



**A START SMALL, DREAM BIG 2022 PROJECT  
BY FAMILIES FOR LIFE**



# ABOUT FAMILIES FOR LIFE (FFL)

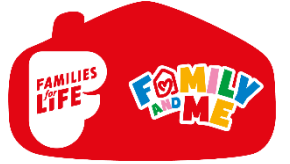


- ❖ Inculcating a **“Families for Life” mindset** and value among Singaporeans
- ❖ Building **strong and resilient families** to strengthen communities and better individual well-being
- ❖ Rallying like-minded individuals, families and organisations to **strengthen family bonds**
- ❖ Led by a people-sector Council comprising 15 volunteers from the people and private sectors.



FFL is also **expanding into community spaces** (FFL@Community) and hopes to carry family values messaging through **programmes and resources**.

# OBJECTIVES AND KEY MESSAGES



## Objectives:

1. To build an appreciation for family in children from a young age.
2. To teach children what being part of a family means and looks like.
3. Teach children the family values of Love, Care & Concern, Commitment, Respect, with Communication as an enabling skill.

## Key Messages:

- A. I love my family and show it through my actions.
- B. Each member of the family is important and has a part to play.
- C. I show care and concern to my family when they need help.
- D. I show respect to my family members, both young and old.

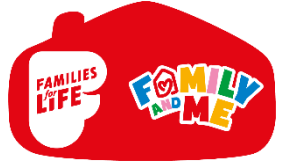


# WHY FAMILY?

1. We are all born into a family; they are the first relationships we learn and build
2. Just because we have a family, doesn't mean we know what it means to be part of one – these skills and values must be modeled and taught



# MEET BECKY BUNNY!



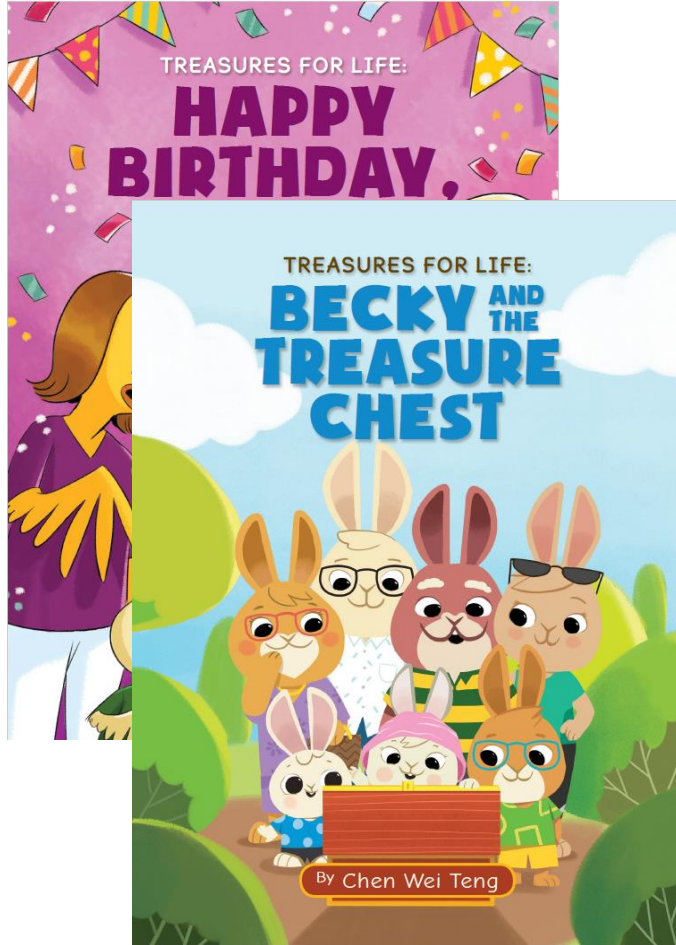
Bursting with life, Becky Bunny is spunky and always ready for adventure and fun. Often found moving from one activity to the next, she is excited by all that life has to offer. Becky Bunny is frequently heard singing the FFL Family Songs. She also loves to eat all kinds of kueh.

**Most of all, Becky always puts her family first!**

Join Becky as she discovers what it means to show Love, Care and Concern, Commitment and Respect to her family.

# RESOURCES PROVIDED — ‘FAMILY AND ME’ PRESCHOOL PACKAGES

For  
K1 & K2



**1 Big Book**  
*Physical package  
includes 2 readers*



**3 Lesson Plans  
per level**



**In-Class Activities**  
*2 activity pages provided  
per level*



**Take-Home Activities**  
*2 activity pages provided  
per level*



**Song Charts**  
*One per FFL Family Song,  
Can be used across all  
packages*



**Other exciting teaching  
manipulatives**  
*(e.g. games, hand puppets;  
unique to each package)*

✦ **FAMILY VALUES** ✦  
**LOVE • CARE & CONCERN • COMMITMENT • RESPECT**

# RESOURCES PROVIDED — ‘FAMILY AND ME’ PRESCHOOL PACKAGES

For  
K1 & K2

Package 1:  
Love  
(Mar 2022)

Package 2:  
Respect  
(Mar/Apr  
2022)

Package 3:  
Care &  
Concern  
(Jul 2022)

Package 4:  
Commitment  
(Nov 2022)

As part of FFL’s efforts to support preschools in family education, FFL will be releasing a series of ‘Family and Me’ preschool packages to be delivered across 2022.

**Deliver lessons from any of the packages, and submit photos of children’s in-class and take-home activities (with their family, where possible).**

Learning will go even beyond the SSDB period, and FFL would encourage you to utilise these resources for future years in your centre’s curriculum as well.



✦ FAMILY VALUES ✦  
LOVE • CARE & CONCERN • COMMITMENT • RESPECT



# RESOURCES PROVIDED — CELEBRATING OUR GRANDS

For  
N1 upwards

Launched in 2018, Celebrating Our Grands (COG) is an annual celebration to encourage children to show **love, care and concern, commitment and respect** to elderly family members and build strong bonds with them, and instill family values in our young. **This year, COG will anchor on 8 Oct, a day after Children's Day.**

Through the COG campaign, we:

- a. Earmark the occasion as a special time to show appreciation for our Grands
- b. Encourage inter-generational bonding and forge closer family ties
- c. Engage the schools to involve children in a gift-making activity to give to the Grands

**FFL will be distributing craft kit for preschoolers in August so that they can complete and present the craft to their Grands before 8 Oct. Preschools are also welcome to organize intergenerational bonding events and invite Grands to participate! Take photos of the crafts and any events and send it to us.**

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## SUPPLEMENTARY RESOURCES

# Family Songs



## Additional Activity Pages



# FOR EVERY SSDB PRESCHOOLER!

A simple photo frame for us to cherish precious moments with family, even the simple, everyday ones!

The photo frame also comes with a stickers that can be used to decorate it.



# WE LOOK FORWARD TO SSDB 2022 WITH YOU!

Feel free to reach out to Esther ([esther\\_chan@msf.gov.sg](mailto:esther_chan@msf.gov.sg)) if you have any queries



# Q&A

