

# NURTURING LITTLE HEARTS



E-resource kit



# INTRODUCTION

Values are the foundation of our local Chinese culture, molding us into the individuals we are today. Our e-resource kit aims to nurture and empower children to make positive changes in their daily lives.

Join us on this journey to learn some values, spread some kindness and make a difference!

## Our Nurturing Little Hearts e-resource kit consists of:

1. Grandma's Hand is Injured!  
(Chinese Cultural Picture Book)
2. Teacher's guide
  - Kindness Jar activity
  - Let's Help Grandpa Bear Get Back Home storyline
3. Parent's guide
  - Kindness calendar printable

## Calling all teachers and parents!

You can use Nurturing Little Hearts to teach about values, including certain values cherished by the Chinese. Grandma's Hand is Injured talks about how a little boy named Xiao Cheng, helped his grandma when she was injured, featuring values such as filial piety, love and kindness.

Following the book, you can then put learning into action! Teachers can get your class to engage in acts of kindness towards their parents or grandparents, practicing love, kindness and filial piety. At the same time, help Grandpa Bear and Little Red Car from the storyline get back home!

You can extend learning beyond classroom too! Parents can work together with your little ones to come up with ideas to spread kindness. Children can also get to decorate the kindness calendar themselves however they like!

For all enquiries, please email [education@singaporeccc.org.sg](mailto:education@singaporeccc.org.sg)





# LET'S READ!: GRANDMA'S HAND IS INJURED!

Let's start off by reading aloud the story of Grandma's Hand is Injured! to the class!



5 - 6 years old



20 - 30 minutes

## LEARNING OBJECTIVES

- ✓ Identify 3 family values (filial piety, love, kindness)
- ✓ Learn about ways to care for family members

## LEARNING DOMAINS

- 1 Language & literacy
- 2 Social & emotional development





# LET'S READ!: GRANDMA'S HAND IS INJURED!

During the storytelling, teachers can guide the class by asking the following questions:

奶奶的手受伤了!  
Grandma's Hand is Injured!



文/图: 庄佳欣  
Content and illustration by Clarisa Chng

- 'Why did grandma injure her hand?'
- 'How did Xiao Cheng care for his grandma when her hand is injured?'
- 'What did Grandma do after Xiao Cheng gave her the gloves?'
- 'What are some values we can see and learn from this story?'





# LET'S READ!: GRANDMA'S HAND IS INJURED!

## EXPAND THE DISCUSSION!

奶奶的手受伤了!  
Grandma's Hand is Injured!



文/图：庄佳欣  
Content and illustration by Clarisa Chng

- 'Why is it important to show love and kindness?'
- 'What are some ways we can show gratitude and love to our family members (grandparents/parents)?'



In-class activity

# Teacher's Guide!





# TEACHER'S GUIDE!



Kindness jar activity



Grandpa Bear Storyline

To note: Kindness jar activity will be used in conjunction with Grandpa bear storyline



# TEACHER'S GUIDE

## LET'S START A KINDNESS JAR

In-class activity

### MATERIALS NEEDED

- 1 Empty jar or container
- 2 Anything available to fill up the jar!
  - E.g Ice cream sticks, pom pom, memo notes
- 3 Mahjong paper to document learning & discussion!



### TEACHERS CAN...

- ✓ Explain to the class what a Kindness Jar is
- ✓ Work together as a class to fill it up by performing acts of kindness towards parents/grandparents
- ✓ Small sharing at the start of the day
- ✓ Teachers can invite children to fill up the jar
- ✓ Read each kindness note out loud to the entire class when achievements unlocked (targeted no. of kind acts reached)



# LET'S HELP GRANDPA BEAR GET HOME!



Grandpa Bear went out with his buddy, Little Red Car to get some fresh air as Mr Red Car has been feeling sad lately.

On his way home, Little Red Car unexpectedly broke down and Grandpa Bear is now stuck on the road.

