

Little Day Out

PRICELESS magazine for families

The Giving Issue



Nurturing the Spirit of Giving

Inclusivity through Art

Bonding over Bricks & Cement

Volunteering for Coastal Clean-ups

More than Ice Cream & Waffles

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Year-end 2019

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Little Day Out is a Singapore-based online magazine providing parents with exciting ideas and on-the-ground stories on the best of Singapore and the region for families. It is the perfect go-to guide, helping families create memories that last a lifetime. Since going 'live' in August 2012, Little Day Out has attracted a loyal readership of parents, educators and kid-lovers by word of mouth because they all believe in having a great little day out! The print version of **Little Day Out** is distributed free of charge before the mid- and year-end school holidays in Singapore. Find us at attractions, enrichment centres, preschools, restaurants and cafés, and at littledayout.com.

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Phoenix Park
Models (from left): Chew Pang Rae Lynn, Chew Pang Teck Jin, Goh Yee-Huay, Chew Pang Rae Yan
Photography: Geraldine Leong

Embracing Wonder at Gallery Children's Biennale

by **Tan Ee Jia**

Gallery Children's Biennale at National Gallery Singapore is one exhibition that's best experienced over multiple visits. With so many interactive art installations, it is easy to lose track of time while having fun and exploring. We recently paid the Biennale a second visit and still didn't have time to visit all the exhibits. Looks like another visit is due before it closes on 29 December 2019!



The Oort Cloud and the Blue Mountain – Empowering Curiosity

One of the artworks which children of all ages seemed drawn to was *The Oort Cloud and the Blue Mountain*. Maybe it was the textures of the installation or its "cosmic" sounds and lights. Older children, including mine, took it one step further, drumming on the different buttons and modules, making music and rhythms.

I think most adults would admit that they ended up pressing the buttons and sensors too – trying to figure out what each one does!

Hazel Lim-Schlegel, the artist behind the work, shared that this was the outcome that she and fellow artist Andreas Schlegel had hoped for – that *The Oort Cloud and the Blue Mountain* would "stimulate curiosity and expand the horizons of our imaginations", regardless of age.



Burmese alphabets, introducing the kids to the language in a simple - and comfortable - way!

Dayung Sampan – Seeing the World through Child-like Eyes

First, we thought we saw a gigantic foot. But after looking a bit harder, we discovered that it could also be a huge wooden sampan. And, because the kids love any opportunity for imaginative play, that was all they needed to turn into pirates prowling the high seas.

It should not come as a surprise that *Dayung Sampan's* artist Zainudin Samsuri has an affinity for the sea. What may be less obvious is that the installation is also a metaphor of his lifelong journey of growth, respectfully learning from others and a reminder of the need to remain humble – valuable lessons for everyone.

Embrace Wonder at Gallery Children's Biennale before 29 December 2019!

It astounds me how Gallery Children's Biennale opens up so many different worlds – real and imaginary – to kids. Its interactive installations truly provide a way for kids to embrace wonder through art.

Don't miss Gallery Children's Biennale at National Gallery Singapore before it closes on 29 December 2019. Admission is free. Visit childrensbiennale.com for more information.



The Other Wall – The Wonder of Another Time and Place

At *The Other Wall*, we were greeted by a Burmese house surrounded by greenery. It was as if we had been transported to the countryside of Myanmar, known as the Shwe (golden) land. The kids were thrilled to sit on the golden lion's back while others settled down to print Burmese alphabets.

Created by Aung Ko and Nge Lay, the installation is a throwback to life in 1970s Myanmar. The wooden animals were built using traditional Burmese techniques, a fast disappearing art form. The large cushions inside the house were fashioned after





Sher-li Torrey

Founder and Director of Mums@Work

Where was your favourite place for a family outing as a child?

My favourite place was actually Jurong Bird Park. Ironically, I am not a big fan of birds, but the visits with my dad and mum (and my siblings) always meant that it was going to be a fun day out. I cherished those memories and perhaps associate the bird park with all the excitement and happiness I had on those trips.

Where are your favourite places around Singapore to take your kids to and why?

I love taking my children to Bukit Timah Hill – we do quite a bit of hiking and trekking as I find these activities very relaxing. Also, such events make the “no gadget” policy quite easy to implement as everyone is too busy moving and cannot be too busy on their phones. When we are deep in the forest, I find I have 100% attention of the children, so I really enjoy these treks.

What types of activities do you typically do together as a family?

We try to do as much outdoor activities as we can – cycling, kite-flying, swimming, hiking, trekking etc. Some weekends, we literally look at the map of Singapore and ask ourselves – which green space have we not explored? And everyone puts on their trekking shoes and hikes off.

What are your biggest challenges as a parent?

I often have to remind myself that my children are their own people – they do not live my dreams nor do they exist to ‘represent me’. This is my guiding principle in parenting – and a recognition that my role here is to guide them. There will be times when I have to step in more and times when I have to let go more. Sometimes I can be very strict, but as they get older, I am learning to let go of control more. They are after all, their own people. And my job is to prepare them for a life without me.

Why do you value family time?

Because it’s what really counts. I love my work and I love friends, but family – they give me my identity.

Sher-li Torrey is a member of the Families for Life Council, which promotes strong and resilient families. Sher-li is also Founder and Director of Mums@Work, a social enterprise that supports mothers in Singapore in finding work-family balance.



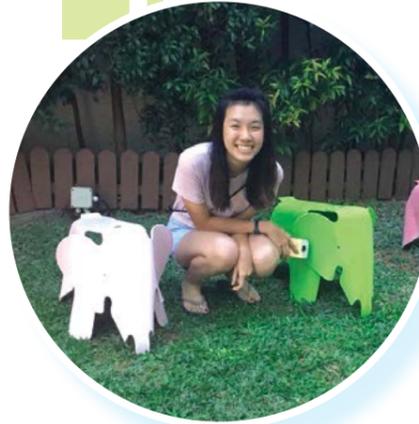
What is the best gift that you have ever received? We ask this question to people of different ages.

