CRUSH EXPLORER

ACTIVITY BOOK

TOUCH
Cyber Wellness

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Dear Parents,

Children are exposed to digital media and technology at a younger age. With early exposure to digital gadgets, cyber wellness programmes should start early too.

It is also important to teach good habits and values, and help them make good decisions online to keep themselves safe in the cyber world.

TOUCH Cyber Wellness, a youth service of TOUCH Community Services, is committed to developing quality, age appropriate cyber wellness programmes for pre-school children and parents.

CRuSH - stands for **C**yberspace **R**isk and where **U** can **S**eek **H**elp. We designed ***CRuSH Explorer*** to help young pre-school children begin their digital journey to explore cyberspace on the right foot.

The **CRuSH Explorer Parents' Kit** consist of 4 story books and this parent-child activity book to help parents to teach pre-school children good screen-time habits in the comfort of the home.

This activity book consists of simple talking points and activities to bring out learning points about screen-time management and habits.

We hope this will help you make guiding your child in the digital age an easier and more enjoyable one.

James Tan
CEO
TOUCH Community Services

Teach Your Child Good Screen-Time Habits

It takes a long time to change habits. It helps to set good screen-time habits in place right from the start.

TOUCH Cyber Wellness has developed the **CRuSH Explorer Parents' Kit.** It consists of 4 CRuSH Explorer Story Books and a CRuSH Explorer Activity Book.

How to Use the CRuSH Explorer Parents Kit:

A) READ BOOK
Read the story book with your child.

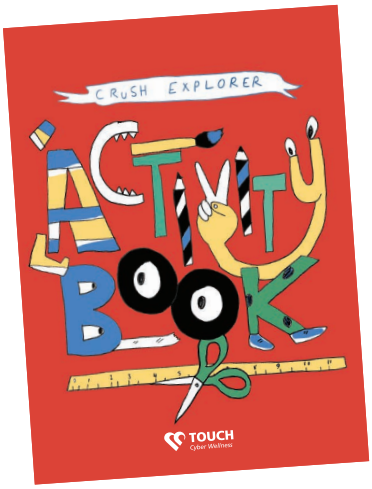
B) LET'S CHAT
Use the tips provided in the following pages under "Let's Chat" to discuss learning points from the stories with your child.

C) DO ACTIVITY
Do the activities in the Activity Book, designed to bring out the learning points in the stories, with your child.

The stories and corresponding lesson points covered by the story books include:

Book	Lesson Point
What did you see at the Zoo?	Balanced Lifestyle and Use of Mobile Devices
Mama, I'm scared!	Handling Inappropriate Content
Hands off the tablet!	Managing Time Spent on Mobile Devices
It's Family Day!	Spending Screen-Free Time as a Family

1. CRuSH Explorer Activity Book
(recommended for children aged 4-6 years old)



This activity book is designed for you to use with the story books to teach your pre-school child good online habits and engage them in a screen-free manner.

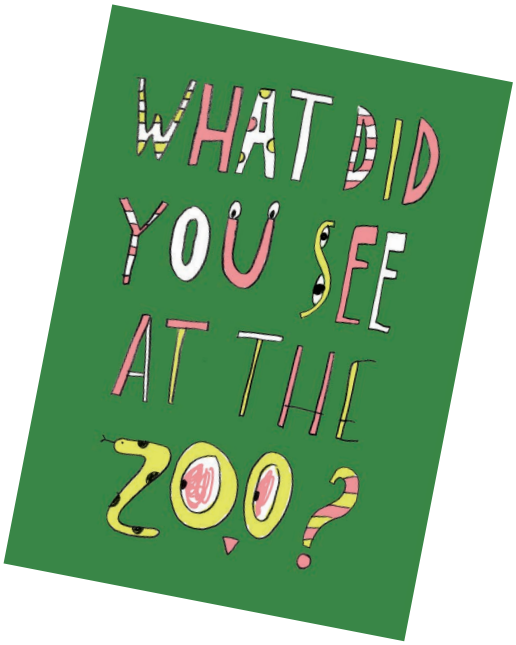
Book/Purpose	Activity Pages
What did you see at the Zoo?	12-15
Mama, I'm scared!	16-18
Hands off the tablet!	19-21
It's Family Day!	22-24
Re-cap of learning points	25-33

2. What did you see at the Zoo?

(recommended for children aged 4-5 years old)

Lesson Point:
Balanced Lifestyle and Use of Mobile Devices

Lesson Objectives:
Children learn that they should not spend too much time on gadgets such as phone and tablets. They will also be introduced to other screen-free activities that they can do.



A) READ BOOK

In this story, the parents brought the children to the zoo on 'Family Day'. However, Bobby, their six year old son, was more interested in the game he was playing on the phone. He missed out on all the animals his sister, Annie, a four year old girl, saw with her parents.

B) LET'S CHAT

There is an appropriate time for everything. Do the right thing at the right time. Bobby missed out on seeing many animals during the zoo outing because he was on the phone. What do you think he should do instead?

We should not spend too much time on gadgets and screen devices.

Enjoy family-time together without screen devices. What are some screen-free activities we can do?

C) DO ACTIVITY

Refer to pages 12-15 of this Activity Book.

