

*Stay home
Stay safe*

居家防疫

Activities for Dec 2020
12月活动表

Have you taken your temperature today?
今天你测量你的体温了吗?



Take your temperature twice a day & record in the calendar below.
If temperature is 37.5 and above, do see a doctor.



请每天测量您的体温两次，记录在以下的日期。
如您的体温在37.5或以上，请马上看医生。

SUN	MON	TUE	WED	THU	FRI	SAT
		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	31	DEC 十二月 2020	



想一想！ 填一填！

1

$$1(只) + 1(只) = 1(双)$$

$$3(天) + 4(天) = 1()$$

$$4(点) + 9(点) = ()点$$

$$5(月) + 7(月) = 1()$$

$$6(年) + 7(年) = 1()$$

2

人生三大乐

1. ()足常乐

2. ()人为乐

3. ()得其乐

Spot the Difference 找出不同点



Please Spot
请找出

12

Differences
个不同的地方



Connect the Opposites Match

Antonym words (opposite meaning)

- | | | |
|------------|---|-----------|
| Inside ● | ● | Niece |
| Kind ● | ● | Cry |
| Exciting ● | ● | Winner |
| Nephew ● | ● | Gentleman |
| Big ● | ● | Heavy |
| Late ● | ● | Sun |
| Laugh ● | ● | Outside |
| Right ● | ● | Cruel |
| Upper ● | ● | Boring |
| Moon ● | ● | Run |
| Innocent ● | ● | Small |
| Light ● | ● | Left |
| Loser ● | ● | Early |
| Lady ● | ● | Guilty |
| Walk ● | ● | Lower |

What is Your Change? 数一数! 算一算!

For each item you buy from supermarket, how much is your change?

您从超级市场买了以下的东西, 收银员找回您多少钱呢?

