

True Colours, True Hearts



TAN CHIN TUAN FOUNDATION



Celebrating
40 Years

About Tan Chin Tuan Foundation

The Tan Chin Tuan Foundation (TCTF) was set up in Singapore on 10 April 1976 by the late Tan Sri (Dr.) Tan Chin Tuan to help the needy. Aligned with our founder's giving philosophy, the foundation supports causes and projects that are viable, sustainable and have positive impact on our society.

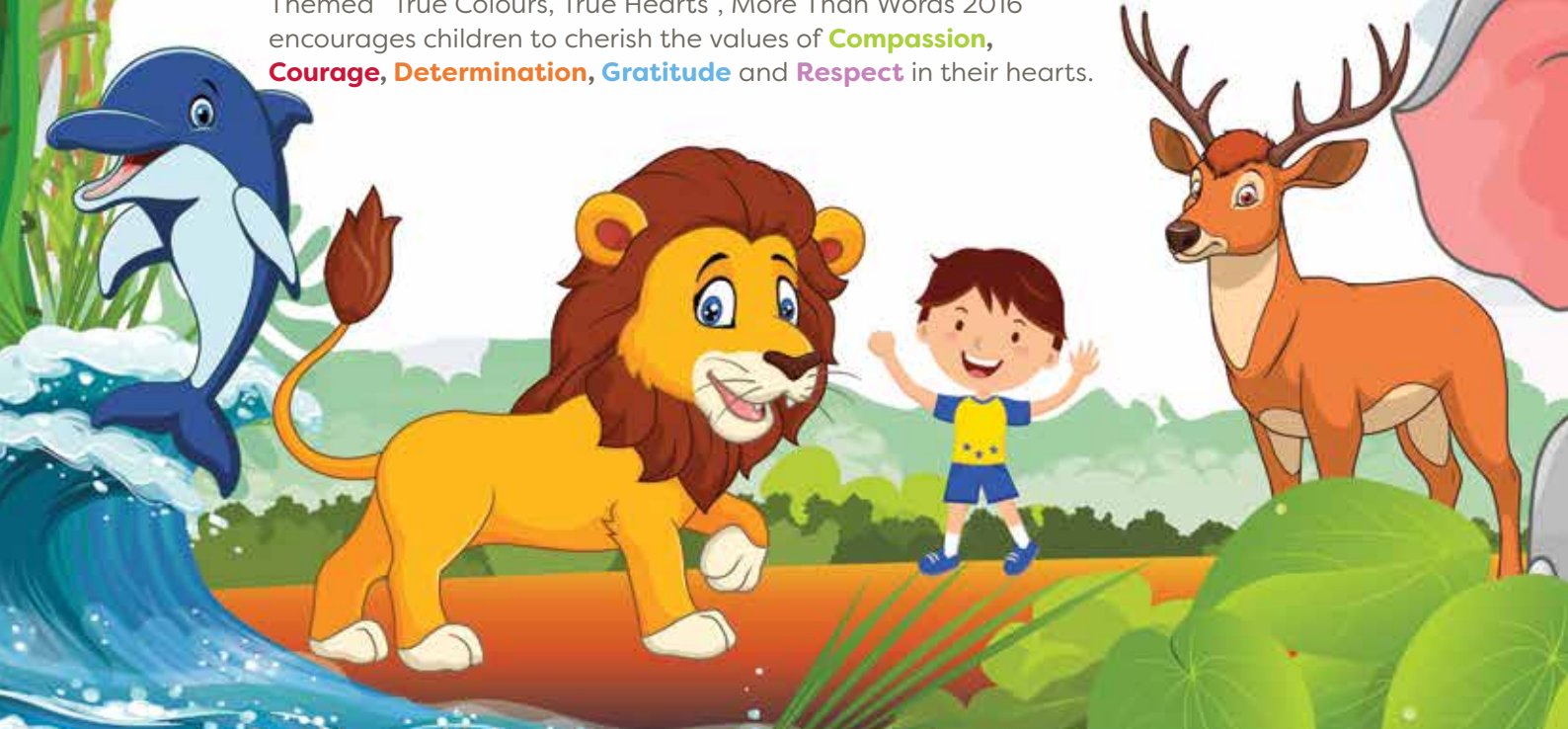


About More Than Words

In line with our focus on education and community development, this programme offers opportunities for children to learn and communicate creatively. Initiated in 2013 and fully funded by TCTF, the programme has reached more than 2,500 beneficiaries. TCTF engaged arts specialists to train the children in speech and drama, creative writing, storytelling, music or dance over six months, culminating in a performance showcase and this book.