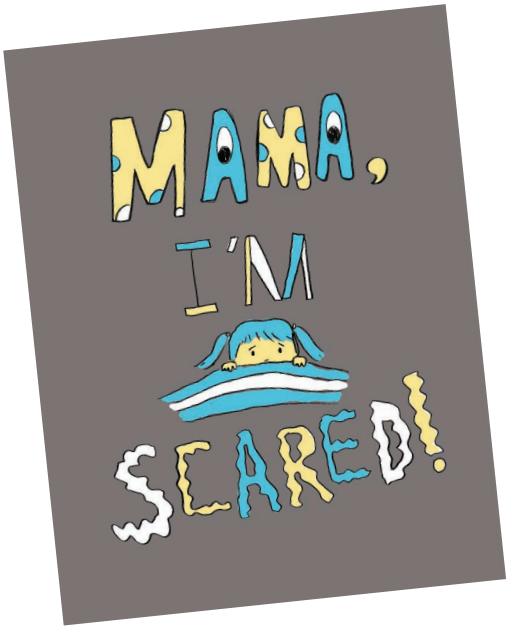
1. Spot the Animals
2. Cross out objects that do not belong
3. Colour the playground

3. Mama, I'm scared!

(recommended for children aged 4-5 years old)

Lesson Point:
Handling Inappropriate Content

Lesson Objectives:
Children learn to always ask for permission before using the tablet and tell parents when they encounter online content that make them feel uncomfortable or scared.



A) READ BOOK

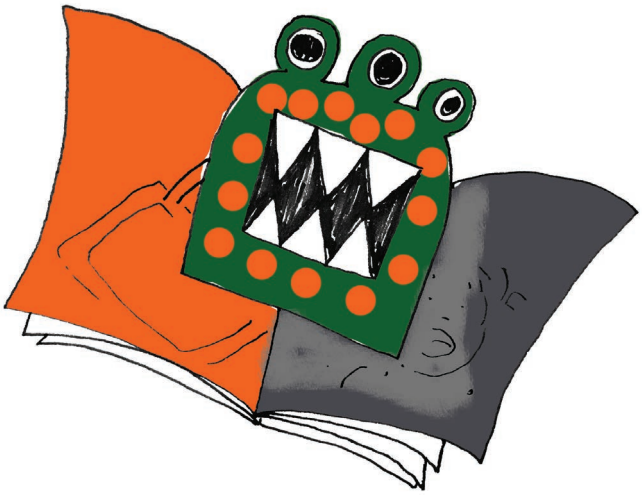
In this story, Annie decided to use Papa's tablet to watch videos without asking for permission. However, she stumbled upon scary content (a monster appeared instead of her cartoon) and was frightened by it. But she did not dare to tell her parents.

B) LET'S CHAT

Annie sneaked into the room and watched the video without asking Papa or Mama for permission. What should she do instead?

Annie did not tell Papa or Mama about the scary monster. Is that right or wrong?

You should tell Papa and Mama if you see or read something that makes you feel uncomfortable or scared.



C) DO ACTIVITY

Refer to pages 16-18 of this Activity Book.

1. Maze to get to devices
   - Hint: Have to go through parents.
2. Beware of scary monsters
   - Colour the monster
3. Draw and complete the pictures

4. Hands off the tablet!

(recommended for children aged 5-6 years old)

Lesson Point:
Managing Time Spent on Mobile Devices

Lesson Objectives:
Children learn about obeying rules set by their Papa and Mama, and some of the consequences of spending too much time on gadgets and not adhering to the rules.

A) READ BOOK

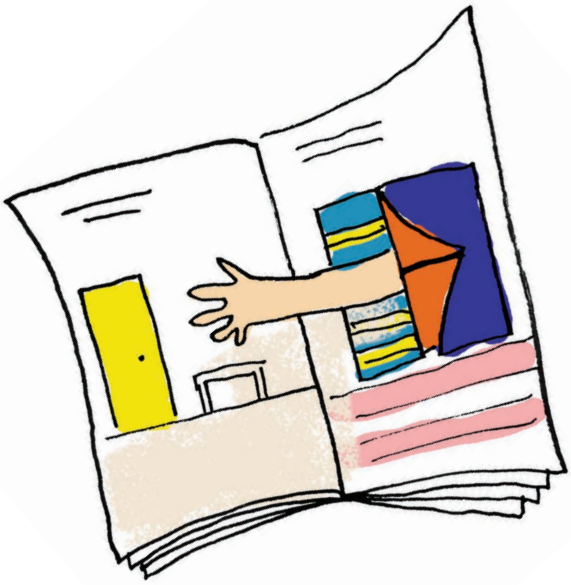
In this story, Bobby was given a time to play his game on the mobile tablet. However, he refused to stop playing when time was up. Mama caught him trying to get the tablet a few times and he was eventually scolded by Mama.

B) LET'S CHAT

It is good that Bobby asked Mama for permission to use the tablet after he finished his homework. But he did not keep to the time given. Is that a right thing to do? What should you do if you were Bobby?

We should not spend too much time on screen devices. What are some negative things that can happen if we do that?

There are other things we can do to keep us occupied. Some examples include drawing, solving puzzles, playing with other toys and music, etc. What other activities do you enjoy doing that doesn't require screen devices?