The Best Gift I Have Received

Compiled by Carissa Soh & Lester Ng

“Probably when my class kids actually sleep during nap time.”

Janelle Ng, 24, Preschool Teacher



“Love and acceptance. I think as you get older you tend to not look at physical and material goods. Personally speaking, running a business is really tough and so mental health is very important. Which is why I think as you grow to a stage in life where you have to deal with a lot of different kind of stress, the love and acceptance from people around you: from family, co-workers... I think it’s really important.”

Khoh Wan Chin, 43, Founder of Creamier



“The best gift I have ever received was firm and loving feedback from an old friend. I received that feedback in my late 20s, and it took me almost a decade to fully comprehend what she was sharing with me. I would say that it changed my life, and had me take my current work and ministry very seriously indeed.”

Tong Yee, 45, Families for Life Council Member and Founder and Director of The Thought Collective



“My first compact film camera in 1988, from my Dad – from then on, my passion for photography started.”

Lawrence Pang, 41, 3 WheelingTots

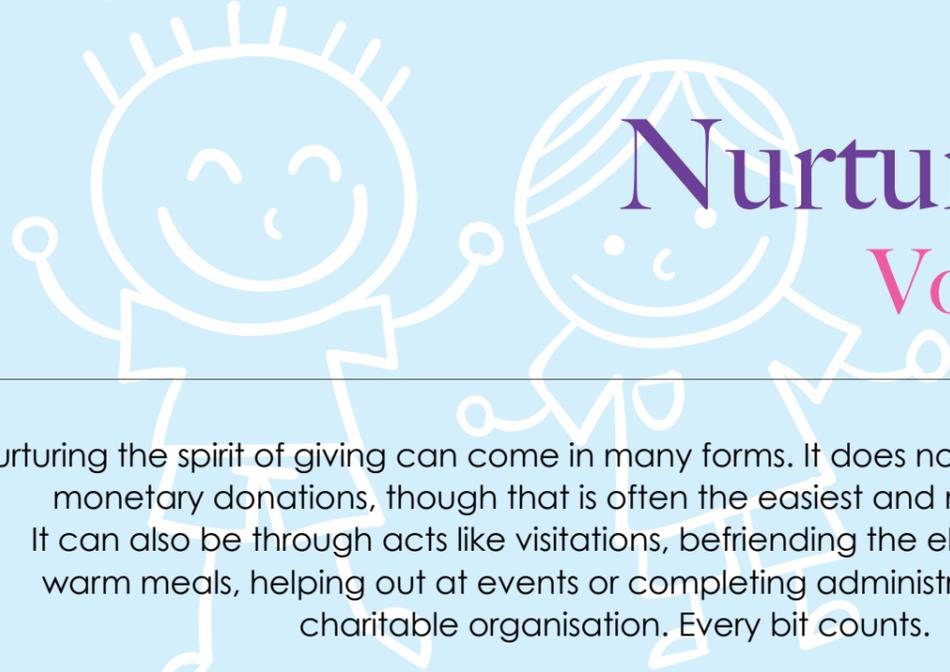
“My Air Jordan basketball shoes!”

Jordan Pang, 10, 3 WheelingTots



“The fruit watermelon shark cake that I got for my 4th birthday!”

Luc Goh, 5, Preschooler



by Tan Ee Jia

Nurturing the Spirit of Giving

Volunteering with Children

Nurturing the spirit of giving can come in many forms. It does not have to be merely monetary donations, though that is often the easiest and most practical. It can also be through acts like visitations, befriending the elderly, delivering warm meals, helping out at events or completing administrative tasks at a charitable organisation. Every bit counts.

Volunteering at Willing Hearts

We were keen to volunteer together with our children ages four and seven and decided to try distributing lunch packets since this was a relatively child-friendly task.

Willing Hearts is a soup kitchen wholly run by volunteers. It distributes meals to over

40 locations in Singapore every day. Its beneficiaries include the elderly, disabled, low-income families, children from single-parent families and migrant workers.

Willing Hearts welcomes children and also has a schedule in place. This makes it easier to plan when to head down to volunteer.

How the Young Get Involved

On the recent occasion that we volunteered as a family, we were assigned to packing newspapers into plastic bags meant for meal distribution and also sticking meal labels onto styrofoam boxes. These were simple tasks that the children were able to do.



Ways to volunteer with children

There are many ways to volunteer with children. Here are some suggestions:

Meal Distribution: For those with cars or bicycles and are able to carry a load, sign up for lunch or dinner distribution in your neighbourhood. Soup kitchens and charitable organisations usually have a roster of drivers or may lack drivers to deliver hot meals to homes.

Event Participation: Families who like volunteering on an ad hoc basis can help participate in different events such as charity drives, Christmas parties for those in need, carolling or performances at Children's homes, shelters and homes for the aged.

Craft Therapy Sessions: Organisations such as Lions Befrienders do organise activities for the elderly. Check with them if there are any upcoming ones that you can volunteer with.



This was an opportunity for us to explain to our children why these little tasks, though seemingly simple, were essential to the entire process of meal distribution to those in need.

Delivering Meals with Children

At a previous session where we had also volunteered at Willing Hearts, we were tasked to transport some meals to several homes as they were short-handed in terms of drivers that day.

Since we drove, we were happy to take this assignment and went around with the children who were more than eager to help locate the correct block, floor and unit numbers.

When delivering food, it is useful to plan your route beforehand. As different families have different dietary needs, it is also best to sort out the food packets based on block numbers beforehand. This speeds up the process of retrieving the packets for delivery.

Thinking back to the very first time we had also delivered food with another organisation, we recalled meeting some residents at the door. Their greetings and smiles were priceless affirmations of what volunteers do on a daily basis.



Modelling and Teaching the Value of Giving through Volunteer Work

Parents, caregivers and other adults can teach a lot to children through their actions at volunteer sessions.

The sight of volunteers at work gives children an insight into how lives do not just revolve around them but to think of others as well.