You give cashier

您给收银员

\$10



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$20



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$20



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$20



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$50



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$50



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$50



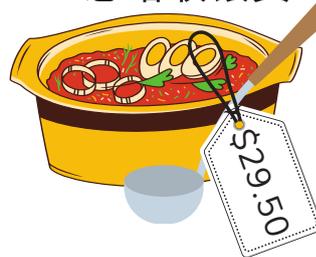
Your change

您拿回 \$ _____

You give cashier

您给收银员

\$50

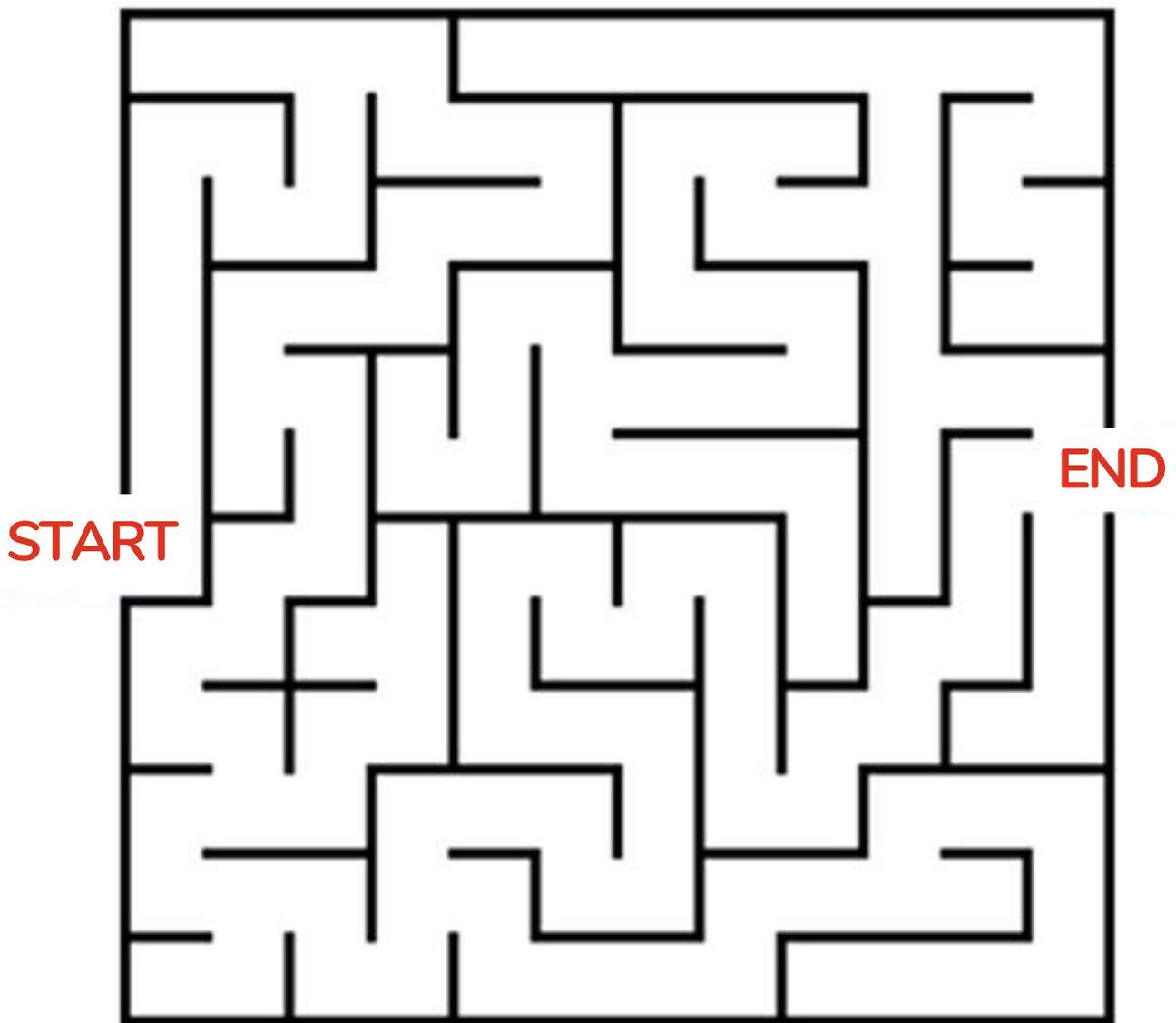


Your change

您拿回 \$ _____



Your goal is to get out of the maze!
Use a pencil or a pen to draw a line from start to end.





Missing Numbers 遗漏的数字

Please fill the missing numbers. 请写出遗漏的数字

Subtract 2 减法

43	41								25
23									5

Subtract 3 减法

65	62								38
35									8

Subtract 6 减法

73									19
----	--	--	--	--	--	--	--	--	----

Subtract 7 减法

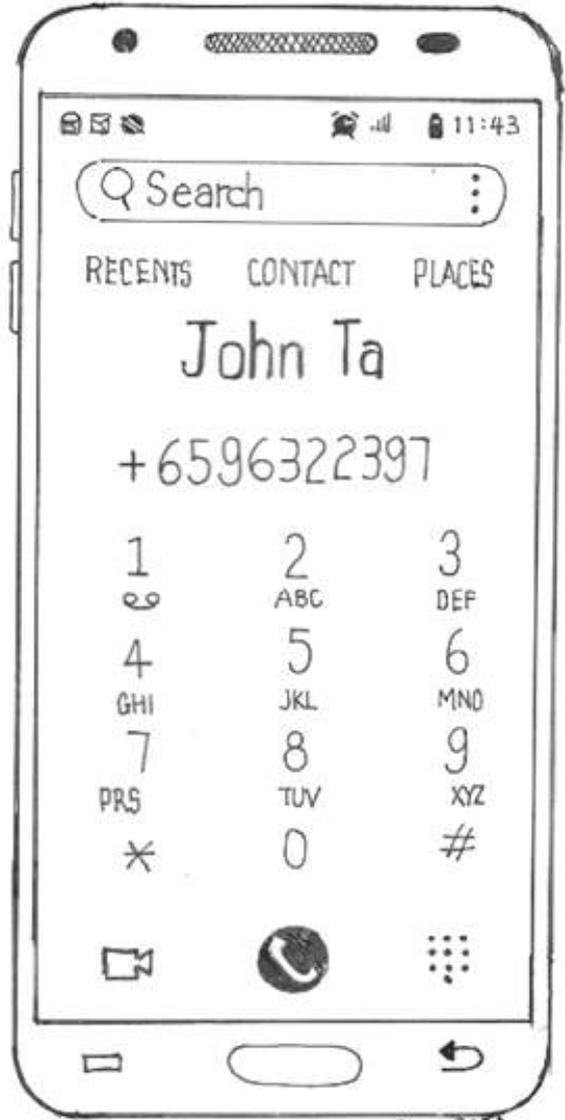
99									36
----	--	--	--	--	--	--	--	--	----



Spot the Difference 找出不同点



Chris 2020



Chris 2020

Please Spot

请找出

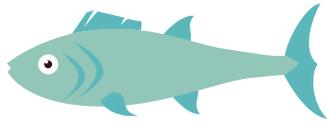
12

Differences

个不同的地方



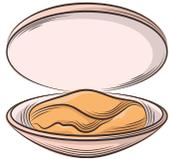
Word Search



F _ I _ S H



P R _ _ W N



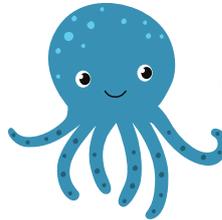
C L _ _ M



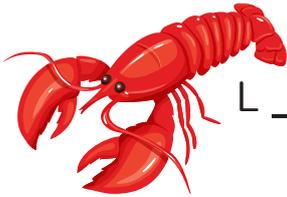
C R _ _ B



C _ _ T T L E F I S H



O C T O P U _ _ _



L _ _ B S T E R



O Y S T _ _ R

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



脑筋急转



最不听话的是谁?

答案: _____



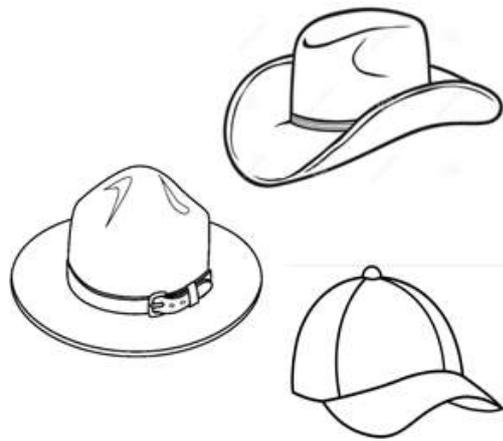
偷什么不犯法?

答案: _____



什么伤医院不能治?

答案: _____



两对父子去买帽子，
为什么只买了三顶?

