




I CAN
HELP
TOO!



I am

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.



LEARN

ACT

SHARE

WE

Tell a story using any of the helping words
'love, planet earth, recycle,
tree, bird, sun, together'.
You can also cut them out
to make hanging mobiles!



LOVE



**PLANET
EARTH**



RECYCLE



TREE



BIRD

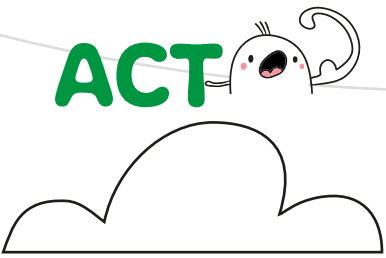


SUN

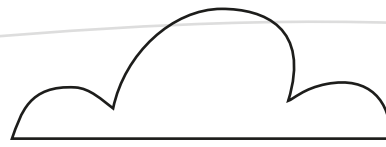
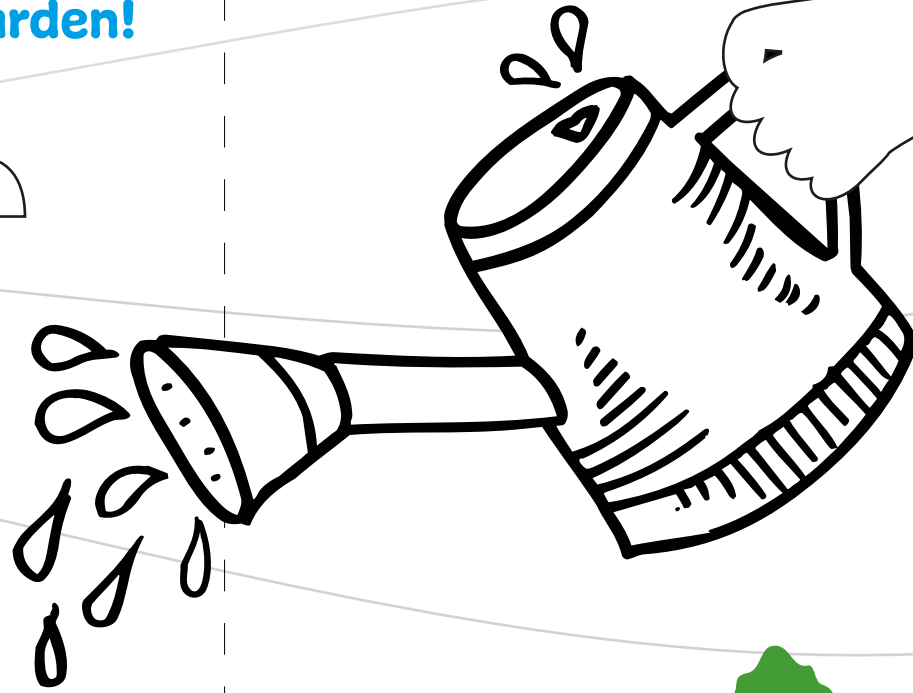
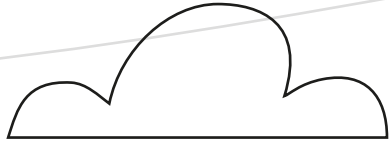


TOGETHER

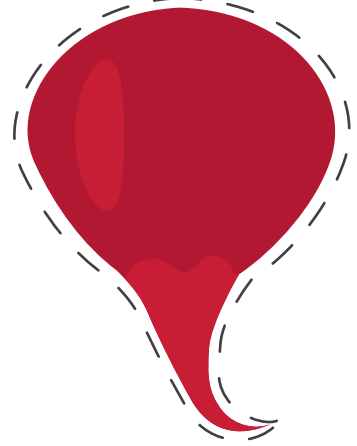
ACT



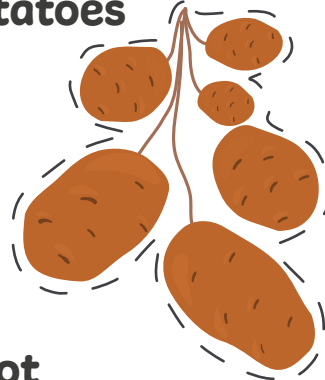
**Cut and paste your vegetables
Colour your very own garden!**