C) DO ACTIVITY

Refer to pages 19-21 of this Activity Book.

1. Word Maze
   - Find words related to good screen-time habits.
2. What will happen if you spend too much time on screen devices?
3. What should you do when time given on screen devices is up?

5. It's Family Day!

(recommended for children aged 5-6 years old)

Lesson Point:
Spending Screen-Free Time as a Family

Lesson Objectives:
Children learn about family time and screen-free time. They also learn about putting away gadgets during family time, meal time and bedtime.

A) READ BOOK

In the story, Annie had been looking forward to family time which was a day out with the family for picnic. She woke up to find her family using their gadgets and had forgotten about the family outing. It turned out that she was dreaming. They were preparing for a screen-free family outing where they will not be using mobile devices during family time.

B) LET'S CHAT

The family in this story plans family screen-free time. Some screen-free time include mealtimes and bedtime. We should not use screen devices at the dining table, in our bedrooms or during family outings.

Work out a family agreement for screen-time usage together. (Parents, consider letting your child remind you about screen-time if they see you spend too much time on devices too.)

Plan some family screen-free activities for family time. What are some activities you enjoy doing as a family?

C) DO ACTIVITY

Refer to pages 22-24 of this Activity Book.

Use these activities to remind your child that screen devices belong to you and are not used during meal times, bed time and family outings.

1. Match the pictures to where they belong
2. Cross the odd one out
3. Spot the difference

My name is

_____

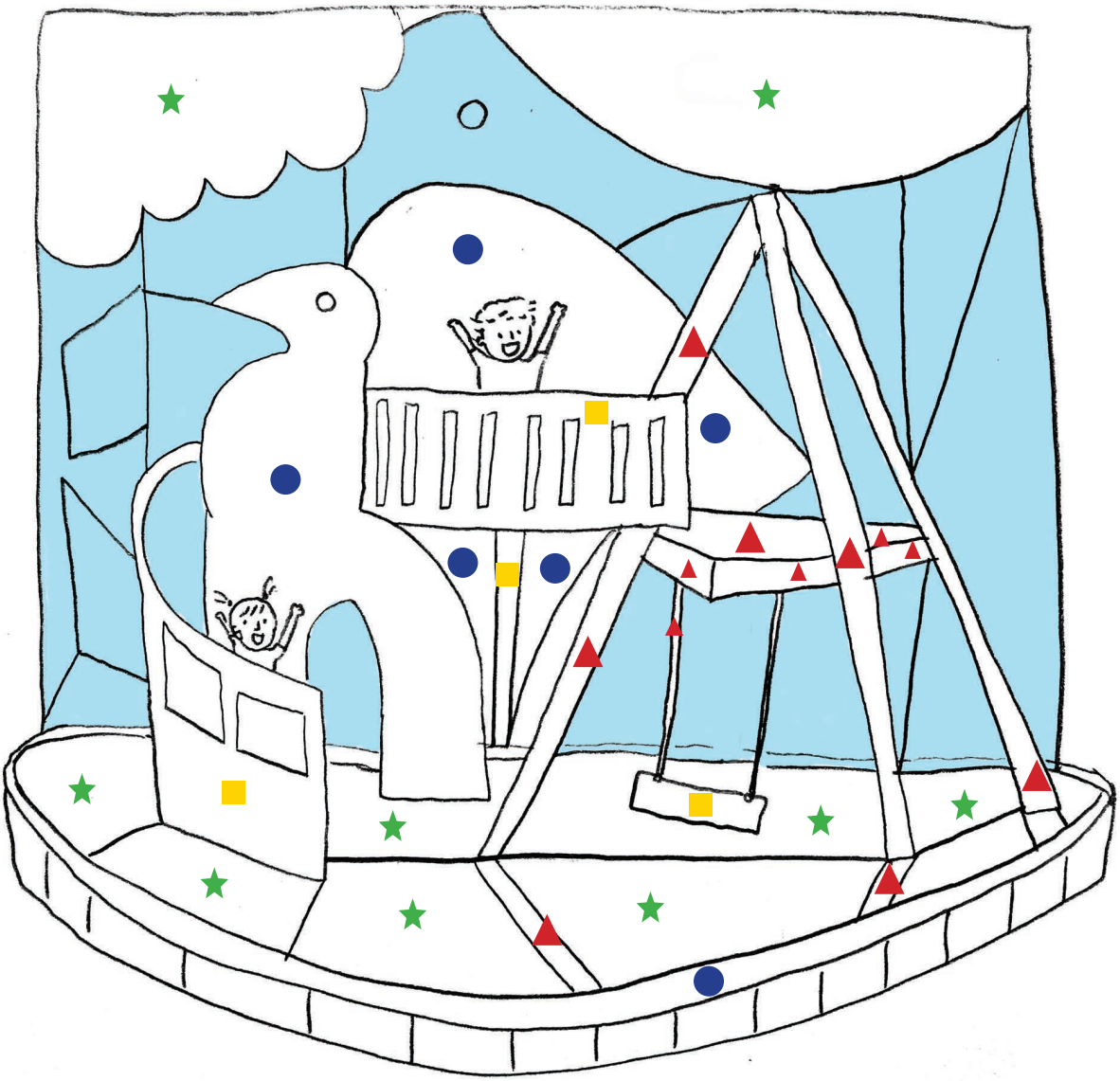
I am going to learn good digital habits and be a CRUSH Explorer!