答案: _____



Make it 8 湊成 8 位数

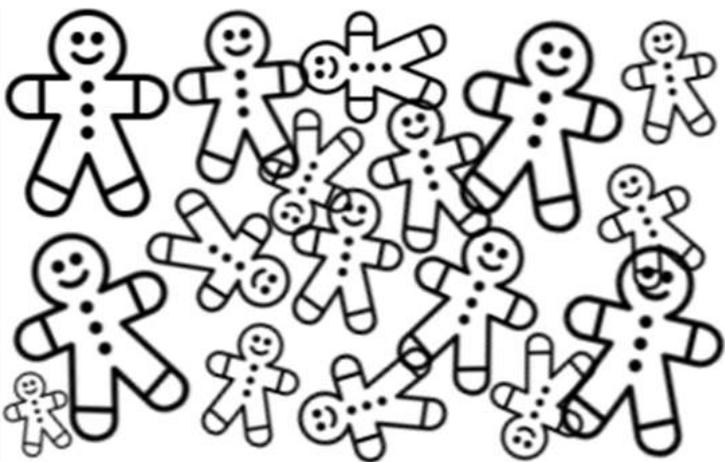
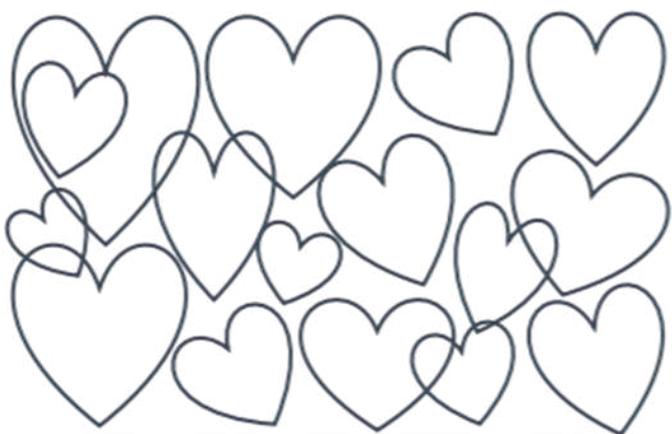
You can add 2 to 3 numbers & make it 8.

请用两或三个数字加起来等于8.

3	4	7	3	1	5	4	3	3	6
2	4	2	1	3	2	3	4	5	1
6	4	2	6	2	1	2	5	2	1
4	3	3	5	4	3	2	1	3	4
1	5	1	1	6	2	3	4	1	2
6	4	5	3	7	4	3	6	5	3
5	2	2	1	5	2	1	3	1	1
2	3	7	3	2	3	4	1	2	4
4	1	2	4	5	6	4	5	6	5
5	3	4	5	3	2	4	2	2	3

Count & colour the shapes

数一数，彩一彩



Matching Dominos 配对骨牌

Count the dots in each set of Dominos and write down in the box beside

Match the Dominos that has equal amount of dots

计算每组牌中的点, 在旁边的框中写下点数并匹配点数相等的牌

6			<input type="text"/>
<input type="text"/>			<input type="text"/>
<input type="text"/>			6
<input type="text"/>			<input type="text"/>
<input type="text"/>			<input type="text"/>
<input type="text"/>			<input type="text"/>
<input type="text"/>			<input type="text"/>

Lets Decorate Christmas Tree!

一起布置圣诞树!