"Not all of us can do great things. But we can do small things with great love," is a famous quote from Mother Teresa. This is a reminder of how our small actions can play a huge role in loving and caring for others.

Compassion starts with one looking out for someone else. This is something that is important to inculcate in children, especially in a world where privilege and entitlement seems to be the norm.

Think Twice

about Throwing Away Sharing Platforms To Share Anything

By Tan Ee Jia



With consumerism wreaking havoc on Planet Earth, waste increasing exponentially and oceans getting polluted, more and more people are consciously choosing an eco-conscious lifestyle.



One of the best ways to reduce waste is to recycle. We decided to try two apps "Freegood", "Olio" and one group on Facebook called "3R Recycle, Sharing is Caring" in an effort to do just that.

One Man's Trash is Another's Treasure

With these apps and groups, you can post anything from edible food to clothes you no longer fit into. Here's a brief summary of the apps and Facebook group we posted items on:

Olio

Olio is a UK-based company that started the global movement of giving an unused item to someone else who would use it. It is a simple platform with posting and requesting options. With location-based capability, the app allows you to see what's available in your neighbourhood or somewhere further afield. It currently has an estimated 15,000 users.

Freegood

Created in Singapore, Freegood is designed to facilitate the giveaway of items and requests. Users can search items they want and send a message to givers to arrange a meetup. It is also GPS-based and has various communities you can join based on interests or region.

3R Recycle, Sharing is Caring Facebook Group

3R Recycle, Sharing is Caring is a ground-up group run by volunteers. Like any Facebook group, 3R Recycle allows members of the group to post and respond in order to request for items. There are 24,000 members in this group and it receives about 15 posts a day.

The Good, Bad and Ugly of Sharing Platforms

To weigh the pros and cons of the three sharing platforms, we posted items on each. Here is what we found.

User Interface

All three platforms were quite easy to use with Olio's interface being the simplest. The flipside to Olio's simple design was that it appeared to be less organised. Freegood was our favourite user interface with items placed in categories, making it easier to browse through.

3R Recycle is a Facebook page and we thought that with the sheer number of posts, it can be a bit overwhelming for new users.

One helpful feature of the Freegood app and the 3R Recycle Facebook group is the ability to "search" for items. This is especially helpful for users who have something specific in mind.

Type of Items

Different platforms also mean different types of items available. If you are looking to give away edibles such as ingredients, dried goods, or even freshly baked goods that are extras – Olio would be the app to use. In 3R Recycle group, there is even a professional baker who gives away "demo cakes" to those in need. Clothes, shoes and household items can be found in Freegood and 3R Recycle Facebook group.

When posting your item, just remember to state the condition of your items clearly including expiry dates, sizes and any damage to manage expectations.

Responsiveness

The 3R Recycle Facebook group was the most responsive, with instantaneous responses to the items we posted. The Olio app is not far behind, especially given its high user growth rate in recent months.

Our Verdict

For givers who prefer speedy responses, try Olio and 3R Recycle Facebook group. Items go really quickly, so be ready to respond quickly as well.

If you prefer to search for specific items, give Freegood a try.

Nevertheless, we appreciate all these platforms for facilitating our decluttering efforts! Next time you want to throw something away, think twice and consider listing it on one of the sharing platforms. Your trash might well be someone else's treasure!

PHOTO: STOCKSNAP FROM PIXABAY

Sustainable Giving

By Lester Ng

"We can only really give what we first possess. If we do not have love in our lives, it is hard to extend love to others." Tong Yee, member of the Families for Life Council and Founder and Director of The Thought Collective, shared with us his thoughts about giving.

Giving with Gratitude and Compassion

To Tong Yee, a person's motivation for giving is just as important as the act itself.

While it is possible for a person to give out of obligation, guilt or even fear, as he pointed out, "the kind of giving that we find to be sustainable and even contagious, is the kind that is inspired by gratitude, compassion and health."

However, even Tong Yee, who is regularly involved in volunteer work and social impact initiatives, acknowledged that giving generously can be difficult.

Speaking from experience, he shared that "people who truly need our giving can actually demand a lot from us. In fact, one poignant lesson that he has learnt recently is that it is important to stay in good health and be wise about giving, in order to make it sustainable."



And Giving Need Not Only Be In Monetary Terms

"Many of the issues we face as a society today demand that we give beyond money. We need to extend our skills, our perspective, our trust, and our generosity. And all these things must take time and investment on our own part to build up, so that we can then extend (our help) to others," he said.

Igniting the Spirit of Giving

What can parents who wish to nurture the spirit of giving in their children do?

For Tong Yee, the best way to pass on values such as giving to the next generation is to model them. He recounted how, as a teenager, he was told by his teachers and mentors that values are 'caught' and not 'taught'.

Candidly, he shared, "I have found that all the values that I try to teach my own children, when not practised myself, go out the proverbial window. But the values that we do not really teach but demonstrate through our everyday lives, such as forbearance, listening, compassion for others, leadership and giving - these are some that have passed on to our children."

Nurturing the Spark

He also had a word of encouragement for parents struggling to motivate their children to think about others.

"While giving from gratitude, compassion, and service are seen to be desirable, and giving from pity, sympathy and obligation are seen to be not, it is important to understand that the former takes much more time, and maturity, to develop. Be willing to work with those emotions and slowly nurture them into compassion, servitude or generosity."



PHOTOS: TONG YEE

Sharing the Gift

By Cheryl Ong

Passing on the spirit of caring can be one of the most precious gifts you can give someone else. Here are a few books which we feel capture the ethos of giving.

The Giving Tree

By Shel Silverstein

This children's picture book is one of Silversteins' best-known titles. With beautiful illustrations and a heartfelt storyline, the book speaks to both kids and adults alike about generosity and selfless love.

The Giving Book

By Ellen Sabin

Filled with colourful illustrations and a brilliant narrative, this 64-page spiral-bound book encourages little ones to give back to the world. It serves as a journal to help readers record their dreams for the world and is a wonderful way for you to bond with your child by dreaming up ways to help those in need together.