There are 8 animals hiding in the jungle.
Find and circle the hidden animals.

Hint:
There are
· 2 birds
· 1 elephant
· 1 crocodile
· 1 tortoise
· 1 giraffe
· 1 tiger
· 1 snake

Cross out the object that does not belong in each row.

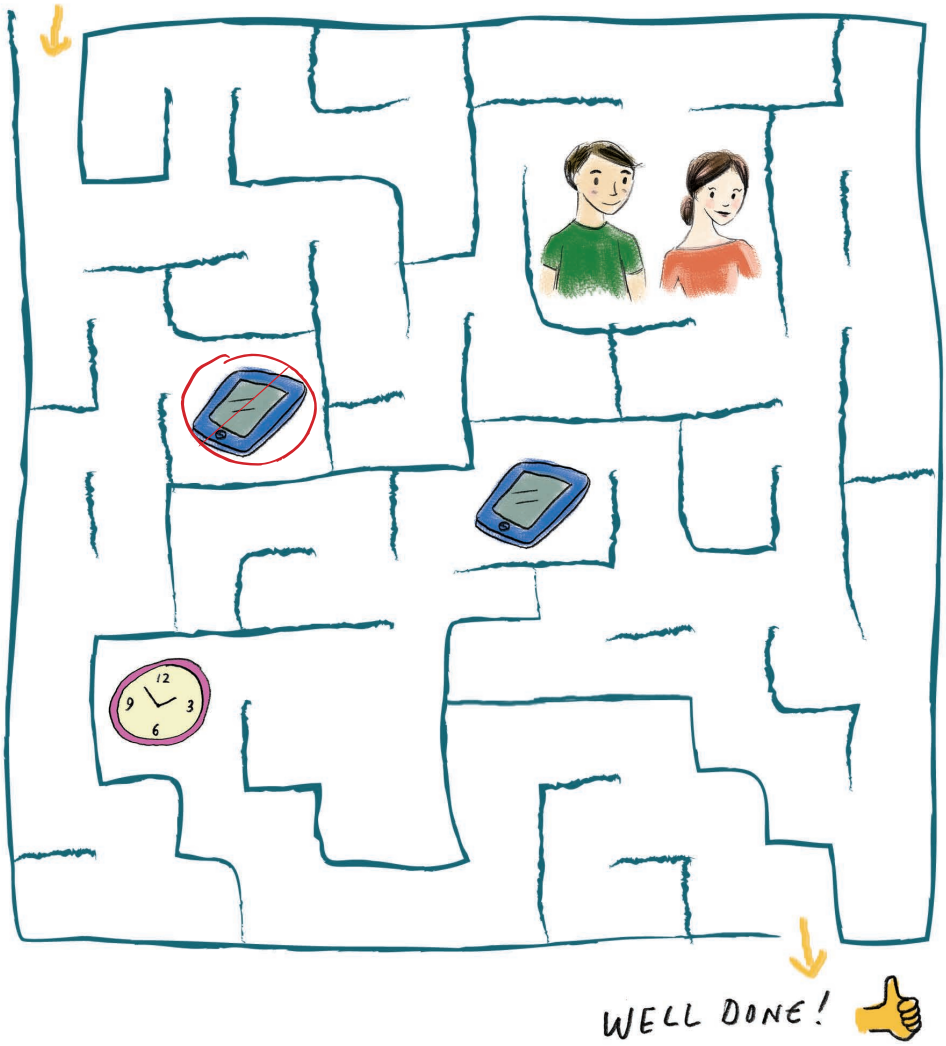
The children are in the playground.
Colour the areas that contain a ▲ red.
Colour the areas that contain a ● blue.
Colour the areas that contain a ■ yellow.
Colour the areas that contain a ★ green.