Now we need your help to restore Mr Red Car!

For every \_\_\_\_ kindness act achieved, Little Red Car and Grandpa Bear will get the chance to move forward, ultimately reaching home!



# BEFORE WE START...

## STEP 1

Print out the road map poster in A3 size, alternatively 2 A4 and combine



or



## STEP 2

Print and cut out the storyline cut-outs



## STEP 3

Laminate the roadmap, and cut-outs. Afterwihch, attach the blue tacks at the back of the cut-outs



## STEP 4

**You're ready to go!**





# WHAT TO DO?

- Stick the car cut-out on the START point
- For every certain no. of kindness act performed (e.g 5), the car get to advance forward
- For every achievement or milestone unlocked, teachers can mark it with a star from the cut-out
- Once jar is filled, Grandpa Bear and Little Red Car will get to reach home

**Give acknowledgements to the class for their efforts!**





Bring-home activity

# Parent's Guide!







# HOW TO USE THE KINDNESS CALENDAR?

Let's extend learning beyond classroom!

✓ For template 1, some of the kindness acts are provided, parents can fill in the remaining with your child!

✓ Parents and child can discuss who they are targeting the kindness acts to

E.g Family members, environment, friends, community or just everyone and anyone!

✓ For template 2, children can come up with the kindness acts with their parents, fill in the kindness acts and decorate it in your own style!

✓ Remember to acknowledge your child's effort!

E.g Give them a hi-5 or a hug!

1



Let's Go!

Let's Spread  
**KINDNESS!**

1 Give someone a compliment!	2	3	4 Give someone a hug!	5	6
7	8 Say "Hello!" to your friends!	9	10	11 Draw a card for your family member	12
13	14	15 Give high-5(s) today!	16	17	18 Give someone a hug!
19 Help your teacher today!	20	21	22 Say "I Love You!" to your parents or grandparents	23	24
25	26 Pick up your toys after playing	27	28	29	30 Give yourself a hug!

2



Let's Go!

Let's Spread  
**KINDNESS!**

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



# WANT TO LEARN MORE ABOUT VALUES?

Come visit us at our free exhibition——  
SINGAPO 人: Discovering Chinese Singaporean Culture!

Through this fun and interactive bilingual exhibition, explore how the SINGAPO 人 way of life developed a special identity over the years. The exhibition will cover different themes, ranging from values, food, festivals to language and many more!

**SINGAPO**  
**新加坡人**



DISCOVERING CHINESE SINGAPOREAN CULTURE

探索本土华族文化

## For self-guided visit:

- You can bring your students around on your own to the SINGAPO(REN) exhibition for free.
- You can book at:
- <https://www.bookmuseums.nhb.gov.sg/programmepreview/5d784bf9-722d-40c3-bbc5-1cfc00a50879> (up to 80 students)
- <https://www.bookmuseums.nhb.gov.sg/programmepreview/458e85ea-6630-49cd-805d-29a100965f67> (81 – 120 students)
- Booking has to be done at least 3 weeks in advance

## For paid programmes (guided tour cum workshop)

- More details would be made available at <https://singaporeccc.org.sg/group-visits/#for-schools>
- Booking can be done through <https://www.bookmuseums.nhb.gov.sg/>.
- Booking has to be done at least 5 weeks in advance



# 培养 小小爱心家



电子资源配套





# 介绍

价值观是我们华族文化的基石，处处影响着我们的成长。《培养小小爱心家》皆希望通过故事和活动，让小朋友们可以学习如何关爱他人并且透过自己的力量，给社会和自身带来积极影响。随我们一同踏上这一旅程，一起培养良好价值观、传播爱心，并且让世界变得更美好！

## 我们的电子资源配套包含了：

1. 《奶奶的手受伤了！》(双语文化绘本)
2. 教师小指南
  - '小小爱心罐' 活动
  - '带熊爷爷回家吧！' 故事线
3. 家长小手册
  - 爱心日历亲子活动