The Spiffiest Giant in Town

By Julia Donaldson

George the Giant has treated himself to a new outfit, transforming himself into the spiffiest giant in town. However, as he goes about, he comes across animals in need and decides to help them out. This story teaches little ones about helping others who are in need. It is a beautiful story with a lesson about what is truly important.

The Courage to Give

By Jackie Waldman

This book is a collection of heart-warming stories of people who have suffered but have gone beyond their pain to help others. It will inspire you to do just that little bit more to make a positive impact in another person's life.

The Little Prince

By Antoine de Saint-Exupéry

A classic favourite, Le Petit Prince (The Little Prince) is filled with timeless life lessons and passages to reflect upon. Follow The Little Prince as he goes on a journey to find wisdom and discover the secret of what makes something precious.



PHOTO: EVELYN CHIA

Inclusivity through Art

Interview by Tan Ee Jia

We interview **Jean Loo**, Co-Founder and Director of Superhero Me.



What do superheroes and art have in common? They are both topics of interest that children, regardless of gender, age or disposition, can relate to easily.

Aptly named for its cause, Superhero Me is a ground-up inclusive arts movement that harnesses the power of creativity and the arts to empower children from less privileged backgrounds or who are differently-abled. Since 2014, it has reached out to close to 17,000 people through advocacy, outreach and inclusive programmes.

The cheery heroine behind the movement is Jean Loo who shared with us about the non-profit organisation.

How did you embark on the Superhero Me journey?

I was trained in journalism and spent the first 10 years of my career working on stories that highlighted social issues. In 2013, I started to dabble in the community arts, which focused a lot on co-creating an art experience or art product with a community.

Superhero Me was born as a costume crafting project in 2014, with 15 preschoolers. It was a refreshing way for me to be able to advocate creatively and form relationships with a new community of children whom I hadn't interacted with before.



Superhero Me uses a lot of arts education in its approach. How do you think the arts has helped children?

We use the arts as a means to an end – to enable social interaction between typical children and those with special needs, as well as to build creative confidence in children. We have a core community of children whom we develop artistically and creatively, and many times we see ourselves translating their brand of creativity for everyone else to access.

It has definitely helped the kids with us to know that they are part of something bigger than themselves, and they have a 'family' of captains and friends from all walks of life that they can turn to. We've seen friendships blossom between our kids of different abilities, our children slowly become "ability-blind" –

“Inclusion benefits everyone – In today's changing world, we can't afford to raise children who only know how to speak to those like themselves.”

Jean Loo



because the adults in the team model that idea that everyone here is valued no matter what home you live in or if you use a wheelchair or don't really speak.

What is your vision for Superhero Me?

Our vision is that we will one day be irrelevant – because all kids disabled or not can grow up together and not have to be separated because of an education system that sifts and segregates according to ability. I hope to one day work with our kids as colleagues – in some way or another – helping to empower other kids, together.

To get to know more about Superhero Me, visit them online at superherome.sg and bring your family to their events to support the making of a more inclusive society.

PHOTOS: SUPERHERO ME

Theme Parks, Hanboks and Memories to Last a Lifetime

By Alvin Wang

South Korea has always been one of the places that my wife and I wanted to visit; we are drawn to the country's fascinating food, fashion and culture. So, when the opportunity came to go on a family-friendly holiday to Korea, it was the perfect vacation idea for us and our nine-year old daughter. And what a great time we had – visiting Korea with kids may well be one of the best family holiday ideas ever!

Snow & Water

Our visit to Korea was centred around Seoul and its surrounds.

The first stop was Onemount in Goyang City, a distance out of the capital city. It is the world's first theme park that delivers both winter and summer fun throughout the year.

We were excited to check out Onemount's Snow Park and were greeted by the sight of a pretty ice-skating rink, decorated with a Santa's village theme. Skates are available for rent and there are free sleds available too.

A highlight of the Snow Park was the exhilarating dog sled ride. Eight cute, furry friends took us for an exciting ride through the ice tunnel that skirts the perimeter of the rink. This was a memorable experience and one that was over too soon.

After lunch, we headed to the Water Park at Onemount. The park's indoor section has a wave pool, toddler pool and water playground that younger kids will enjoy. Older kids will get a thrill from the water slides. We also had the choice of relaxing on

a sunbed, in the spa pool or floating down the lazy river.

Herb Island

The next day we explored colourful Herb Island in Pocheon City, a unique botanical garden situated in the mountains. The themed attraction has a Venice Village, Waterfall Garden, Dinosaur Town and Secret France, each offering endless, fun photo opportunities.

Kids can indulge in fairy-tale fantasies by dressing up as their favourite characters. There are also activities such as candle-making workshops, gondola rides and mechanical dinosaur rides.

Everland Theme Park

No visit to Seoul with kids is complete without a visit to South Korea's biggest theme park – Everland at Yongin City!

Everland is Korea's answer to Disneyland and is made up of five themed zones – Global Fair, Zoo-Topia, European Adventure, Magic Land and American Adventure. It holds all



1. Dressed in traditional hanboks at Bukchon Hanok Village. 2. Water Park, Onemount. 3. Dog sled ride, Onemount. 4. Snow Park, Onemount.

attractions you would want and more. There are roller coasters, water flumes, VR rides, parades and even a mini-zoo!

Tradition and Tech

A time-honoured tourist tradition that you must experience in Korea is to dress up in hanbok, traditional Korean clothes, and the best place to do so is around the Bukchon Hanok Village.

The traditional houses at Bukchon Hanok Village date back to the Joseon Dynasty, making it the perfect setting to pretend you have been transported back in time for some memorable photos.

Another must-visit spot is the landmark N Seoul Tower at Namsan. It houses an observation deck with impressive 360-degree views of the city.

The tower's plaza has the Hanbok Cultural Experience Center, the Ssentoy Animation Museum, a Hello Kitty "museum", restaurants and free cultural performances. At night, the iconic tower comes alive with an LED light and music show.