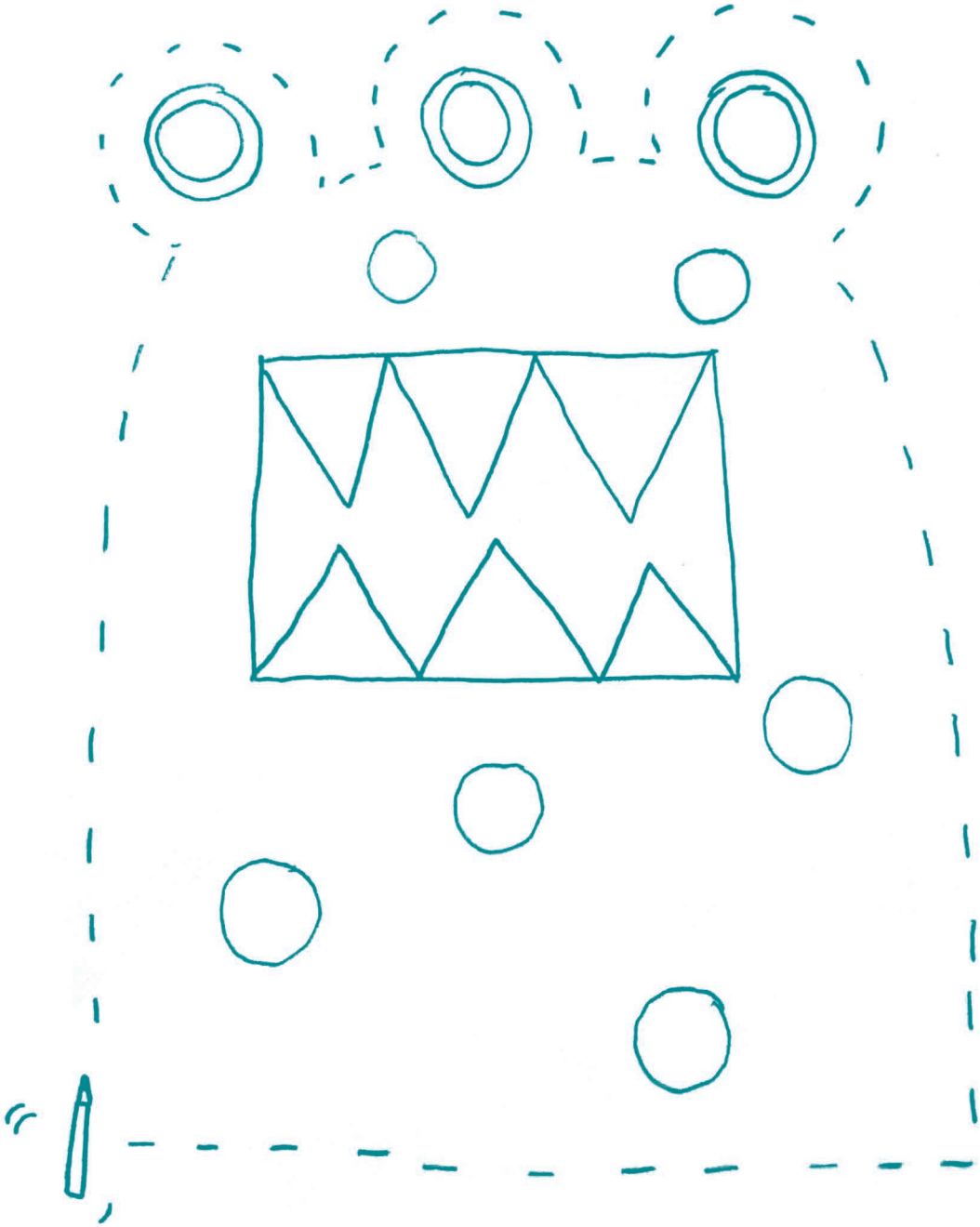
What should you do when you want to use the tablet?

1) Ask Papa and Mama for p __ __ m__ s s __ __ n
2) Keep to the t __ m __ set by Papa and Mama

Hint:
Help Bobby and Annie do the right thing to get out of the maze.
Step 1: Find Papa and Mama to ask
Step 2: Get the tablet
Step 3: Find the clock to keep to the time

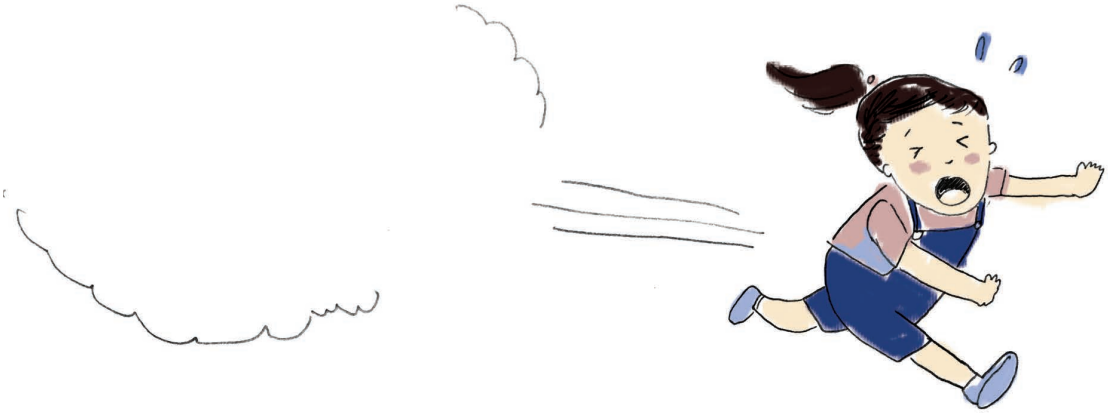


Beware of scary monsters when you watch videos online. Trace and colour the monster.



Complete the picture and colour it.

What do you think she is running from?



What other activities can you do when you are not using the tablet? Draw them here.

Find the following words.

~~BALANCE~~
LISTEN
OBEY
PERMISSION
RESPONSIBLE
TIME

V	U	C	M	N	G	K	F	S	V	F
T	P	E	R	M	I	S	S	I	O	N
L	Q	A	D	L	O	X	B	K	Y	C
T	I	M	E	O	Z	Y	N	E	D	G
Y	L	M	Y	I	U	A	S	V	Z	V
Y	S	P	T	J	O	B	E	Y	V	H
T	D	N	I	I	H	Y	G	O	I	Y
R	E	S	P	O	N	S	I	B	L	E
Q	C	K	C	B	V	N	D	P	A	C
M	H	U	V	L	I	S	T	E	N	R
Z	B	A	L	A	N	C	E	E	P	M

Put a tick in the circle of the correct pictures.