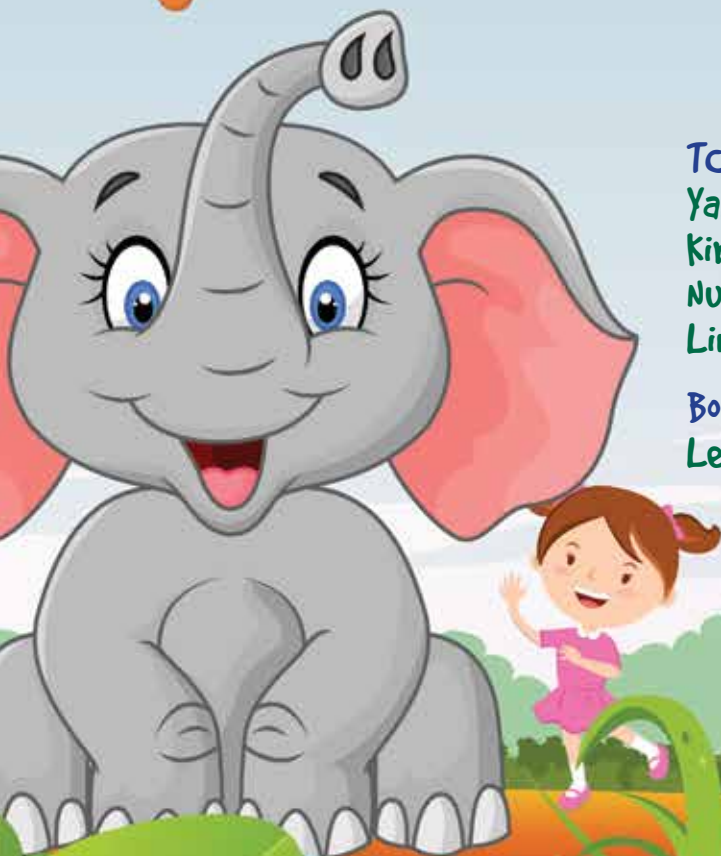
Enrichment workshops were also extended to charity staff to equip them with creative approaches to engage and connect with children and youth, who may come from vulnerable backgrounds. We hope to ignite their imagination and instil in them a love for learning beyond words.

Themed "True Colours, True Hearts", More Than Words 2016 encourages children to cherish the values of **Compassion**, **Courage**, **Determination**, **Gratitude** and **Respect** in their hearts.



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By Yap Su-Yin
CEO of Tan Chin Tuan Foundation

“**True Colours, True Hearts**” is the theme for this year’s More Than Words programme and this book. It honours our efforts to be true to ourselves, and to be sincere in our relationship with others. Over six months, 300 children and adults from 25 charities were immersed in more than 150 training hours.



Every child has a story, a talent and a dream. In nurturing a child’s holistic development, the creative arts presents imaginative ways for the child’s social emotional learning. Through music, dance, drama, creative writing, storytelling, percussion and many more creative avenues, we witnessed how the children who participated in our



More Than Words programme blossomed as they developed varied ways to express themselves. These forms of communication are critical tools to help them process what they see, hear, feel and understand about themselves and the world around them.



With the sponsorship of the Tan Chin Tuan Foundation (TCTF) and the commitment of enthusiastic trainers from ACTs of life, The Little Arts Academy, One HeartBeat Percussion, Singapore Repertory Theatre, Sri Warisan Som Said Performing Arts, The Theatre Factory, Encore!, Roger Jenkins and our volunteers who conducted the creative writing workshops, these participants grew in self-awareness, self-confidence and positivity, whilst learning new skills.





We were able to create an environment where they felt safe to express themselves. Our trainers encouraged and reinforced social skills, such as greeting others, taking turns and listening mindfully. The children teamed up with one another, within clear expectations and parameters, to overcome problems. They received the attention they craved and at the same time, learned to be mindful of giving attention to others who were performing. The participants were stretched outside their comfort zones and enjoyed the creative, collaborative process.

Some of their poems, stories, imaginative ideas and quirky illustrations are carried within the pages of this book, launched on 8 September 2016 during our *More Than Words* Showcase, where 200 children performed for their families, friends and supporters. Bravo!



Pink Pank

By Ethel Cheng

Different From the Rest

“Leave! You are not one of us.”