## 呼吁所有教师和家长！

您可以透过《培养小小爱心家》这本电子资源配套来教授价值观，同时让小朋友们进一步了解我们本地华人所珍视的价值观，如仁、爱、孝等。

从绘本阅读到实际操作，小朋友便有机会学习如何表达善意、爱与感恩之情，并且成为小小爱心家！

如有任何疑问，欢迎电邮至  
[education@singaporeccc.org.sg](mailto:education@singaporeccc.org.sg) 与我们联系！



# 一起阅读吧！：《奶奶的手受伤了！》



5至6岁幼儿



20-30分钟

## 学习目标：

- ✓ 能够说出和了解三种家庭价值观（孝、爱、仁）
- ✓ 学习如何关爱家人或长辈

## 学习领域：

1

语言能力

2

社交与情绪管理技能





# 一起阅读吧！：《奶奶的手受伤了！》

作为导入，老师可以与幼儿一起阅读《奶奶的手受伤了！》

在导读过程中，老师可以向幼儿提出以下问题：

奶奶的手受伤了！  
Grandma's Hand is Injured!



文/图：庄佳欣  
Content and illustration by Clarisa Chng

- 奶奶的手为什么会受伤？
- 当小诚发现奶奶的手受伤了之后，他采用了 什么方式关爱或照顾奶奶？
- 当小诚把手套交给奶奶时，奶奶有什么反应？
- 我们从故事中，可以看到什么价值观？





# 一起阅读吧！：《奶奶的手受伤了！》

老师可以引导幼儿思考以下其他问题，以扩展讨论范围：

奶奶的手受伤了！  
Grandma's Hand is Injured!



文/图：庄佳欣  
Content and illustration by Clarisa Chng

- 我们为什么要关爱身边的人？为什么关爱他人是重要的？
- 我们可以用什么方式向长辈（例如：祖父母、父母）表达感恩之情？
- 我们可以用什么方式去关爱家人和朋友？





课堂活动

# 教师 小指南





# 教师小指南



小小爱心罐活动



熊爷爷故事线

注意：小小爱心罐活动会与熊爷爷故事线同步进行



# 教师指南 - 小小爱心罐

课堂活动

## 所需材料：

- 1 空罐子或容器
- 2 任何可以填满罐子的小物件！
  - 例如：冰淇淋棒、绒球 (pompom)，小纸条
- 3 麻将纸 --> 记录幼儿的讨论和学习过程



## 老师可以：

- ✓ 和幼儿解释与探讨什么是爱心罐
- ✓ 让幼儿通过对长辈实行爱心举动，一起合作将爱心罐填满
- ✓ 让幼儿在每一天开始之前，进行小分享
- ✓ 邀请幼儿亲自将小物件放入罐子中
- ✓ 在达成设定的爱心目标时，向整个班级朗读每一个爱心举动。