With energy to spare after visiting

N Seoul Tower, we visited Legend Heroes Sports, a high-tech screen sports theme park. We had loads of fun playing virtual baseball, football, archery, bowling, curling, pinball and shooting.

Even More Fun and Family Entertainment

Another well-known theme park we visited in Seoul was Lotte World Adventure, a multi-storeyed area with rides, entertainment, an ice rink and a folk museum. Although smaller than Everland, it still delivers the thrills and, with an indoor amusement area, can be enjoyed in any weather or season.

A convenient walk away is the Lotte World Aquarium where we were entranced by the myriad sea life on display - from colourful clown fish and sea horses to graceful sting rays and beluga whales.

In the late afternoon, we treated ourselves to a high action, non-verbal comedy performance of Fireman at the Myeongbo Art Hall. We couldn't stop laughing at the antics of the talented



Getting Around Seoul with Kids

- Seoul's world-class public transport network makes it easy to explore the city, even with kids in tow. Its extensive Metro system easily gets you to the major attractions and districts in the city.
- T-money Card is Seoul's reloadable transportation card which can be used on both the subway and buses. Tourists can purchase a Seoul CityPass, available in one, two and three-day options.
- Children five and under get to travel free of charge on the Seoul subway. Children six to 12 enjoy discounted fares.



cast and their displays of physical comedy, dancing and parkour! It is highly recommended for all ages.

Wonderful Memories from a Korea Family Trip

As we ended our family holiday in Korea, we were left with many happy memories. My daughter was already making me promise to take her back again as there are still many other amazing places to discover in South Korea and Seoul.

South Korea is a wonderfully family-friendly holiday destination. From child-friendly attractions to culture to shopping, a visit to Seoul is an experience of a lifetime. We will be back!

Special thanks to Korea Tourism Organization and Dynasty Travel for making this trip possible. For more information, go to visitkorea.or.kr and dynastytravel.com.sg.

5. N Seoul Tower. 6. Fireman show at Myeongbo Art Hall. 7. Everland. 8. Hello Kitty "museum" at N Seoul Tower. 9. Lotte World Adventure. 10. Herb Island. 11. Electronic games at Legend Heroes Sports.

Bonding over Bricks and Cement in Chiang Mai

By Lisa Teo



How dreamy does a child-free holiday sound? Workplaces encourage us to take a few days of annual leave every now and then to rejuvenate, and it should be the same when it comes to parenting. As such, it is really important for couples to take time to reconnect, be rejuvenated and be refreshed.

Last year, my husband and I joined a group of volunteers from Habitat for Humanity and travelled to Chiang Mai, Thailand, where we had quality couple time while contributing sweat equity to improve the living conditions of a family in need.

While our idea of the Build as a “romantic bonding experience” may not seem traditional, we are both architects so it was right up our alley as a fruitful experience and couples’ therapy!

What did we do there?

Our Build lasted four days and comprised a team of 12 volunteers. Every morning after breakfast, we would set out for about an hour’s drive to the site of the Build. Each day was a new experience as we got to learn and hone skills related to different stages of the building process - from laying foundations to mixing concrete and installing windows!



Come evening, we would kick back and explore the restaurants, cafés and cultural sites of



the city. We would also savour the very affordable treatments at the nearby spas and massage salons, to placate and soothe our aching muscles for the following day’s hard graft!

A deep sense of connection

Our objective as a couple joining the Build was to reclaim the deep sense of connection with one another, and to foster a sense of engagement with the great, wide world around us.

Parenthood can be very stressful – whether it’s financial stresses, time stresses, or just trying to get a whole lot done in a very short period of time. So, whether it’s an afternoon spent with just you and your boo or a few days away together, we all could do with some guilt-free downtime away from the kids every once in a while, as much as we love them!

The experience of putting oneself out of one’s comfort zone in terms of environment, physical labour and working with unfamiliar tools, and having to cope with the language barrier between us and the host village, helped us rely on one another intimately. It also opened our minds to collaborative working styles and our hearts to the host family, who despite having little for themselves, exuded much care for our well-being and warmth.

As city folk in a rural setting, we found it refreshing to have curious chickens run underfoot, views of verdant fields and the ability to pluck luscious fruits from the fruit trees surrounding the village. Being in this village also brought forward an awareness of Mother Earth and her abundance.

Pop-up Playgrounds

By Tan Ee Jia

Fun starts at Chaper Zero! We usually think of playgrounds as fixed structures with slides, swings, and see saws. But have you heard about Chapter Zero's pop-up playgrounds? Little Day Out speaks to Stephanie Chalmers from Chapter Zero to find out more!



Tell us more about Chapter Zero & your role in Chapter Zero?

Chapter Zero is a local social enterprise that supports parents and caregivers who wish to raise children in a mindful and respectful way through workshops and talks.

NParks of course!), invite the local community (and our hardcore following), deliver our van-load of materials and play for a couple of hours. We pack up and head home until the next time.

My role is to support the team with the increase in demand for Pop-Up Adventure Playgrounds. Our Pop-Ups are fun and superb for communities, schools and organisations that want to connect with each other through play. I tell my kids I’m a playground designer and play for a living, and this blows their minds!

Since 2014 we’ve hosted 18 Pop-Ups and we estimate that’s about 1,000 children who have come to play with us. Our Pop-Ups are organised in collaboration with organisations such as Community Centres, Neighbourhood Committees, Schools, corporates etc.

We really love the idea of pop-up playgrounds. Tell us more.

Pop-Up Adventure Playgrounds are public celebrations of child-directed play, best characterised by an abundance of loose parts, for example, cardboard boxes, fabric, tape, string, and supportive adults.

What are popular elements at your pop-up playgrounds?

Without a doubt, the best crowd pleaser, which opens up so many play opportunities, is the noble cardboard box.

Tyres, ropes and planks are always popular too. There is something very enticing to children about materials like this that they wouldn’t have access to normally.