\$2.60



$$\times 3 = \underline{\$7.80}$$



\$1.50



$$\times \underline{\quad} = \underline{\quad}$$



\$2.50



$$\times \underline{\quad} = \underline{\quad}$$



\$0.80



$$\times \underline{\quad} = \underline{\quad}$$



\$0.40



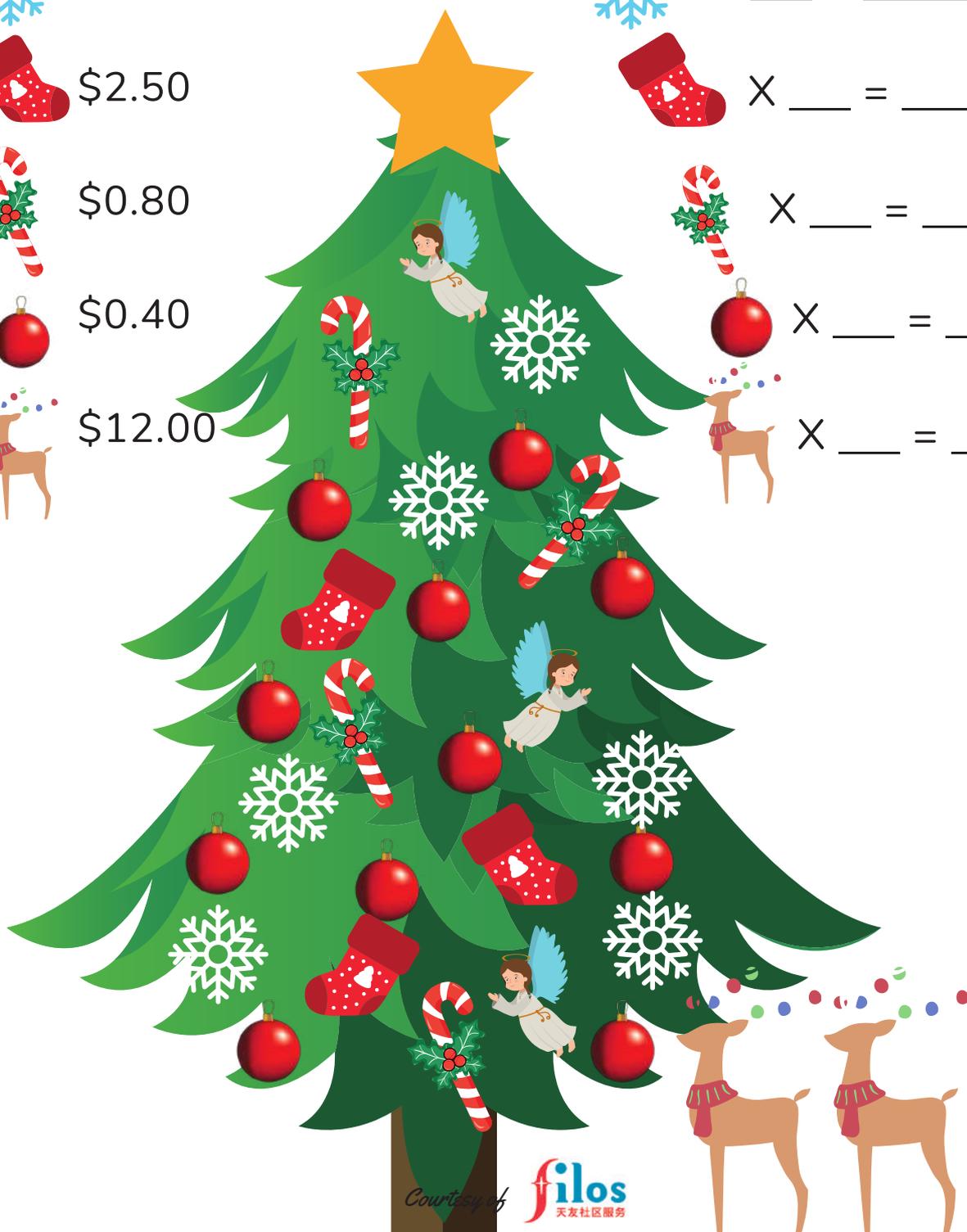
$$\times \underline{\quad} = \underline{\quad}$$



\$12.00



$$\times \underline{\quad} = \underline{\quad}$$



Spot the Difference 找出不同点



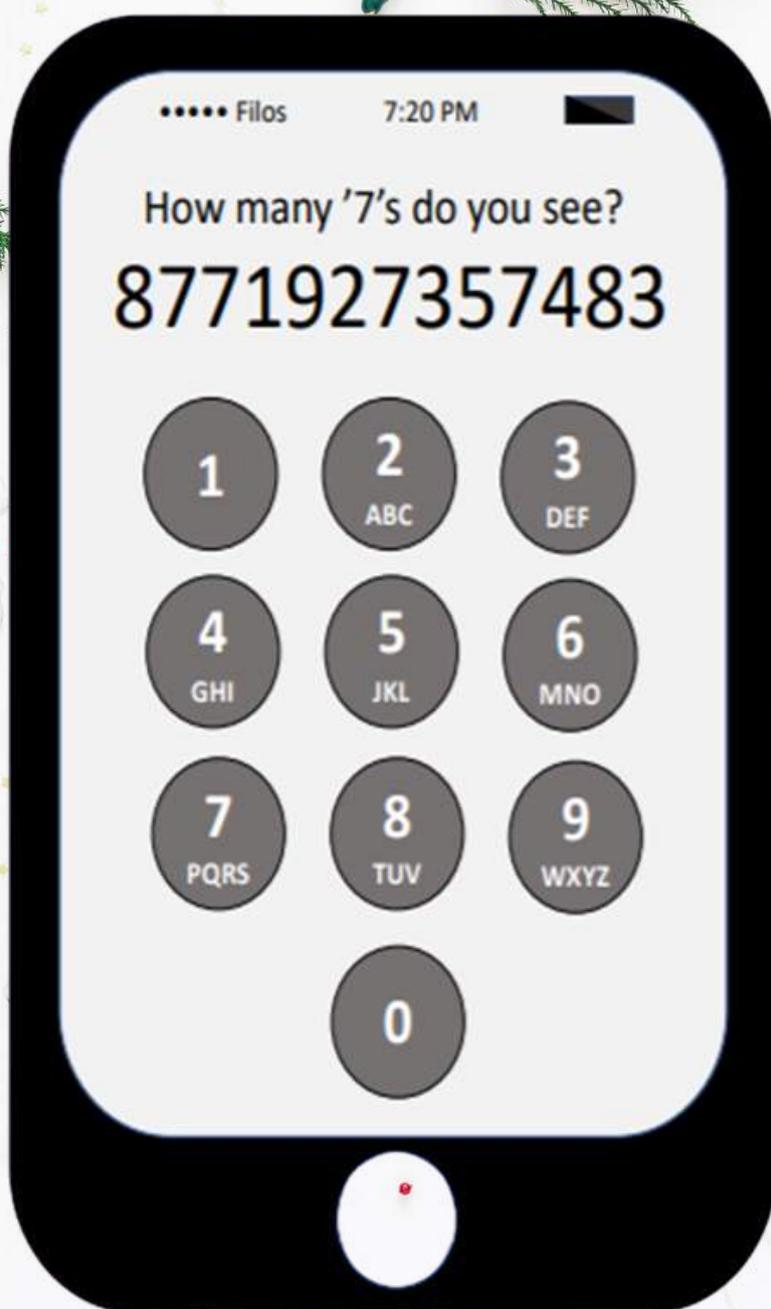
Please Spot
请找出

7

Differences
个不同的地方



How many 7s do you see?
请问您看到几个7呢?