请帮帮熊爷爷顺利  
回到家！



最近，熊爷爷发现小红车有点沮丧。因此，为了让小红车心情能够好起来，熊爷爷决定带他的小伙伴一起出去兜风，呼吸新鲜空气。

没想到，很不幸的，小红车在回家的路途突然抛锚了，熊爷爷现在被困在路上。

现在，我们需要你们的帮助来修复小红车！快来帮帮忙吧！

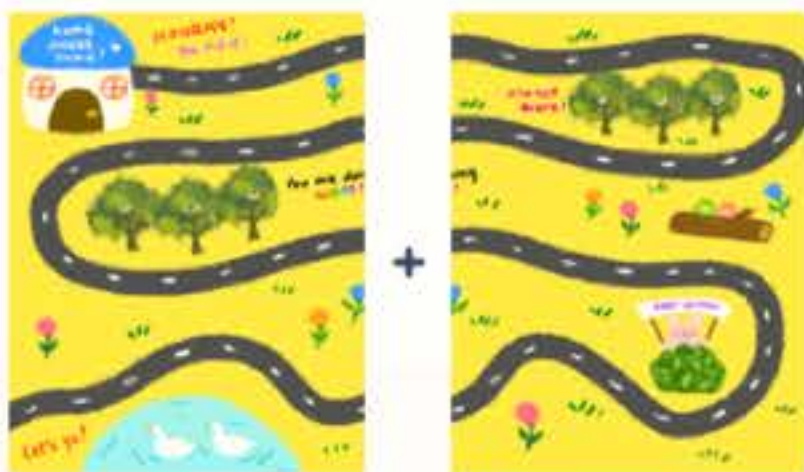
每完成 \_\_\_ 个善举，小红车和熊爷爷就有机会继续前进，最终回到家！



# 在开始之前.

## 步骤一

把路线图以A3尺寸打印出来，或者打印两张A4尺寸的路线图并将之合并



## 步骤二

把故事线的图案打印和剪出来



## 步骤三

将路线图和剪出来的图案塑封，之后在图案的背面贴上蓝宝贴



## 步骤四

开始吧!





# 怎么进行？

- 将小红车图片贴在路线图的起点
- 当幼儿完成指定数量的爱心举动（例如：5个），小红车就有办法前进
- 同时，每当小红车往前移动后，老师可以用星星在路线图上作标记
- 当爱心罐子被填满后，熊爷爷和小红车就能够成功回到家

记得给予班级肯定和鼓励！





亲子活动

# 家长 小手册





# 如何使用爱心日历？

一起把学习和好习惯扩展到课堂之外！

✓ 模版1：日历中已提供一些爱心举动，家长可以与您的孩子一起填写其余的内容！

✓ 家长可以引导孩子一起思考和讨论他们想要实行爱心举动的对象（例如：家庭成员、环境、朋友、社区或任何人！）

✓ 模版2：孩子可以与家长一同构思爱心举动，接着填写进日历。孩子可以天马行空，以自己的方式装饰日历。

✓ 记得要肯定孩子的努力！（例如：给予他们一个拥抱或hi-5）

1

Let's Go! 

Let's Spread KINDNESS!

1 Give someone a compliment!	2	3	4 Give someone a hug!	5	6
7	8 Say "Hello!" to your friends!	9	10	11 Draw a card for your family member	12
13	14	15 Give high-5(s) today!	16	17	18 Give someone a hug!
19 Help your teacher today!	20	21	22 Say "I Love You!" to your parents or grandparents	23	24
25	26 Pick up your toys after playing	27	28	29	30 Give yourself a hug!

2

Let's Go! 

Let's Spread KINDNESS!

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



# 想要进一步学习与认识我们华人珍视的价值观吗？

快来参观我们的《SINGAPO人：探索本土华族文化》免费展览吧！

这个有趣且具有互动性的双语展览会带领访客探索新加坡华人生活方式如何塑造我们独特的身份认同。展览会涵盖不同主题如价值观、饮食、节庆习俗、语言等，突显本地华族文化的丰富多彩。



## 自主导览之旅：

- 老师可以带领学生自由参观 [SINGAPO\(REN\) exhibition](https://www.bookmuseums.nhb.gov.sg/programmepreview/5d784bf9-722d-40c3-bbc5-1cfc00a50879)
- 有兴趣者，可在以下网址进行预定：
- <https://www.bookmuseums.nhb.gov.sg/programmepreview/5d784bf9-722d-40c3-bbc5-1cfc00a50879> (多达80 students)
- <https://www.bookmuseums.nhb.gov.sg/programmepreview/458e85ea-6630-49cd-805d-29a100965f67> (81 – 120名学生)
- 需提前3周预定申请

## 实体教育活动 (导览之旅+工作坊)：

- 预知更多活动及费用详情，请前往：  
<https://singaporeccc.org.sg/group-visits/#for-schools>
- 可通过此链接进行预定 <https://www.bookmuseums.nhb.gov.sg/>
- 需提前5周预定申请



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