



This journal belongs to:

# Foreword

## About “I Can Crea8 Sustainability” Programme and Partnership

This is a first but distinctive and meaningful collaboration between **My First Skool** and **PacificLight**. Talking about sustainability with our young children is incredibly important. However, it can be really tricky for parents and educators to know where to start. We need to help our young children understand what sustainability is. We know that sustainability can encompass a number of things, from recycling to gardening, and in being resourceful with the products and items that we use. We introduce various sustainability practices to our children and these form part of our everyday service delivery. We want to invite and involve our children in our sustainability practices, get them asking questions and finding answers as they participate in planned and spontaneous activities designed as part of the “**I Can Crea8 Sustainability**” activities we offer in our MFS centres every day. We hope and have faith that through this unique “**I Can Crea8 Sustainability**” Programme, our young children can learn about sustainability so that they can leave the earth and Singapore better than they found it.

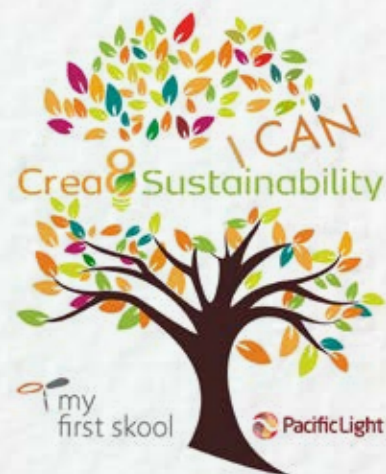
### About my first skool

For more than 40 years, My First Skool has been a leader in early childhood care and education. As the pre-school arm of NTUC (National Trades Union Congress) First Campus Co-operative, we have grown into one of Singapore's most respected early childhood organisations since we opened our doors in 1977. Dedicated to bringing quality pre-school education within easy reach, we have more than 140 pre-schools islandwide. We are proud to bring quality education to more than 20,000 young families in every Singapore neighbourhood.

### About PacificLight

PacificLight is an electricity power generator and retailer operating one of the most efficient power plants in Singapore that is capable of powering more than 1,000,000 Singapore households. Sustainability is incorporated in all aspects of PacificLight's business through the implementation of world class energy efficiency measures, advanced technology and constantly looking for ways to minimise our carbon footprint.

Through the Crea8 Sustainability programme, PacificLight aims to raise awareness to students about how they too can create positive change and build a more sustainable world. Since 2016, Crea8 Sustainability has provided students from Kindergarten to University with educational programmes, competitions, site visits and workshops in the belief that children are often the best teachers and advocates for change.

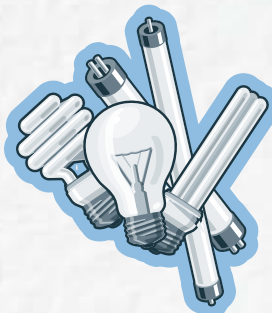


*We can Do it!*  
learn

*Happy Recycling*  
act

*You can Make a difference*  
share

# MATCH THE WASTE TO THEIR BINS



**ORGANIC**

**BATTERIES**

**PAPER**

**PLASTIC**

**METAL**

**GLASS**

**LIGHT BULBS**

**MIXED**

# WRITE A SHORT STORY

Reduce, Reuse, Recycle, Rethink & Repair



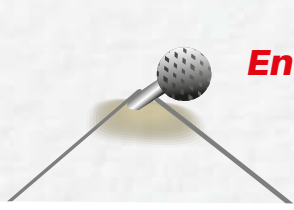
## Helping words:

My First Skool, children, planting a tree, watering flower, collecting litter, park, the Sun, helping one another, happy, clean and green



Handwriting practice area with ten horizontal dashed lines on a light blue background.

Handwriting practice area with ten horizontal dashed lines on a light blue background.



Draw and Colour your **Energy SuperHero!**  
Using the shapes of energy resources!



Submit your drawing to [crea8sustainability.sg/mfs-competition](http://crea8sustainability.sg/mfs-competition) and you might win a prize