Answer / 答案 : _____



What is the Order?

1

2

3

4

5

6

7

8

9

10

11

12

June	January	August	April
November	March	February	October
July	December	May	September

唱一唱，抄一抄

歌曲：甜蜜蜜
作词：庄奴
作曲：印尼民歌



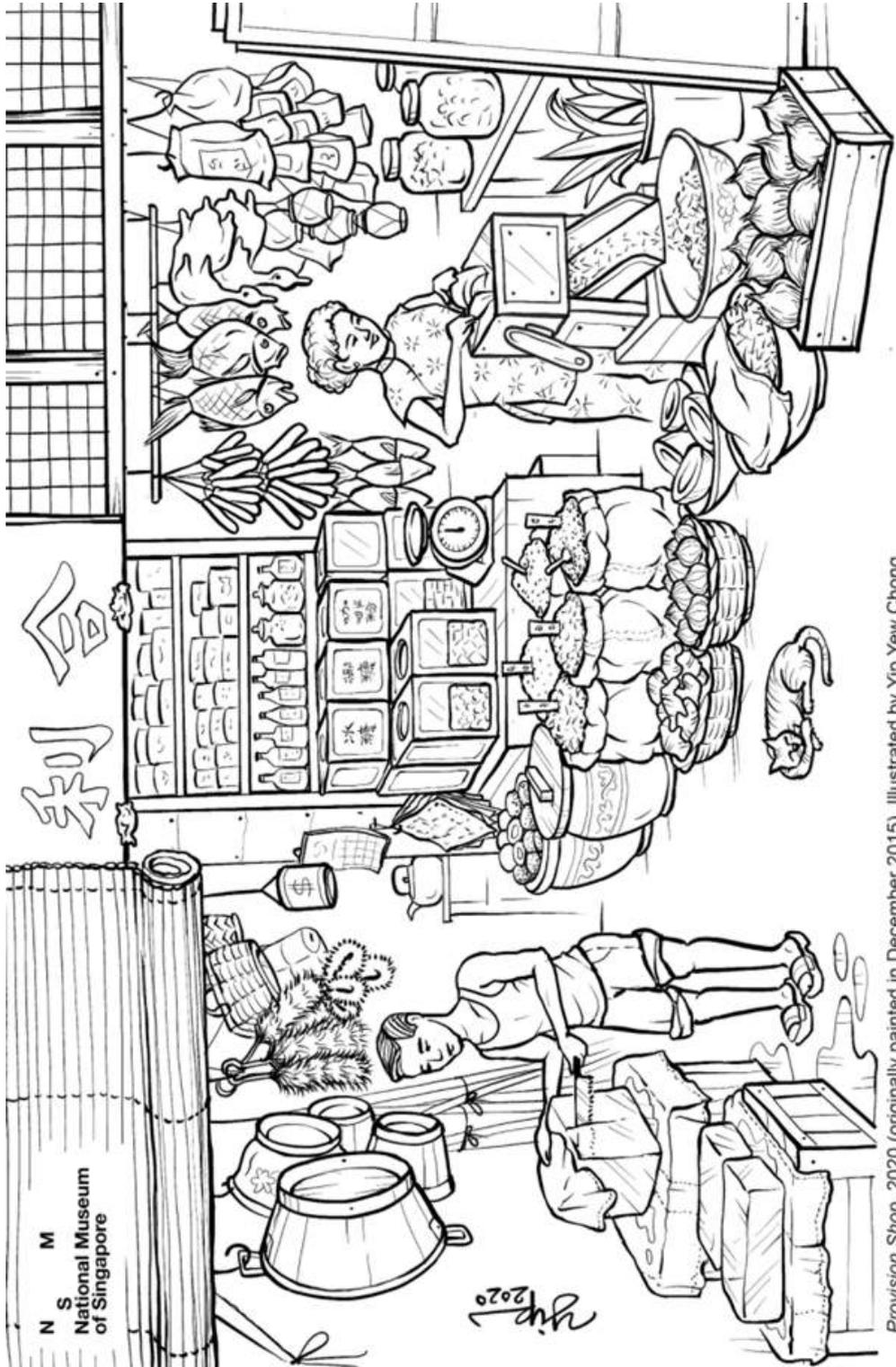
甜蜜蜜你笑得甜蜜蜜
好像花儿开在春风里
开在春风里

在哪里在哪里见过你
你的笑容这样熟悉
我一时想不起

啊在梦里
梦里梦里见过你
甜蜜笑得多甜蜜
是你是你
梦见的就是你

甜	蜜	蜜	你	笑	得	甜	蜜	蜜

National Heritage Board *Moving Memories (1)*





Make it 11 凑成 11 位数

You can add 2 to 3 numbers & make it 11.

请用两或三个数字加起来等于11.

4	5	1	3	2	4	3	5	8	7
8	6	3	4	8	2	6	4	1	3
1	2	4	2	3	5	5	1	2	2
6	4	3	6	2	5	7	2	4	5
4	7	6	5	1	3	5	1	3	4
7	5	3	9	3	8	4	2	1	6
4	3	4	2	4	5	9	3	8	4
3	6	1	3	3	4	3	1	5	1
6	8	7	2	1	3	1	6	1	5
5	3	4	5	2	1	4	2	6	3



Solve Math Puzzle

算数急转弯

12	+	20	=	22					
								+	
	-		=	11				7	
x		=		=				=	
		10			x	5	=		
=						=			
39		14	-		=	5		8	
		+		x				x	
60			=					4	
		=		=				=	
				45	-		=		

What is Your Change? 数一数! 算一算!