Our Pop-Ups are temporary, which means we find a place to play (with permission from

How can parents be kept informed of upcoming pop-up playgrounds?

The best way to keep informed about our Pop-Ups is via our Facebook Page or Instagram. We have a few Pop-Ups being organised in the coming months so keep an eye out. If you simply can’t wait, then drop us a line and let’s organise one in a place near you!



No Wildlife in Singapore?

Wildlife volunteer groups in Singapore will prove you wrong!

By Tan Ee Jia

“Wild” is not usually how anyone would describe Singapore. But did you know that Singapore has more than 390 species of birds, 2,100 species of native vascular plants, 20,000 species of land creatures and 12,000 species of marine organisms?

With so much biodiversity, we ought to stop and appreciate nature more often. Various wildlife volunteer groups in Singapore, made up of passionate nature-lovers, are here to help you experience nature up-close.

Cicada Tree Eco-Place cicadatree.org.sg

Cicada Tree Eco-place takes its name from the cicada tree – an endangered freshwater plant native to Singapore. Its name tells us why the society was formed – in urgent response to climate change and its impact on the world. Through nature walks and camps, it advocates the protection of nature and educates communities about eco-living.

NUS Toddycats toddycats.wordpress.com

The volunteers with Lee Kong Chian Natural History Museum are called NUS Toddycats. Its name came about when a few volunteers rescued and cared for an abandoned common palm civet kitten and named it “Toddy”. NUS Toddycats’ programmes included guided tours, nature trails, public seminars and coastal clean-ups.

Naked Hermit Crabs nakedhermitcrabs.blogspot.com

“Give me back my home!” is Naked Hermit Crabs’ plea to everyone to remind how fragile the shores are. This group of volunteer guides specialise in free family-friendly guided walks at Chek Jawa and Pasir Ris.



Nature Society (Singapore) nss.org.sg

The largest wildlife volunteer group in Singapore is the Nature Society (Singapore) or NSS. Its mission is to promote nature awareness and appreciation, advocate wildlife conservation and collaborate in regional and international efforts to preserve Earth’s biodiversity. It has various special interest groups under its umbrella, such as the bird group, butterfly and insect group and vertebrate study group. NSS organises guided nature walks, bird watching sessions and talks. You can also sign up for membership to take part in activities like environmental and conservation projects.



PHOTOS: TAN EE JIA

Volunteering for Coastal Clean-ups

By Wong Wai Ling

Have you ever looked forward to a beach outing with the kids, just to see the sandy shore littered with plastic bottles, straws and the likes?

As the world’s consumption of plastics increases, more non-biodegradable waste has found its way into seas and washed out to shores.

Beyond ruining the pristine quality of beaches, marine trash endangers the lives of countless animals and plants.

According to the National Geographic, millions of animals are killed by plastics every year. And with eight million tons of plastic waste ending up in the oceans on a yearly basis, the future looks bleak.

But there is hope yet. We still have the chance to turn the tide – by volunteering for coastal clean-ups together with our families!

Playing Our Part

Participating in coastal clean-ups not only gives us the opportunity to play our part in clearing the mess we humans created, but also allows us to show our children what irresponsible plastic use can result in.

“We’ve been seeing a lot more families with young children and I must say

the kids absolutely love it,” says Frances, co-founder of Little Green Men, a local non-profit initiative that has spearheaded 14 coastal clean-ups since its inception in 2016.

“We definitely encourage children to spend more time outdoors. They’re great at spotting things that don’t often get noticed – like wildlife! It’s also more impactful to educate them by bringing them to see the pollution problem with their own eyes,” she adds.

Besides Little Green Men, there are a handful of marine debris warriors, such as Trash Hero Singapore and Green Nudge, that organise coastal clean-ups for free public participation in Singapore. To join in, check their Facebook pages for announcements of upcoming events, sign up as volunteers and you are

ready to embark on a meaningful family adventure!

Everything That People Do Counts

With so much rubbish washing up at every tide, you may think: is it ever possible to reverse the damage that mankind has done?

While groups do pick up huge amounts of marine litter at coastal clean-ups, the idea is to spread awareness and inspire action rather than aim for total litter elimination at each site.

As Little Green Men’s Frances puts it, “Every clean-up session, the message is that everything that people do counts. Sure, we might not be able to rid a site of 100% of the pesky microplastics and embedded rubbish, but we can lighten the load and help the space recover naturally.

“With each site we clean up, with each photo we share, and each person we talk to, small ripples of awareness and learning are occurring. Equally important is that we hope the experience of seeing what Singapore’s shores look like when it’s not cleaned and the feeling of picking up after humanity’s mess, would allow them to rethink some of life’s choices – some of which have brought us much short-term convenience.”



Coastal clean-ups are organised throughout the year and are scheduled to match optimal tides and weather. Here are some organisations whose efforts you can join in:

Little Green Men
[facebook.com/littlegreenmensg](https://www.facebook.com/littlegreenmensg)

Trash Hero Singapore
[facebook.com/TrashHeroSingapore](https://www.facebook.com/TrashHeroSingapore)

Green Nudge
[facebook.com/greennudgesg](https://www.facebook.com/greennudgesg)

Restore Ubin Mangroves Initiative
[facebook.com/groups/1532581690316706/](https://www.facebook.com/groups/1532581690316706/)

Seven Clean Seas
[facebook.com/pg/sevendecleanseas/events](https://www.facebook.com/pg/sevendecleanseas/events)

Small Change
[facebook.com/SmallChangeLastingImpact](https://www.facebook.com/SmallChangeLastingImpact)

PHOTOS: LITTLE GREEN MEN SINGAPORE, WONG WAI LING

Grocery Stores in Singapore that You Can Shop Packaging Free



By Carissa Soh

With the increasing awareness of environmental issues, terms like “going green” and “zero-waste” are less of a buzzword than habits that many are incorporating into their lifestyles. If you are thinking of making the change towards a greener, zero-waste lifestyle, here are several zero-waste grocers around Singapore to visit on your next grocery run.