**my ENERGY superhero**

WATER DROPLET



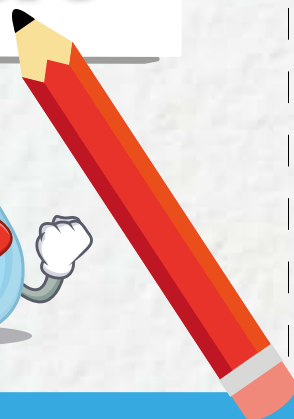
+

ADD FACE



=

ADD MASK, HANDS & CAPE



**DO NOT LITTER**



**Go through the maze, collect all the waste and throw them into the bin.**

# REDUCE FOOD WASTE



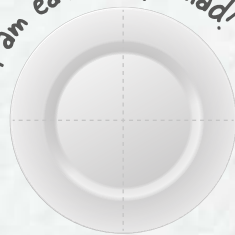
*I have finished my food!*



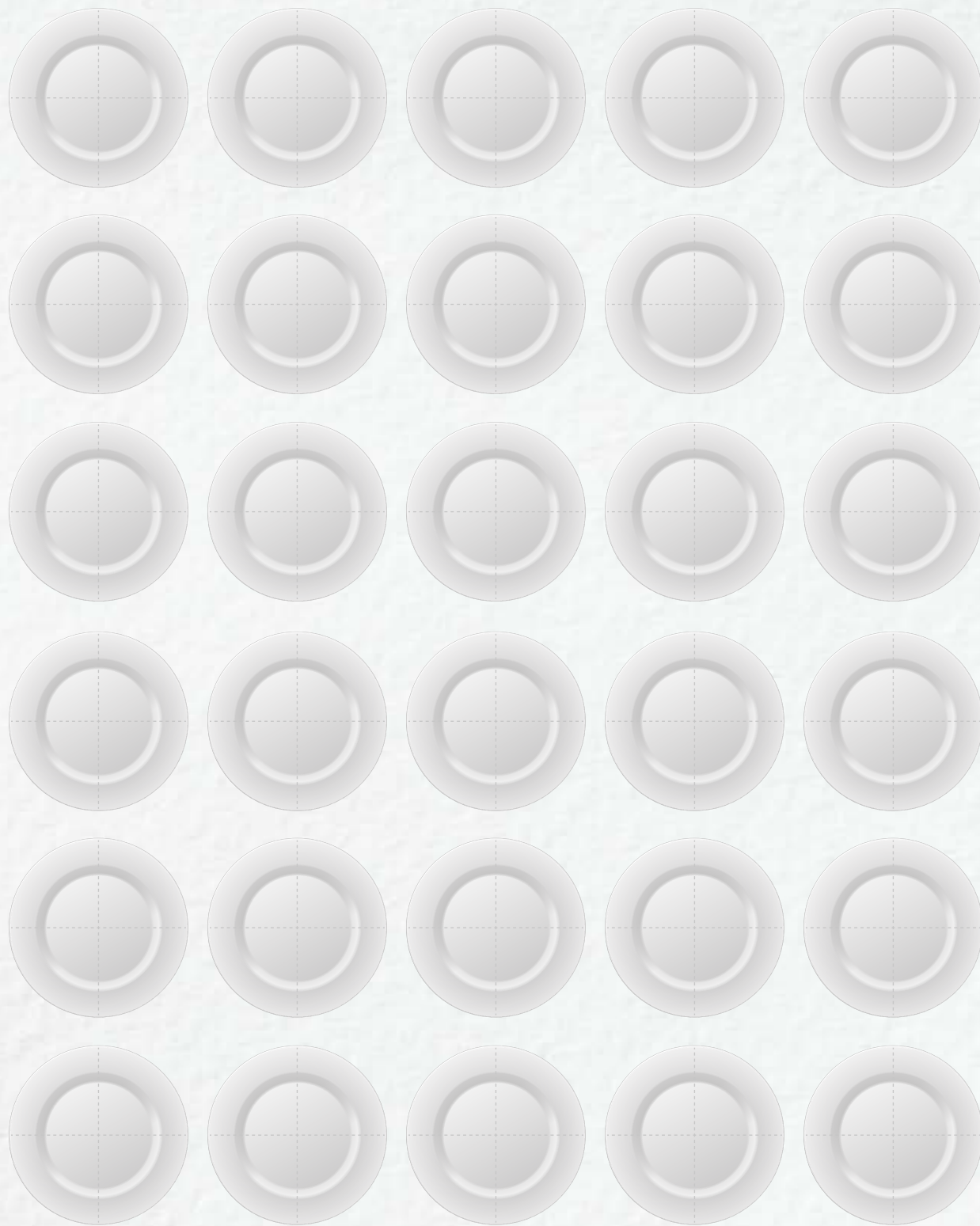
*I cannot finish the cupcake.*



*I am eating my salad!*



COLOUR WHAT YOU HAVE FINISHED ON YOUR PLATE!



MONTH:

# MONTHLY PLANNER



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					BRING BAG FOR GROCERIES	

## GOALS

How can I help to reduce waste?

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_



## MUMMY & DADDY NOTES

REDUCE!

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_



# RECYCLING SUPERHERO

I WANT TO BE A

**DO my PART!**

COLOUR THE ACTIVITIES AND SEE HOW GREEN YOU ARE!