What will happen if you spend too much time on screen devices?

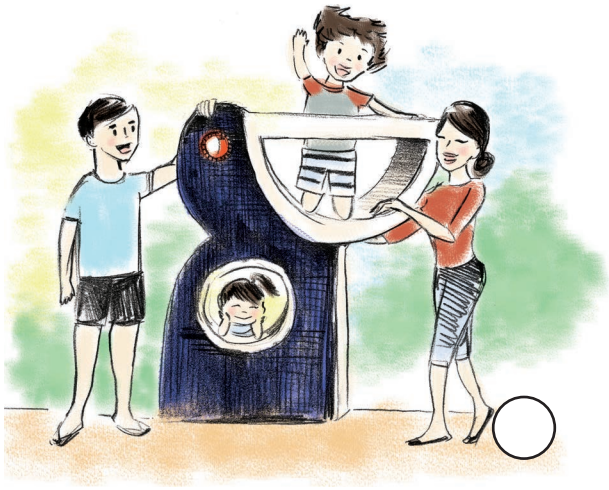
1.

Your eyes will get tired.

2.

You will spoil your eyes and may have to wear spectacles.

3.



You will go to the playground.

4.

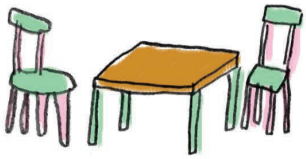
Papa or Mama will be upset.

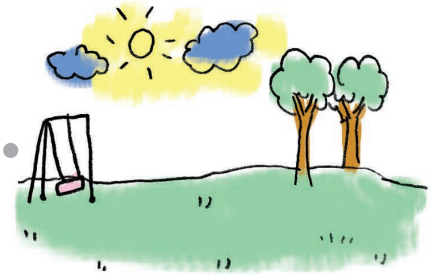
Mama gave Bobby 15 minutes to play on the tablet. What should he do when time is up?

Return the tablet to Mama.

Cry and refuse to return the tablet.

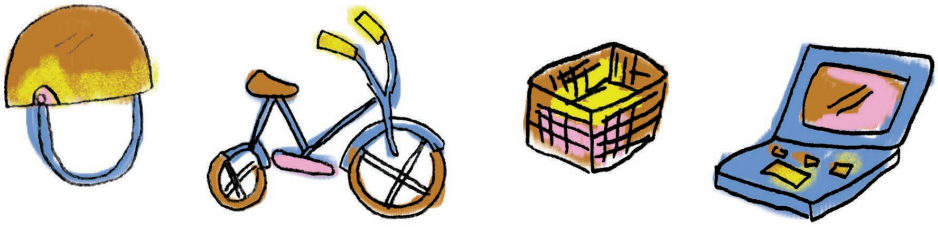
Match the pictures to where they belong.



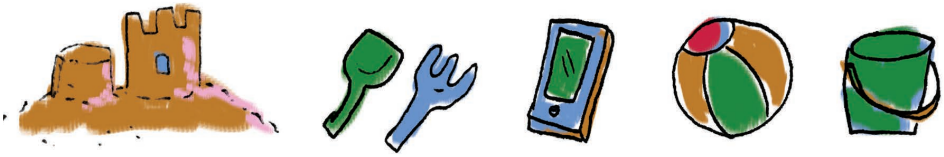


Cross out the one you should NOT use at each of these places.