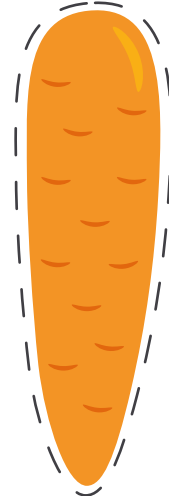
Beetroot



Potatoes



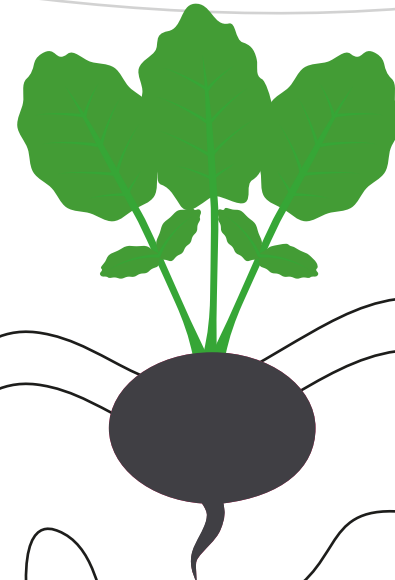
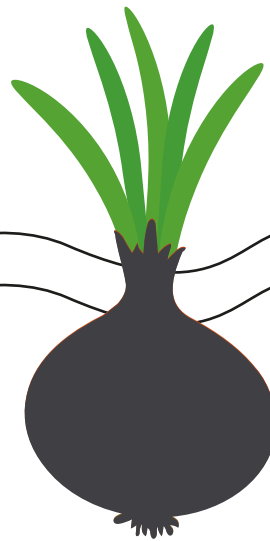
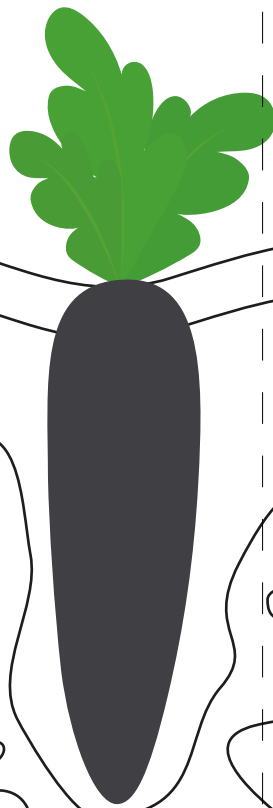
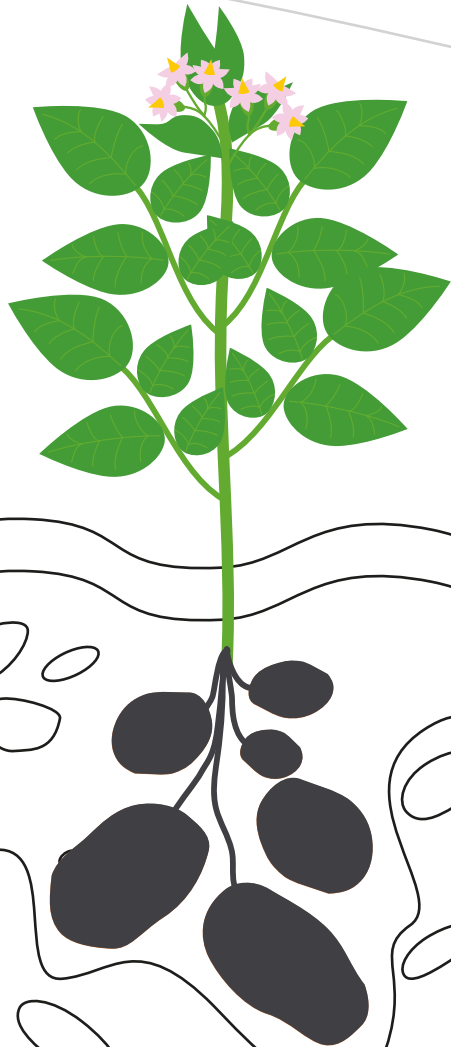
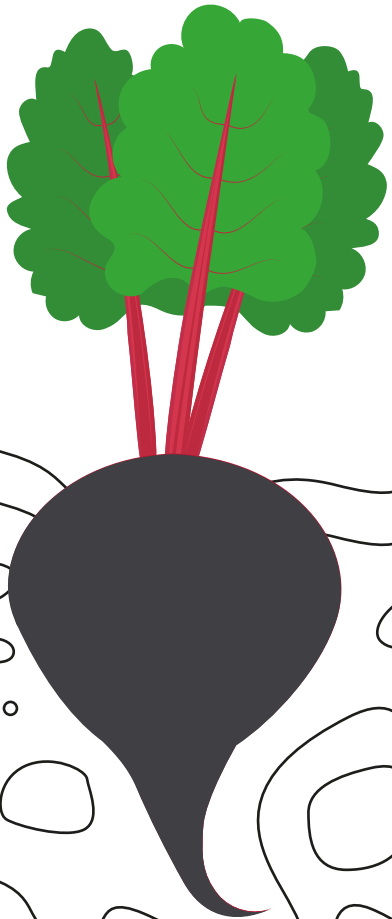
Carrot



Radish



Onion



How can I help?