SWITCH OFF THE LIGHTS	REUSE BAGS	BRING YOUR WATER BOTTLE	RECYCLE	SHOWER IN 5 MINUTES
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YOUR SUPERHERO MASK!

**act**  
Happy Recycling

 CUT ALONG THE DOTTED LINE.  
WITH PARENTS

LEVEL 1 -



LEVEL 2 -



LEVEL 3 -



LEVEL 4 -



CONGRATULATIONS, YOU HAVE ACHIEVED  
**SUPERHERO LEVEL 5**





MONTH:

# MONTHLY PLANNER



**Monday**   **Tuesday**   **Wednesday**   **Thursday**   **Friday**   **Saturday**   **Sunday**


## GOALS

What products can I recycle?

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## MUMMY & DADDY NOTES

RECYCLE!

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RECYCLE  
PLASTIC  
WATER  
BOTTLES!



# I WANT TO BE A RECYCLING SUPERHERO

**DO my PART!**

COLOUR THE ACTIVITIES AND SEE HOW GREEN YOU ARE!



SWITCH OFF THE LIGHTS	REUSE BAGS	BRING YOUR WATER BOTTLE	RECYCLE	SHOWER IN 5 MINUTES
-----------------------	------------	-------------------------	---------	---------------------

LEVEL 1



LEVEL 2



LEVEL 3



LEVEL 4



CONGRATULATIONS, YOU HAVE ACHIEVED **SUPERHERO LEVEL 5**



act  
Happy  
Recycling

# MY Planet Earth

WORD SEARCH PUZZLE



FIND  
ME!

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

14

- RECYCLE
- REDUCE
- REUSE
- SAVE
- SOIL
- TREE
- WATER
- BOTTLES
- CANS
- CLEAN
- COMPOST
- EARTH
- LIGHTS
- PLANET



Answers:

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



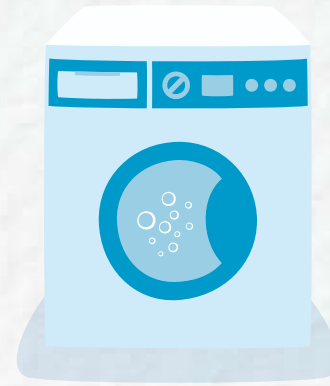
# how to **SAVE** WATER



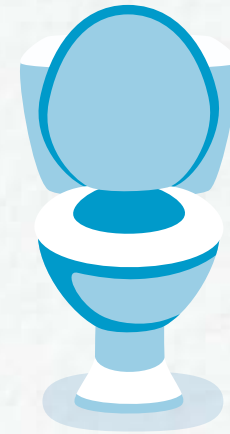
Inform your parent or teacher of any leaky taps



Take shorter showers



Only run the washing machine with a full load



Use the half flush on the toilet



Use a glass of water instead of running the tap when brushing your teeth



WITH PARENTS



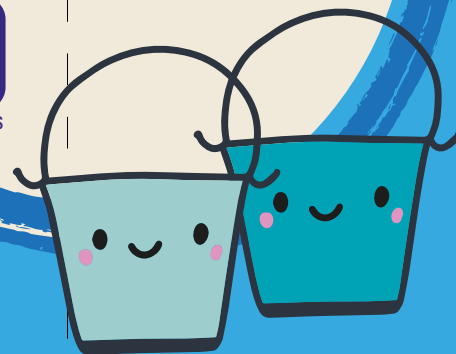
1 HOUR CHALLENGE

Try the challenges with your family and friends



GO TO [CREA8SUSTAINABILITY.SG/RESOURCES/MFS](http://CREA8SUSTAINABILITY.SG/RESOURCES/MFS) FOR MORE FUN IDEAS

Try to take a shower in 5 minutes!



48 HOURS CHALLENGE

family time!

Invent a game that helps you save electricity and have fun at the same time

Snap some photos of you and your family playing your invented game!

24 HOURS CHALLENGE

GET CREATIVE AT HOME

REUSE ITEMS FOR CRAFTS!

MAKE YOUR OWN PUPPET SHOW!

MAKE YOUR OWN RECYCLING BIN!

Use the planner!

ONE MONTH CHALLENGE

[WWW.CREA8SUSTAINABILITY.SG/MFS-COMPETITION](http://WWW.CREA8SUSTAINABILITY.SG/MFS-COMPETITION)

YOUR ECO DIARY

Write down how you can help save the Earth.