Pink Pank, a bright pink panda, sobbed as she turned and slumped back to the Land of Outcasts. Born different from the other pandas in Panda Village, Pink Pank struggled to gain acceptance. However, she continued to be bullied.

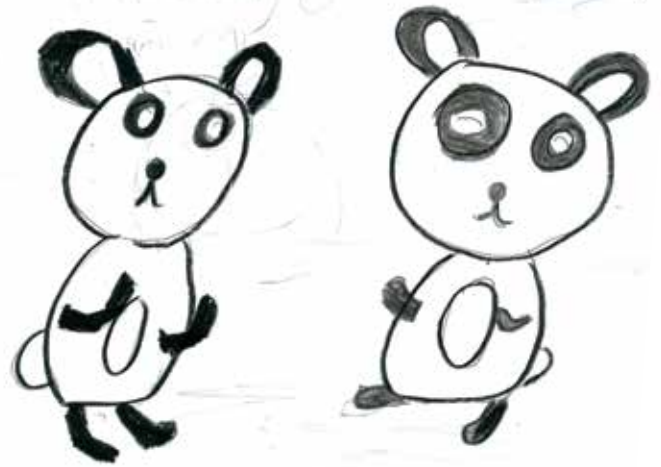


Illustration by Sakinah Batrisyia

Once the Panda Elders deemed her old enough to survive on her own, she was chased out to the Land of Outcasts. Though disappointed, Pink Pank never lost heart. She returned to Panda Village daily, hoping that she would be allowed to return home one day.



Brewing Conflict

Every year, the pandas had to send bundles of bamboo to a neighbouring human village. In exchange, the humans promised not to invade Panda Village. But the humans had become greedy. They were logging acres of the Bamboo Forest dishonestly, without seeking permission from the pandas. If this continued, the pandas would not have enough food.



The Panda Elders decided to hold peaceful negotiations with the humans. But the discussions did not go well. The humans were furious that the pandas dared to voice their views. In retaliation, the humans waged a war against the pandas to seize control of the Bamboo Forest. Defeated, the pandas fled from their village to the one place that was safe for them – the Land of Outcasts.

Upon seeing groups of unhappy pandas entering the Land of Outcasts, Pink Pank knew something was amiss. “What happened? Why is everyone coming to the Land of Outcasts?” she asked. A Panda Elder sighed, “The humans have turned against us. They are invading our village and we have no choice but to escape!”

A Daring Choice

Pink Pank knew she could not stand **idly** by and let that happen. She ran in front of the pandas and shouted, “What are you doing? That’s our home and we should protect it! We should not run away without trying to defend it!” Pink Pank grabbed a bamboo sword and rushed boldly towards Panda Village without a second thought.





Illustration by Muhd Amirul Hakimi

It was not long before all of Panda Village chorused their agreement. Weapons were seized and the pandas chanted “Let’s defend our home!” They followed Pink Pank’s lead. Their bravado took the humans by surprise. United, the pandas chased the humans out of Panda Village.

Pink Pank’s perseverance paid off. Heartened by her courage, the pandas gathered around Pink Pank, ruffled her pink fur and cheered. The Panda Elders said, “You risked your life to save our home, even though we **ostracised** you. It was wrong of us. It is not appearances but a sincere heart that matters. From now on, Panda Village is not just our home, but yours too.”

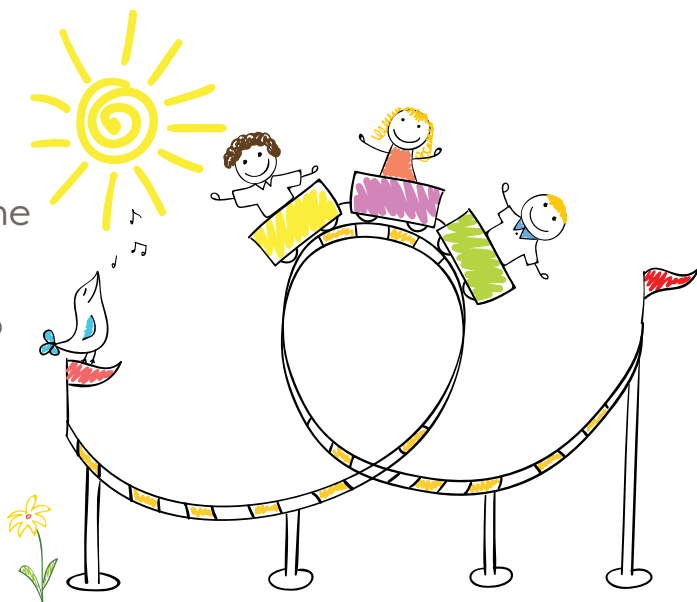
The Rollercoaster Ride of Life

By Kwik Feng Yuan

There is a saying that life is like a rollercoaster ride. There are ups and downs, highs and lows. Everyone has to ride it. It may seem like an **arduous** journey, but if you have the courage to persevere and push beyond your boundaries, you may reap unexpected rewards.

