>

English:



Mandarin:



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。