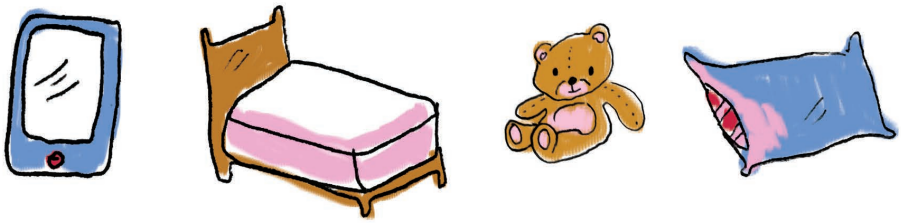
At the Park



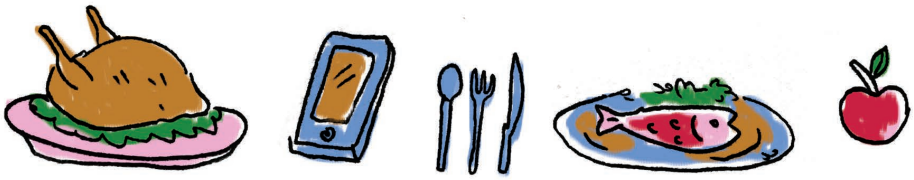
At the Beach



In the Bedroom



At the Dining Table



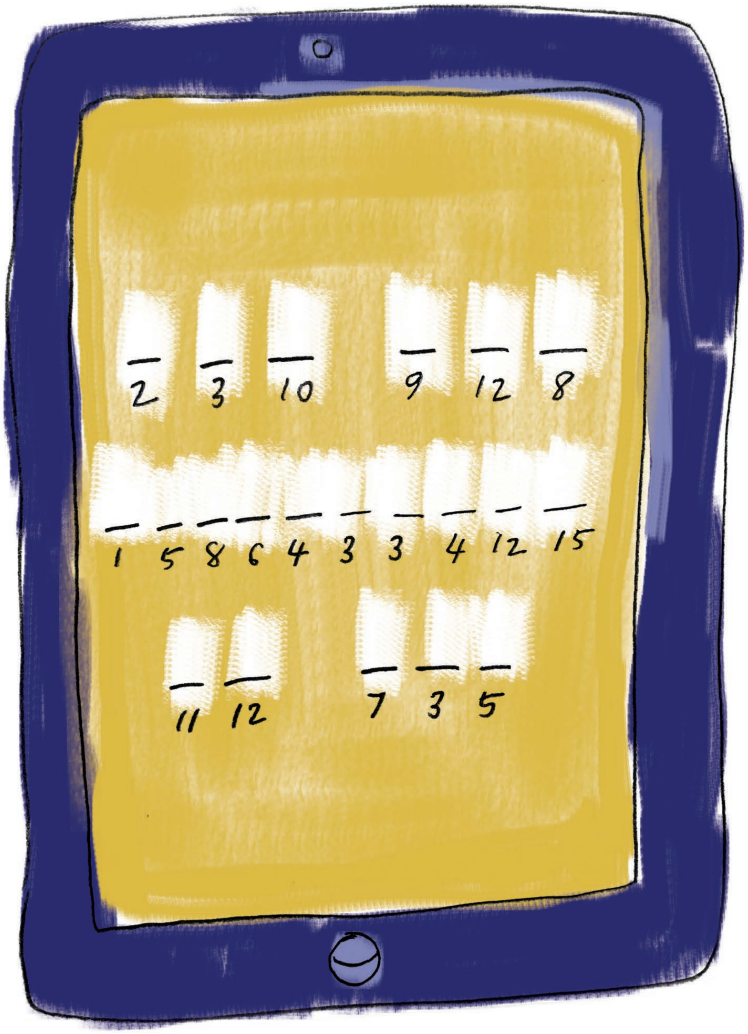
Spot the 5 differences in the 2 pictures.
Circle each difference in the bottom picture.

Well done!

You have completed many activities to learn good screen-time habits.

Now, try the activities in the following pages to re-cap what you have learnt.

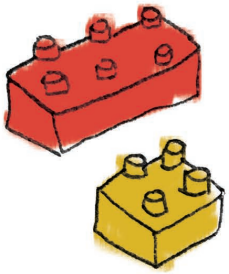
You need a password to access the tablet. Crack the code to find out how you can access the tablet.

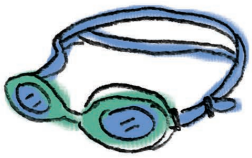


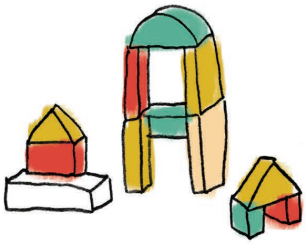
A	E	F	I	K	M	N
2	5	9	4	10	6	15

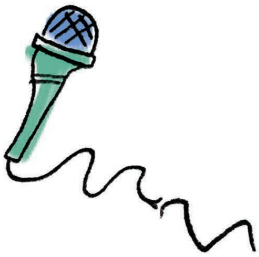
O	P	R	S	T	U
12	1	8	3	11	7

Match the items to the correct activity









Put a tick on the picture showing good behaviour and a cross on the picture showing bad behaviour

Using the tablet at the dining table.

Put the tablet away and enjoy your meal.

Re-arrange the words to find the hidden message.

I Family Day! Love Screen-Free

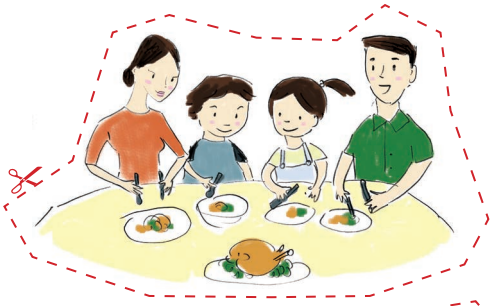
Content scary Beware of Online

Screen Makes Time Much Eyes Too Tired The

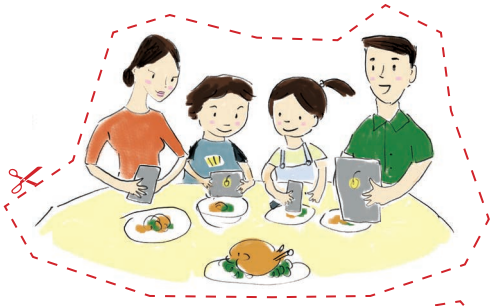
Cut the pictures along the dotted lines. Paste them in the correct boxes showing good and bad behaviours.

GOOD	BAD

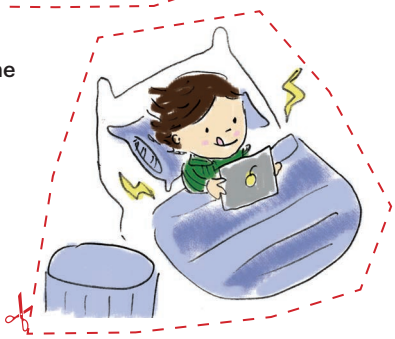
Eat at the dining table without using screen devices.