I would not have expected myself to become who I am today. I am proud to say that my learning journey and achievements are the result of numerous trials and failures. Despite having played six different types of sports, it was only after years of training that I managed to be a national bowler.

I did not excel academically and did not see myself as a scholar. But I tried my best, became the deputy head of the student council, took nine subjects in school and was awarded the Tan Chin Tuan Foundation's Thio Chan Bee Scholarship. So, I urge you to fearlessly pursue what you are passionate about. It can be anything from leadership, sports to volunteering. Try and you have a chance to succeed.



I am 15 this year and have a long journey ahead. I would take my chances to ride this rollercoaster of life, even if I may experience fear, challenges, regrets or doubts. Success only comes to those who have the courage to try, regardless of the failures that may come.

Go. Ride the rollercoaster and chase the horizon. It is always there waiting for you to seize the day and make the choice.



Illustration by
Siti Nur Aina

Activity Page

Share your own version of a
"rollercoaster ride of life"!





The House

By Shannon Tsou

*Sitting in the corner
Staring at the walls
I see people
Laughing at my falls*

*Gripping onto the handle
I push open the door
I spy a path
A way to escape it all*

*Alone in this house
Unable to escape
Society judges me
Trapping me with red tape*

*Alone in this house
But able to escape
Society judges me
But who are they to gape*

*Leaning against the wall
Gazing out the window
I wonder how
People wear masks for show*

*Walking down the steps
Confident and free
I see people judging
But it doesn't bother me*

*Alone in this house
Unable to escape
Society judges me
Trapping me with red tape*

*Out of the house
I'm finally free
I look in the mirror
Not perfect, but liking the real me.*

“ This poem addresses how individuals can feel constrained when society judges them. It encourages us to feel confident with our identity and be free of labels that society may impose upon us. ”

My Grandma

Inspired by Dianah Fikriyah, Zheng Xin Yi, Sebastian Tan and Sivathaashini

“Time for lunch, Dianah.” It was Grandma’s voice. There she goes again, I thought. Ignoring her, I browsed my Snapchat feed. After repeatedly shouting for me, Grandma walked over and took my phone, “Dianah, it is time for lunch! Stop using your phone!”

“Why do I have to live with an annoying person like you?” I screamed, snatching my phone back. “I hate this!” I hissed, storming out of the house. As I walked downstairs, I stumbled and fell. To my surprise, the stairs vanished and I fell into nothingness. Without warning, I landed with a poof. I felt **disorientated** and realised that somehow, I was on my bed.

Fast Forward



“Didn’t I leave the house? Is this a dream?” Wild thoughts ran through my head as I called for my parents and Grandma. There was no answer. Instinctively, I walked towards the kitchen table and picked up the calendar. 8 September. I exhaled in relief before noticing the year. It was 2021.

Hands shaking, I stood rooted to the ground. I had travelled five years into the future. As I paced the room worriedly, there were



sounds of keys jingling and the front door opened. It was Grandma! But Grandma looked different. She looked pale and leaned heavily on a walking stick. Catching sight of me, she smiled and weakly wheezed, “Oh, you’re up! I wanted to buy lunch but had forgotten to take my purse. Silly me, let me go to my room to get it.” I instantly regretted shouting at her earlier.

“It’s okay Grandma! I can cook lunch.” Despite her poor health, Grandma insisted on helping me. I was thankful for her presence, she made me feel safe and comfortable - even in the future.



“Why are you so ill, Grandma?” I asked while preparing lunch. “This is common when growing old, my dear. Don’t you worry!” she brushed me off. Grandma looked thinner and weaker. Her hair had turned grey and her face was lined with wrinkles. My heart sank as I regretted not being more caring or loving towards her.

After lunch, I helped Grandma with the household chores and fed her medicine. As her legs were swollen, we did simple exercises to ease the pain. With Grandma resting in bed, I took the chance to take a quick nap.