Two Sisters Pantry

Located in quiet Roxy Square, this store is one for the easties. Most of its products are organic and you’ll find a dry food dispenser that holds a variety of nuts, chocolates, and grain mixes.

50 East Coast Road, #01-45, Roxy Square
Singapore 428769



Zero-waste Shopping Tips

- Make a shopping list before leaving home and be sure to bring along appropriately sized jars and containers.
- Don’t give in to the impulse to buy that pretty glass mason jar or shiny metal container just to go “green” grocery shopping. You probably already have plastic boxes and containers that you can use.
- Bring along a reusable grocery bag for your shopping.

Scoop Wholefoods

Remember the joy you got as a kid walking into a candy store with huge bins of sweets? Scoop Wholefoods is the adult version of that experience, but in place of candy are huge bins of healthy ingredients. The shop even sells

protein powders to accommodate special dietary requirements such as vegan, paleo or gluten-free.

163 Tanglin Road, #02-17/18, Tanglin Mall
Singapore 247933



Reprovisions

Sugar, spice and many things nice can be found at Reprovisions, along with dried goods like rice and pasta. The shop even carries spices that you can use for local dishes along with licorice candies that

come in an assortment of flavours.

1 Jurong West Central 2
#03-32/33, Jurong Point
Singapore 648886

Unpackt

Singapore’s first zero packaging grocery store now has two outlets. The products here are priced very reasonably and even organic ingredients can cost less than \$1 per 100 grams. We liked their spice rack and agree that it makes sense

to buy spices in small quantities especially if a recipe only calls for “a dash of cinnamon and a sprinkle of pepper”.

6 Jalan Kuras, Singapore 577724 and
#03-05, OUE Downtown Gallery
6 Shenton Way, Singapore 049321



PHOTOS: CARISSA SOH

Creamier: Serving More Than Ice Cream And Waffles

By Carissa Soh

“Serendipity” was the word which Khoh Wan Chin, one of the founders of Creamier, used to sum up the humble beginnings of this well-loved ice cream shop in Toa Payoh.

Alongside the two other founders Audrey Wang and Victor Lim, Creamier was started by three creatives as an extension of their creative output, with the mission to create a space that customers can find moments of happiness.

“When we actually announced that we were closing the first Toa Payoh shop, I personally wasn’t expecting such an outpouring of emotions. We literally had customers writing emails to us sharing how Creamier has been a part of their life over the last eight years.”

Creamier recently reopened near its original Toa Payoh space, and prides itself for the connection and significance it holds to the customers at that location.

Beyond Ice Cream

This time, it has included a new addition to the space, Piko, short for pick-and-go, located just behind the new Creamier Toa Payoh outlet.

Half of the space is occupied by a 24/7 mart with vending machines that dispense everyday household needs such as cleaning detergent



Creamier
Block 131 Toa Payoh Lorong 1
#01-02, Singapore 310131



and batteries, Gardenia bread and frozen ready-to-eat meals.

that are still good to eat and nearing the expiry date for a discounted price of \$2. It is also a food collection point, where residents or customers can donate any unwanted ingredients to Food Bank, which will then be given to those who need it more.

The other half of the space is The Food Pantry 2.0, Creamier’s partnership with Food Bank Singapore. Creamier decided to share the extra space in the shop with a social enterprise as a way to give back to the community.

For customers who wish to go a step further in giving back to the community, Creamier has also partnered with Tango Tab, an app that allows people to contribute to a meal for someone in need when you eat out. Simply check-in when dining at Creamier and a portion of the cost of the meal is used to pay for someone else in need.

The Food Pantry 2.0 sells food packages consisting of foods



PHOTOS: CARISSA SOH

Shopping With a Heart

4 Brands Making a Positive Social Impact

By Lisa Teo

In gift giving, it is the thought that counts. So, how about making your retail dollar do double duty in spreading the love by considering gifts that are not only lovely to behold for the receiver, but whose production also supports communities in need!

Here are four companies that can make your gift giving have a positive ripple effect!



Marvelous Works

Customised Gifts with a Social Impact

If you are looking for customised gifts for family and friends, Marvelous Works' website is a good place to browse through!

Their popular offerings include customised infant merchandise, totes and even corporate door gifts. All purchases support job training and contribute towards financial stability for the underprivileged, where it is much needed.

marvelousworks.sg



The Art Faculty

Products for an Inclusive Society

What makes the merchandise at Art Faculty, run by the Autism Resource Centre (ARC) Singapore, more meaningful is that each design is attributed to the artist who is a Pathlight student or alumni, and who receives royalties with each purchase.

Their products range from lifestyle offerings, homeware, stationery and clothing, and have garnered many high-profile fans.

theartfaculty.sg

Eden + Elie

Jewellery Honouring Handcrafting Techniques

Design-forward and socially-conscious, Eden + Elie's intricate jewellery is made with tiny seed beads and handwoven by the artisans at Enabling Village. By engaging adults with autism and customising the workshop's environment and conditions to suit their needs, the brand enables the artisans

to be empowered through fair and sustainable employment opportunities. Popular pieces are mother-daughter necklace sets and versatile bangles and bracelets, as well as heritage-inspired pieces featuring Peranakan motifs.

edenandelie.com



The Ugly Cake Shop

Do Good While Eating Cake!

If your gift items tend to veer towards the edible kind, how about considering The Ugly Cake Shop for your sweet treats!