For each item you buy from supermarket, how much is your change?

您从超级市场买了以下的东西，收银员找回您多少钱呢?

You give cashier

您给收银员

\$100



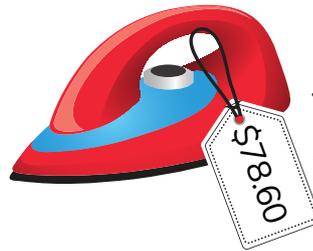
Your change

您拿回 \$ _____

You give cashier

您给收银员

\$100



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$200



Your change

您拿回 \$ _____

You give cashier

您给收银员

\$200



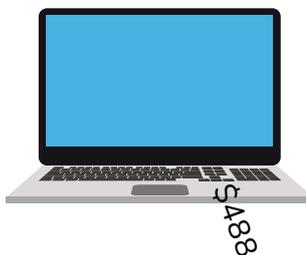
Your change

您拿回 \$ _____

You give cashier

您给收银员

\$500



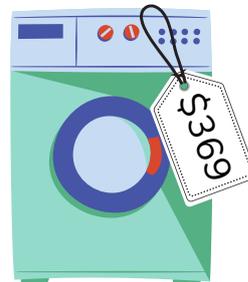
Your change

您拿回 \$ _____

You give cashier

您给收银员

\$500



Your change

您拿回 \$ _____





Missing Numbers 遗漏的数字

Please fill the missing numbers. 请写出遗漏的数字

Add 3 加法

61									88
91									118

Add 4 加法

24									60
64									100

Add 7 加法

12	19								75
82	89								145



量词

请把正确的量词填在空格上。

台，匹，条，棵，朵，粒，枝，片



— 条 鱼



— 匹 马



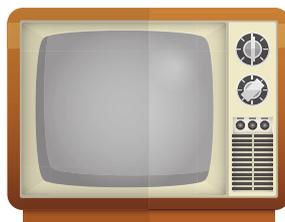
— 棵 圣诞树



— 朵 玫瑰



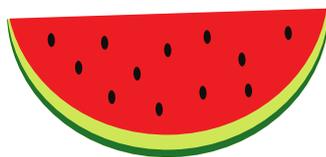
— 粒 糖果



— 台 电视机



— 支 笔



— 片 西瓜



National Heritage Board *Moving Memories (2)*



N M
S National Museum
of Singapore

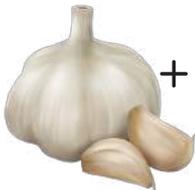
Pufu Mayam Hawker, 2020 (originally painted as part of Pasar in April 2016). Illustrated by Yip Yew Chong.



Can you solve this ? 动动脑, 数一数!

 +
  +
  = \$9.60

GAR _ LI _ / 蒜 _

 +
  +
  = \$6.90

BROCC _ L _ / 西兰 _

 +
  +
  = \$5.20

C _ RR _ T / 红萝 _

 +
  +
  +
  = \$ _____

MUSHR _ _ M / 蘑 _

How much does each item cost?

请问每一种食物多少钱?

 \$ _____

 \$ _____

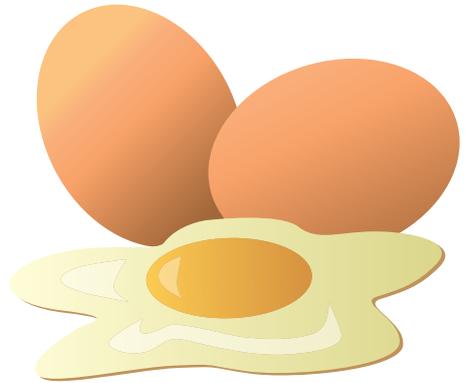
 \$ _____

 \$ _____

Life Tips 生活小贴士

刚煮熟的鸡蛋，
马上放入凉水里泡一会儿，
就很容易剥壳了。

Freshly boiled eggs can be easily peeled
by soaking them in cold water for a while.



剪刀不锋利了，在锡箔纸上剪一剪，
立刻锋利了。

If your scissors are blunt, cut on
a piece of aluminum foil, it will be sharpened at once.



每次买新鞋都有磨脚的烦恼，
可以在磨脚的地方涂一层保湿霜，
隔一夜就可以了。

Every time you wear a pair of new shoe,
it likely to rub against your feet.
Just put a layer of moisturizer cream on
the shoe that is rubbing your feet
& leave it over night.