Rewind to the Present

Ringggggggg! I fumbled to switch off the alarm, but found myself in an unfamiliar place. Looking around anxiously, I realised it was the hospital. Warm, trembling hands clutched mine. It was Grandma – her brow furrowed in concern. “You are finally awake! I was worried... you were unconscious after you fell! Thankfully, our neighbour was nearby and rushed you to the hospital.”

Had I not travelled to the future?

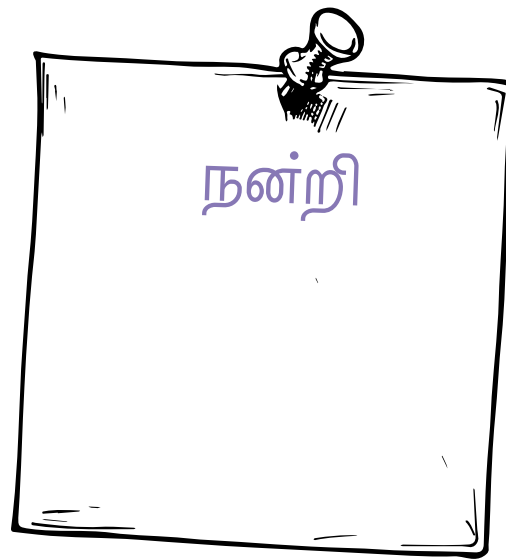
“What year is it Grandma?” I asked. “It’s 2016, silly girl! Are you more forgetful than me after the fall?” Grandma laughed. Reminded of how frail she might become, I sat up and hugged her tightly. “I’m sorry for shouting at you Grandma. Please forgive me. I love you very much.”



Illustration by Arissa Imani

Activity Page

Write a note to your grandparents / parents / loved ones and share why you are grateful to have them.





Vocabulary Glossary

Compassion

Rainbow Bridge of Wishes

Unperturbed: To not feel worried

Pursue: Attempt to achieve

Snow, the Small Cat with Big Dreams

Persevere: To continue, despite struggles

Gratitude: The feeling of being thankful

Spirit of Giving

Misdemeanours: Actions that break rules but are not crimes

Peddle: To sell items by taking them to different places

Vinx, the Lost Cat

Plight: An unpleasant situation

Bounded: To move quickly with large jumping movements

Courage

Parkour with Geronimo Stilton

Petrified: To feel extremely scared

Manoeuvres: Skilful and careful movements

Journey to Eskarion

Resolve: A determined decision

Pink Pank

Idly: To do nothing

Ostracised: To intentionally prevent a person from being part of a group

The Rollercoaster Ride of Life

Arduous: Difficult

The House

Red Tape: Official rules and processes that seem unnecessary and delay results

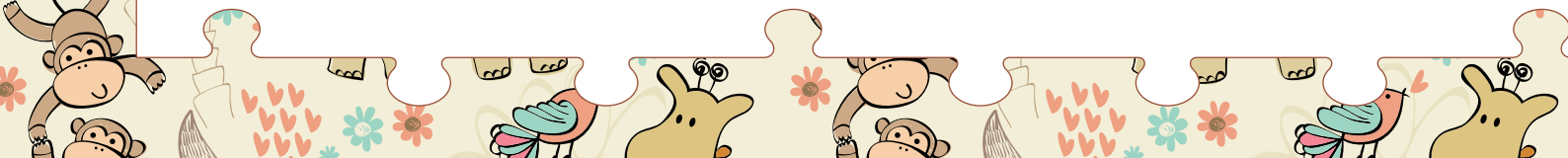
Gape: To look in surprise, often with an open mouth

Determination

My Canoeing Journey

Adversities: Challenging or unfortunate situations

Daunted: To feel discouraged about one's ability to achieve results





There Will Be Light at the End of Every Night

Ordeal: A very tough experience

Turning Points

Despondent: To feel unhappy, with no hope

Resilience: The ability to recover quickly from problems

Gratitude

A Blessing in Disguise

Optimistic: To feel hopeful about the future

Dawned: Become known or obvious

My Pillar of Life

Vulnerability: A state of being prone to physical, emotional or mental injury

Conserving Water as a Way of Life

Murky: Dark and dirty

Toiled: To work hard

Respect

A Brave Soldier

Dutifully: To fulfil one's duty

Mission to the World of Light

Adorned: To decorate an object or person

Preconceptions: An opinion formed beforehand, often a prejudice

The Person I Respect Most

Meticulous: To pay careful attention to detail

Stellar: Outstanding

My Grandma

Disorientated: To lose the sense of direction