Copy and follow the actions below

Clean



Reduce



Help



Sort



Imagine



Share unwanted toys with other children



Recycle



Bring your own reusable water bottle

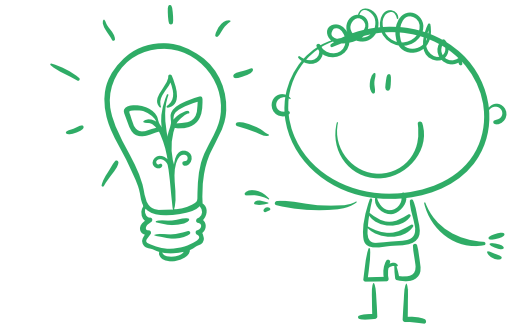


ECO TIPS



Use less plastic

Don't litter



Switch off the light when you are not using it

CHECKLIST ✓

- Always bring your water bottle
- Don't litter
- Switch off the light
- Use public transport
- Waste less food
- Save water



Use public transport

Waste less food



Save water



*CUT AND USE AS A REMINDER CARD

SHARE



Do your part!

name: _____

HOW DID I DO?

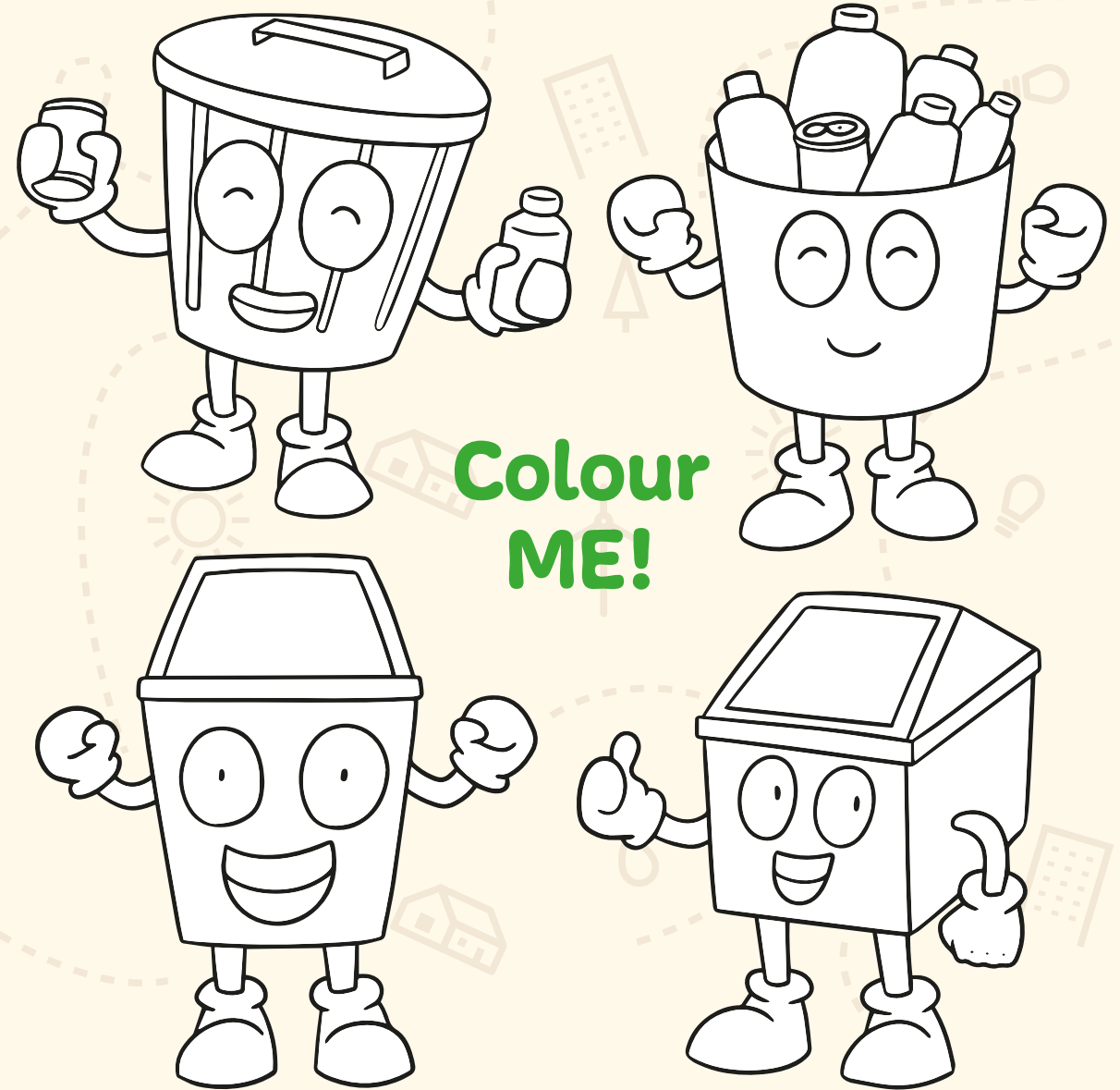
Use the stickers to describe your day!



	1ST WEEK	2ND WEEK	3RD WEEK
Monday		<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PARENT NOTES

15mm space to paste double-sided tape



SHARE



We can Do it!							
Happy Recycling							
You can Make a difference							