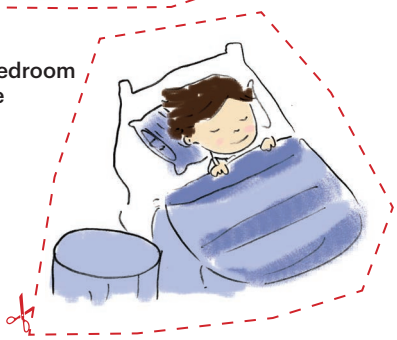
Use screen devices at the dining table instead of talking to one another.



Use the tablet in the bedroom before bedtime.



Keep the bedroom screen-free



Trace the words and colour the picture.

Keeping Children Safe Online

Cyber Wellness Programmes for Children

Dear Parents,

We hope the guide has been useful for you. As your children grow older, what could you be expecting to face? What would your children be introduced to as they start to interact with new friends and peers? What are the latest digital trends they will be exposed to?

Your children will soon be asking you for a social media account. Most of these social media platforms have age restrictions and they are above the age of your primary school children.

“How did their friends get an account then?”, you may wonder. And why do these platforms set their age restrictions at 13 and up? How would you respond to your children’s requests for social media accounts?

To continue guiding and educating your child in the different phases of the digital journey, TOUCH Cyber Wellness has a suite of school programmes programmes for children and youth aged 4-16 years old.

About TOUCH Cyber Wellness

Through cutting-edge strategies, TOUCH Cyber Wellness, endeavours to advocate respect, a balanced lifestyle and reponsible use of digital technologies to help families grow together in the digital age.

PlanetCRUSH Cyber Wellness Centre is a one-stop centre for youth mentoring groups, engaging workshops for families, as well as easy access to counsellors for consultations on cyber-related matters.

TOUCH Cyber Wellness is also the key agency in Singapore providing counselling on cyber wellness issues through its research-validated cyber wellness counselling approach and programmes.

Where Can I Find More Help?

TOUCH Cyber Wellness, in partnership with Singtel, has developed a web- app for parents called, notAnoobie, a first-of-its-kind in Singapore. Visit www.notanoobie.online to read articles and find tips on the go.

TOUCH Cyber Wellness also conducts workshops for parents to equip them to manage their children's screen-time.

If you have other questions, please email TOUCH Cyber Wellnes at **cyberwellness@touch.org.sg.**

TOUCH CYBER WELLNESS' PROGRAMMES FOR CHILDREN AND PARENTS

CRuSH Explorer - Classroom Programme

Pre-school children learn good online habits, through big book storytelling and activities, to guide them in their their digital journey.

Cyber Tales of Pancake Primary

An Interactive Technodrama School Assembly Programme where children learn the consequences of decisions they make online.

CRuSHKidz - Classroom Programme

Through fun and exciting activities, primary school children get excited about the possibilities of the internet and learn of the potential dangers. This teaches them to be astute in the online world.

Cyber Wellness Ambassador Programme

Students are empowered to identify potential hazards in the cyberspace faced by their peers and provide solutions to address these concerns. This programme aims to cultivate a greater sense of responsibility, perseverance, optimism, better self-esteem and confidence in Cyber Wellness Student Ambassadors in schools.

Parents' Workshops - Mentoring Children in the Internet Age

An enriching and eye-opening workshop for parents, educators, counsellors, youth and social workers as they discover the online world through the lenses of children and youth.

OTHER RESOURCES & PUBLICATIONS BY TOUCH CYBER WELLNESS

RESOURCES:

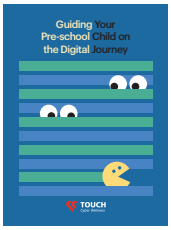
www.notanoobie.online
A cyber wellness web-app for parents.

Singtel - TCW
CYBER WELLNESS TOOLKIT FOR SPED SCHOOLS

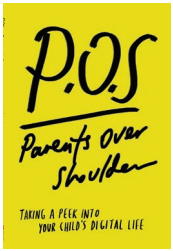
Cyber Wellness Toolkit For Special Education Schools
A "Train-the-Trainers" resource developed in collaboration with Singtel.

PUBLICATIONS:

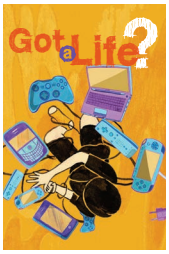
CRuSH Explorer Story Books
A series of story books parents can read with their pre-school children to teach good online habits. Each story covers a learning point, e.g. balanced lifestyle, handling inappropriate content and screen-time management.



Guiding Your Pre-school Child in the Digital Journey
Informs parents of consequences of screen-time on young children, and provides pratical tips to help parents inculcate good screen-time habits, set a screen-time management plan and guide their pre-school children to make good decisions online.



P.O.S – Parents Over Shoulder
Invites parents to take a peek into their children's digital life through letters written from teenagers' perspectives. It aims to give parents a better understanding of the digital world their children live in and how to connect with them more effectively in this digital age.



Got a Life? Get a Life!
A collection of real-life stories of youths – their encounters with online issues and how they have overcome them. It also features practical tips from cyber wellness counsellors to help youths make smart decisions to stay cyber safe and cyber well.

TOUCH
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