Its decadent bakes are not only wholesome for the body with its "no artificial ingredients and fillers" ethos, the shop also does social good by donating a portion of its profits to help fund school meals in Timor Leste.

uglycakeshop.sg



Alphabet Playhouse
Where Adventure And Discovery
Take Flight.
6653 5618 | alphabetplayhouse.com.sg



AMAZONIA Singapore
A premier Family Entertainment Centre
with unique play attractions for all.
6235 4522 | amazoniafun.business.site



Artgrain
Quality art education for children,
youths and adults.
6465 4566 | artgrain.com.sg



Believer Music
Believe You Can. We've made
learning music possible for children
and adults.
6323 0304 | BelieverMusic.com



buds by Shangri-La
An interactive play space for little
ones to embrace nature, adventure,
camaraderie and independence.
6213 4833 | bit.ly/shangrilabuds



Coding Lab
Award-winning curriculum to nurture
future leaders in technology. Bukit
Timah / Parkway Parade / AMK.
6528 2282 | codinglab.com.sg

Cornerstone Learning Centre
We are here to build Primary English
and Mathematics.
9697 4866 |
cornerstonelearningcentre.com



Esplanade - Theatres on the Bay
PLAYtime! is an interactive theatre
series for 2 to 6-year-olds.
6828 8377 | esplanade.com/playtime



Eye Level Singapore
The global leader in self-directed
learning for English and Math.
6397 6117 | myeyelevel.com



Forest Adventure
Largest tree top adventure park
in Singapore.
8100 7420 | forestadventure.com.sg



FWCC Pte Ltd
Learn to run, pre-competition, and
competitive athletics for kids.
9645 0320 | fwcc.com.sg

Genius R Us
Specialists in baking workshops,
camps and birthday party
concepts for kids.
6634 6020 | geniusrus.com

Happy Train Pte Ltd
Bilingual brain-training programme
that enriches children's growing
minds through stimulating activities.
6336 5080 | happytrain.com.sg



Hua Language Centre
Learn Chinese the effective
and fun way!
6255 5060 | hua.com.sg

Jessin.PAPL
Learn with love and laughter.
8838 4283 | jessin.edu.sg

Kaesac Learning Centre
Mathematics & Science tuition and
Robotics enrichment programmes
for primary school students.
6478 1228 | kaesac.com.sg



KindyROO Singapore
Get ahead on developmental
milestones. Be ahead in
learning abilities!
8685 3527 | kindyroo.com.sg



**Lee Kong Chian
Natural History Museum**
Come visit our collection of
three sauropod dinosaur fossils
and many more!
6601 3333 | lkcnhm.nus.edu.sg



Little Green House
Voted as Singapore's Best Literacy
Programme for Childcare Centres.
6653 7146 | littlegreenhouse.com.sg

Moppeteers Preschool
The most trusted preschool in
the east of Singapore with an
enrichment-model curriculum.
8782 5264 | moppeteers.com.sg



Mulberry Learning Centre
Multi Award Winning Pre-School
Certified by the Institute For Habits
Of Mind™.
6653 8082 | mulberrylearning.com

My Mini-Me
Why waste \$ to buy? Affordable
children costumes for rental/sale.
9237 5402 | mymini-me.com



National Gallery Singapore
6271 7000 | nationalgallery.sg



Novotel Singapore Clarke Quay
It's a lot better at Novotel Singapore
Clarke Quay.
6338 3333 | novotelclarkequay.com



Playeum
Children's Centre for Creativity where
children and families play, create and
build creativity through the arts.
6262 0750 | playeum.com

Playhao
We believe in good play. Play which
families will find pleasure in, learn
from and form memories with.
6592 0938 | playhao.com

Popsicle.asia
Best winter wear rental company.
9336 7246 | popsicle.asia



**Powerkids Tumbles
International Pte Ltd**
Empowering children through
active play.
6333 8511 | powerkidsgym.com



RSKG Singapore Pte Ltd
Singapore's premier multi-sports and
exercise programme.
9855 8221 | readysteadygokids.com.sg

SAFRA Punggol
SAFRA Punggol is the ideal
recreational destination for NSmen
and their families.
6585 8718 | safra.sg/punggol



School of Concepts
Empowered with a strong foundation
in literacy, developing into future-ready
self-directed learners.
9237 5595 | schoolofconcepts.sg



Singapore Cord Blood Bank
A Community Cord Blood that offers
public donation and family cord
banking options to families.
6394 5011 | scbb.com.sg

Square Education Studio
Award-winning enrichment
programmes and tuition by ex-MOE
teachers and experienced tutors.
6844 9003 | square-edu-studio.com

Terra Minds Learning Centre
Engaging hands-on learning that
encourages children to enjoy Science
and Robotics!
6781 3688 | terraminds.com.sg



The Artground
We are an arts play space dedicated
to children from birth - 12 years.
6925 0621 | theartground.com.sg



The Grandstand (Former Turf City)
A family lifestyle destination located
in Bukit Timah.
6463 4610 | thegrandstand.com.sg

Craft a Personalised Gift

Upcycle a Box into a Handmade Photo Frame

by Wong Wai Ling

Love online shopping but not sure what to do with the cardboard boxes that your purchases come in? Why not turn them into one-of-a-kind photo frames together with the kids? Not only would this be a family-bonding craft project, the end products would also make meaningful gifts for friends and loved ones!

Here are some tips to get you started:

- 1 Use boxes with dimensions that work well with standard photo print sizes.
- 2 Use a penknife to cut out a "window" on each surface through which you want a photo to be seen, making sure that your cutout is smaller than the photo. For safety, this step should be executed by an adult.



We meant for our frames to display 4R photos, so we made our "windows" 0.5cm shorter on all sides than the standard 4R dimensions (15.2 cm x 10.2 cm).

- 3 Time to design your photo frame! This is where kids and adults alike can let their imagination run wild! We decided on a nature theme and had fun collecting leaves of different shapes and sizes from around our estate.



- 4 Using acrylic paint, we covered the leaves in vivid colours and made prints all over the frame. As we were going for a natural feel, we printed directly on the cardboard. You can choose to cover your box in a base colour first if you prefer a look with more contrast.



Nearly there...

To enable photos to be fitted nicely in, make two corners with folded edges measuring 0.5 cm on each of the perpendicular sides. Use the back of the penknife to score the paper for easier and neater folding. Glue the corners on two diagonally opposite ends at the back of each "window".



Tada! We love the natural ruggedness of our handmade photo frame; we hope our friend likes it too!



You
×
Playful
Korea 