Fall Recovery



Crawl towards a stable chair
爬向一个稳固的椅子或凳子



Lean in & push yourself
towards the chair
靠向椅子, 然后用力
将自己推向椅子



Place both hands onto the
chairs 把两手方在椅子上



Slide & sit onto the chair
用屁股滑向椅子



Bring up the leg furthest from
the chair 抬起离椅子最远的脚



Shuffle yourself to sit
comfortably onto the chair
自己适量调整 到舒适的姿势

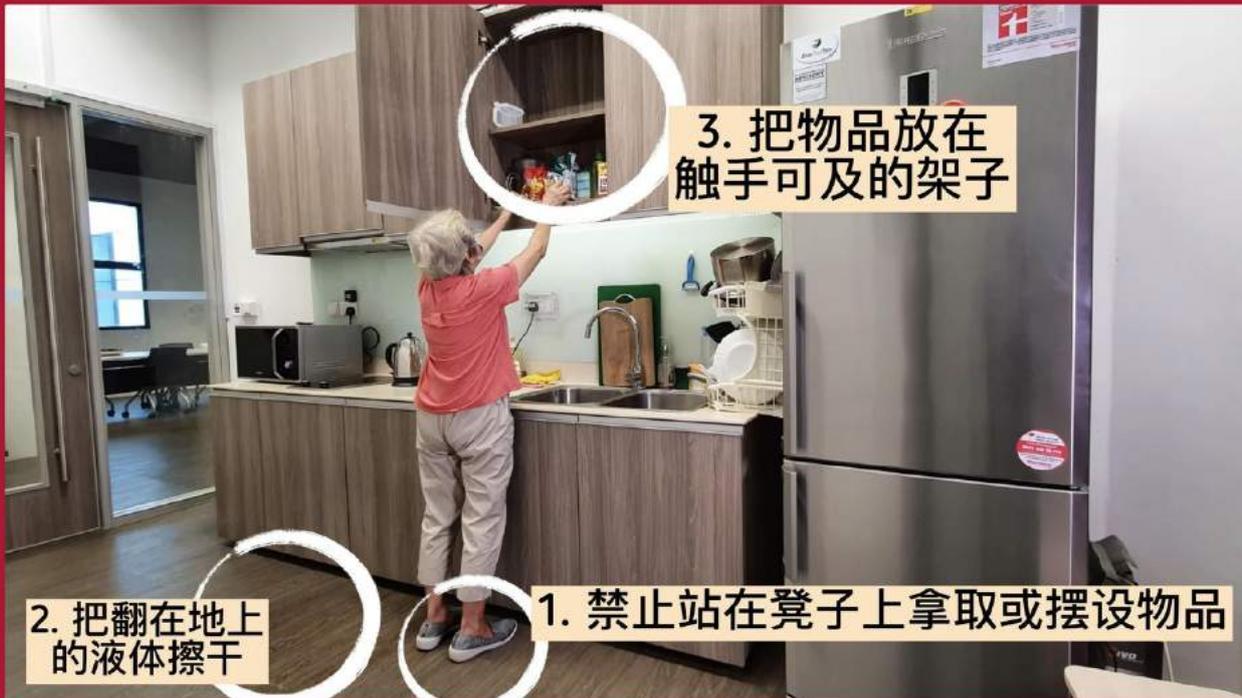
This resource is brought to you by Physiotherapy undergraduates from Singapore Institute of Technology as part of Health Promotion module
资料源自新加坡理工大学物理治疗课程学生的保健促进单元



第一课 - 防跌措施

Lesson 1 - Spot the fall hazard

厨房 (Kitchen)



2. 把翻在地上的液体擦干

1. 禁止站在凳子上拿取或摆设物品

3. 把物品放在触手可及的架子

生活小贴士 (Bonus Tips)



向医生询问药方的副作用(比如头晕, 昏昏欲睡)

Ask the doctor regarding the side effects of the medicine prescribed (dizziness, drowsiness, etc.)

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第一课 - 防跌措施

Lesson 1 - Spot the fall hazard

客厅 (Living Room)



生活小贴士 (Bonus Tips)



当您坐在沙发或床角时，确保双脚能触摸地板。

When you are sitting at the bed or sofa edge, ensure both feet are able to touch the floor.

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资料来源自新加坡理工大学物理治疗课程学生的保健促进单元



第一课 - 防跌措施

Lesson 1 - Spot the fall hazard

浴室 (Toilet)



生活小贴士 (Bonus Tips)



将红色胶带粘贴在地板路缘上，这能让您更加注意地板路缘。

Add a strip of red tape to the curb to increase awareness of the presence of the curb.

This resource is brought to you by Physiotherapy undergraduates from Singapore Institute of Technology as part of Health Promotion module
资料源自新加坡理工大学物理治疗课程学生的保健促进单元



Do You Know Sleep Deprivation Affects Your Mental Wellbeing?

Chronic sleep deprivation will significantly affect your health and a general sense of well-being. Here are some tips to get enough good quality sleep.

1. Go to Bed and Get Up at the Same Time Every Day

Try not to let these times differ too much. Your body gets used to falling asleep and waking up at a fixed time every day — even on weekends or holidays.



2. Regular Exercise Can Improve Sleep Quality

Especially if taken earlier in the day, exercise can help improve sleep quality, allowing you to fall asleep faster, and sleep more easily and soundly.

3. Watch What You Eat if You Want to Fall Asleep

Avoid big meals, alcohol, caffeine, heavy, spicy or sugary foods four to six hours before bedtime. Drinking alcohol too close to your bedtime may disrupt your sleep.



4. Avoid Taking Naps During the Day

If you must take a nap, keep it within 30 minutes to 45 minutes. Try not to nap in the evening. Doing so may affect your sleep cycle.



Do You Know Sleep Deprivation Affects Your Mental Wellbeing?

Chronic sleep deprivation will significantly affect your health and a general sense of well-being. Here are some tips to get enough good quality sleep.