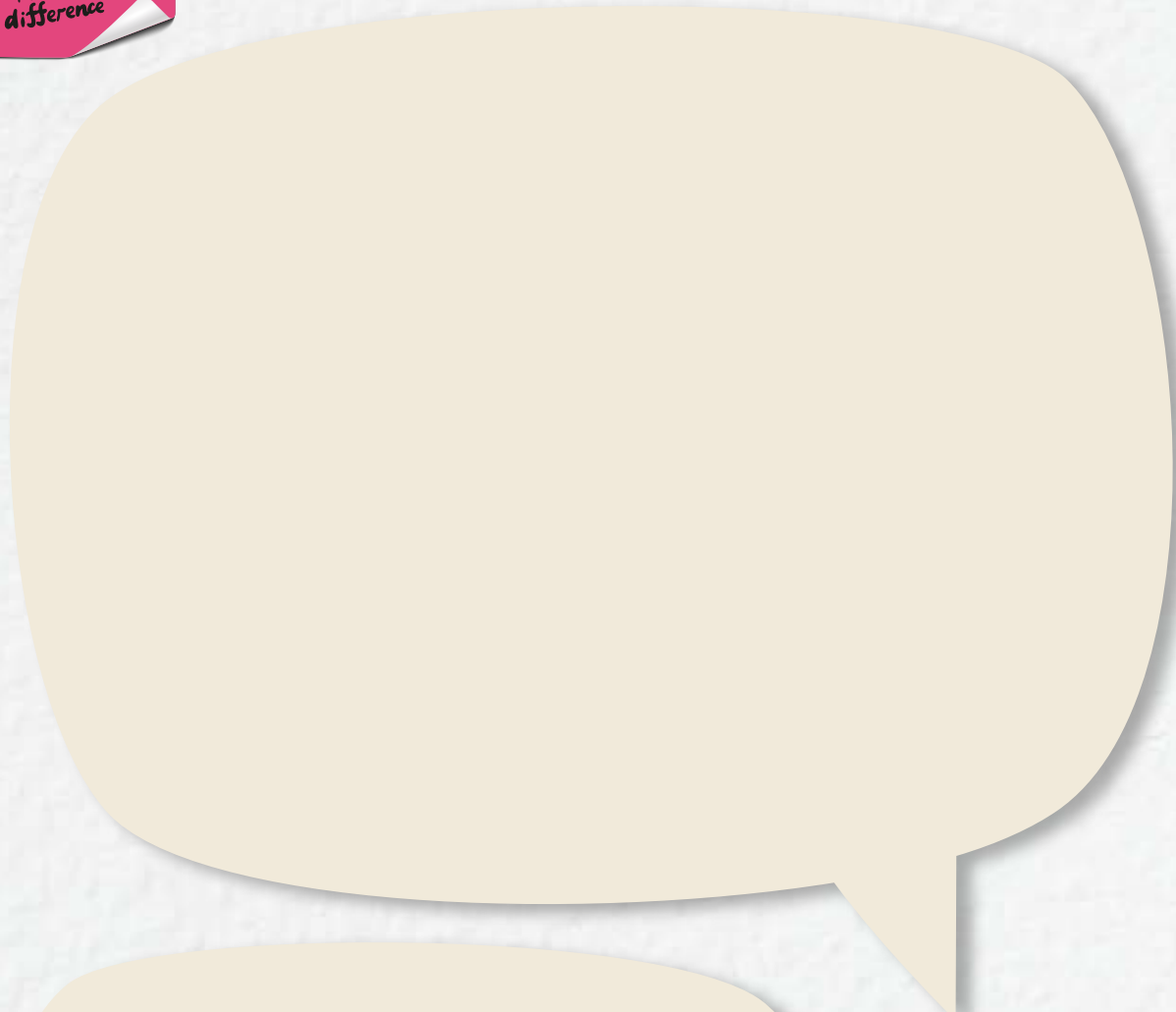
ONE WEEK CHALLENGE



share

You can  
make a  
difference

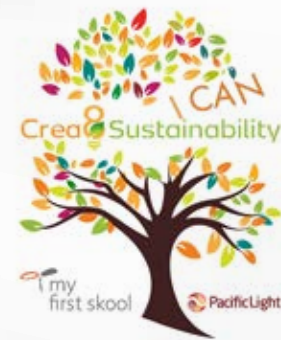
Write down your thoughts



how do you feel?



WITH PARENTS



# green Certificate of Participation

THIS CERTIFICATE IS PRESENTED TO

Name \_\_\_\_\_

BY \_\_\_\_\_

Teacher or Parent's name

FOR FINISHING ALL THE ACTIVITIES IN THIS JOURNAL  
AND LEARNING TO TAKE ACTION AND RESPONSIBILITY  
FOR LEADING A SUSTAINABLE LIFESTYLE

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