5. Sleep Environment Matters.

ZZZ

For better sleep hygiene, don't use your bed as an office table or a games room as your mind may start associating your bedroom with activity rather than sleep.

6. Establish a Pre-Sleep Habit

This includes activities such as a warm bath or meditation before going to sleep. These healthy sleep habits will get your body ready for rest/sleep and promote a regular sleep cycle.



7. Practice Relaxation Techniques Before Bed



Deep breathing and muscle relaxation are relaxing techniques that relax both your mind and your body, reduce anxiety or muscle tension that may be keeping you awake at night.

8. If You Are Not Asleep After 20 Minutes, Get Out of Bed

Try sitting in a chair in the dark and listening to relaxing music. Avoid doing housework, and don't watch television or surf the internet as these activities will just stimulate your mind.



别让睡眠不足影响您

长期睡眠不足会严重影响您的健康和心情。
这里有几招，帮助您睡得更好、睡得更饱！

1. 固定时间睡觉、起床

让身体习惯在固定的时间睡觉和起床，
每天不要相差太大，即使是周末或节假日也不例外。



2. 常运动，睡得好

早上运动，晚上您将更快入睡，
而且睡得更安稳。

3. 吃太饱，睡不好

睡前四到六个小时不要吃大餐、
喝酒或含有咖啡因的饮料、吃辛辣食物或甜食。
临睡前喝酒也可能会睡不好。



4. 避免白天小睡

如果要睡午觉，尽量不超过30到45分钟。
也不要再在傍晚时小睡，否则会打乱您的睡眠习惯。



别让睡眠不足影响您

长期睡眠不足会严重影响您的健康和心情。
这里有几招，帮助您睡得更好、睡得更饱！

5. 注意睡眠环境

如果在床上工作或打游戏，大脑可能会把床和这些活动联想在一起而影响睡眠。

ZZZ

6. 养成睡前好习惯

例如冲热水澡或打坐，让身体调整，准备入睡，养成睡眠规律。



7. 睡前放轻松

通过深呼吸和放松肌肉让心情和身体放松，才不会因为焦虑或肌肉紧张而失眠。

8. 躺了20分钟后还睡不着？试试先做点别的

例如在黑暗中坐在椅子上听轻松的音乐，但是不要做家务，也不要看电视或上网，因为这些活动只会让您更精神。



ANSWER SHEET 答案

第 23 篇

想一想! 填一填 第 4 篇

1. 双
2. 周
3. 点
4. 年
5. 季

12	+	90	=	22				17	
		÷		÷				+	
13	-	2	=	11		25		7	
x		=		=		÷		=	
3		10		2	x	5	=	10	
=						=			
39		14	-	9	=	5		8	
		+		x				x	
60	÷	12	=	5				4	
		=		=				=	
		26		45	-	13	=	32	

脑筋急转弯 第 12 篇

1. 聋子
2. 偷笑
3. 伤脑筋
4. 爷爷、爸爸和儿子

人生三大乐 第 4 篇

1. 知足常乐
2. 助人为乐
3. 自得其乐

EXTERNAL SOURCES

<http://clipart-library.com/>

N S M
National Museum
of Singapore

Did you enjoy the colouring template/activity from the National Museum of Singapore?

If you did, please share pictures of your work and tag us on:

- Facebook (@National.Museum.of.Singapore) or
- Instagram (@natmuseum_sg)

We would love to hear from you too! Share your feedback with us by scanning the QR code below.



Thank you!



Christmas Carols

Jingle Bells

Dashing through the snow
On a one horse open sleigh
O'er the fields we go,
Laughing all the way
Bells on bob tail ring,
making spirits bright
What fun it is to laugh and sing
A sleighing song tonight

Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh
Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh

Silent Night

Silent night, holy night!
All is calm, all is bright.
Round yon Virgin,
Mother and Child.
Holy infant so tender and mild,
Sleep in heavenly peace,
Sleep in heavenly peace
Silent night, holy night!
Shepherds quake at the sight.
Glories stream from heaven afar
Heavenly hosts sing Alleluia,
Christ the Savior is born!
Christ the Savior is born

Silent night, holy night!
Son of God love's pure light.
Radiant beams from
Thy holy face
With dawn of redeeming grace,
Jesus Lord, at Thy birth
Jesus Lord, at Thy birth

Joy to the World

Joy to The world!
The Lord is come
Let earth receive her King
Let ev'ry heart prepare him room
And heaven and nature sing (3x)

Joy to the world!
The Savior reigns
Let men their songs employ
While fields and floods,
rocks, hills and plains
Repeat the sounding joy (3x)

No more let sins and sorrows grow,
Nor thorns infest the ground;
He comes to make His blessings flow
Far as the curse is found, (2x)
Far as, far as, the curse is found.

He rules the world
with truth and grace
And makes the nations prove
The glories of His righteousness
And wonders of His love (2x)
And wonder wonders of His love



Filos Community Services is a not-for-profit social service organization. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Whether equipping young families with parenting skills, shaping character in children, educating our youth, helping the elderly age in place with grace, or assisting the financially needy, our programmes and services have something for all ages.

天友社区服务中心是一个非营利的社会服务组织。我们致力建立我们所在的社区力量。我们为个人和家庭赋权而努力，让人人生活更充实、有意义和幸福。无论是装备年轻家庭育儿技巧，塑造孩子的性格，教育我们的少年，协助长者居家安老，还是帮助在经济上有需要的人士，我们的项目和服务能配合各年龄阶层。