

# STAMP BOOKLET



## I-KANDO

Name: \_\_\_\_\_

## About the Booklet

It is important for this game to have new leaders so that this game could be sustained and allow more people to play in the future.

You should earn 100 stamps to complete I-KANDO board game. There are two parts in booklet for you to earn all stamps. Here are parts:

1. 7-week challenge: You can earn 5 stamps after completing one challenge. Therefore, you should be able to earn 35 stamps in total after finishing all 7 challenges.

2. Daily habits:

Compulsory daily habits:

You should do the three compulsory daily habits provided by I-KANDO in one day. After completing the compulsory habits, you can earn 1 stamp for that day. In this part, you should earn a minimum of 45 stamps.

Selective daily habits:

A list of daily habits is provided for you to choose. After completing one selective daily habit, you can earn 1 stamp for that day. In this part, you should earn a minimum of 20 stamps

## 1<sup>st</sup> Week Challenge

### (Water Filter)

#### Materials:

1. 2 Plastic coke or juice bottles
2. Cotton balls, small cloth, or coffee filter
3. Activated charcoal (optional)
4. Gravel or small stones
5. Clean sand
6. Dirty water (soil and water)
7. Scissor or knife
8. Tape

#### Instructions:

1. Cut the bottom of both plastic coke or juice bottles
2. Place the cotton balls in the bottle as the first layer. Use anything to push down the cotton balls.
3. Add an inch of activated charcoal as the second layer on top of the cotton layer (optional).
4. Add three to four inches of clean sand as the third layer on top of the activated charcoal layer.
5. Add two inches of gravel or small stones as the fourth layer on top of the clean sand.
6. Place the other unused bottle (cut) under the filter, and tape the bottles together.
7. Pour the glass of dirty water on top of the water filter, and compare the difference in the water quality.



#### Self-reflection:

## 2<sup>nd</sup> Week Challenge

### (Egg-Coke Experiment)

#### Materials:

1. 3 white-shelled hard-boiled eggs (and a few more if possible, since some could crack)
2. Regular coke
3. Diet coke
4. Water
5. Toothbrush and toothpaste
6. 3 clear plastic cups

#### Instructions:

1. Boil the eggs, and make sure all of the eggs do not have cracks.
2. Fill each of plastic cups, one with regular coke, one with diet coke, and one with water.
3. Fill a plastic cup with regular coke and label the cup with "regular coke" .
4. Put a boiled egg in the regular coke
5. Use the food wrap to cover the plastic cup
6. Repeat steps 2 to 4 with diet coke
7. Repeat steps 2 to 4 with water
8. Once the eggs are cooled, place one egg inside each plastic cup. Leave it overnight.
9. Write down the changes you see in each egg. Discuss ways to get the eggs back to the original state (no stain).
10. Use a toothbrush and some toothpaste to see if the stains could be removed.

#### Observations:



Self-reflection:

## 3<sup>rd</sup> Week Challenge

### (Water-Pepper Experiment)

#### Materials:

1. Shallow bowl or plate
2. Water
3. Pepper
4. Dish soap

#### Instructions:

1. Fill the bowl or plate with water (until it reaches about 1 inch).
2. Sprinkle the peppers evenly across the surface of the water.
3. Try sticking your finger (without using soap) in the water.
4. Write down what happens to the peppers on the water.
5. Try sticking your finger with soap in the water.  
Write down what happens to the peppers on the water.

#### Observations:

--	--	--	--	--

#### Self-reflection:

## 4<sup>th</sup> Week Challenge

### (Bread-and-Soap Experiment)

#### Materials:

1. Three bags
2. Bread touched with dirty hands
3. Bread touched with hand with hand-sanitizer
4. Bread touched with hand washed with soap and water
5. Paper and pen

#### Instructions:

1. Label each of the three bags with pen:
  - Dirty Hands
  - Hand Sanitizer
  - Soap and Water
2. Touch one slice of bread with dirty hands, another slice of bread with hand sanitizer, and another with hands washed with soap and water.
3. Place all the bags in the bag and seal it.
4. Take all the sealed bags and put them in a cool, dry place.
5. Look at the bread daily (without taking the bread from the bag), and write down the observations you see.

#### Observations:

--	--	--	--	--

#### Self-reflection:

## 5<sup>th</sup> Week Challenge

### (Poster Design)

#### Materials:

1. Paper
2. Colour pencils or markers

#### Instructions:

1. Choose a topic on what the individual learned through the game (or the challenge) or what the individual wants to convey to the audience.
2. Be creative!

#### Sample:



--	--	--	--	--

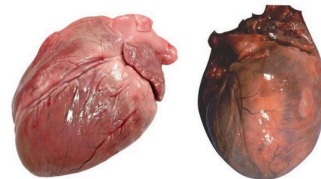
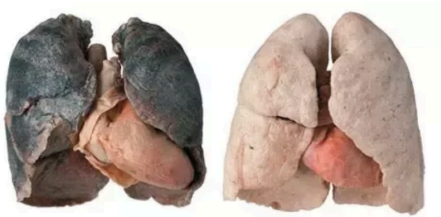
#### Self-reflection:



## 6<sup>th</sup> Week Challenge (Visual Comparison Activity)

### Materials:

1. Images (provided underneath)
2. Paper
3. Pencil (to write down some notes)



### Instructions:

1. Look at the different images provided. Answer “what are the differences between the images?”
2. Write the differences down on the paper
3. Reflect. Should people smoke or not?

### Observations:



Self-reflection:

## 7<sup>th</sup> Week Challenge (Final Assessment)

### Instructions:

1. Complete the final assessment

--	--	--	--	--

### Self-reflection:

# Daily Habit Challenge

## Instructions:

If you did 3 compulsory daily habits in a single day, you could earn 1 stamp.

### Compulsory daily habits:

1. Washing hands before eating and after going to the toilet
2. Brush teeth twice a day
3. Drink filtered water

### Selective daily habits:

1. Wash your own clothes
2. Remind your parents or peers to cover their mouths when sneezing or coughing and wash hands immediately using sanitizers or soap.
3. Eat  $\frac{1}{4}$  bowl of vegetables cooked by your parents
4. Stop eating fast food (i.e. McDonald, Kentucky) for a week
5. Eat bitter gourd in your meal
6. Wash your hands by using sanitizers or soaps immediately after backing home
7. Cover your mouth by using tissue when sneezing or coughing and wash your hand immediately using sanitizers or soap.
8. Exercise 30 minutes(Squat, Lunge Push-up) or any kinds of sports for 30 minutes or more

## Daily Habit Challenge

### Instructions:

#### COVID-19 Special

1. Wear mask every time when going outdoor.
2. Change all your clothes and take a shower immediately after backing home

\*All details and guidelines about both the compulsory and optional habits, please refer to the manual or seek help from TEA leaders.

### Compulsory Habits:

## Optional Habits:


7-week challenge: \_\_\_\_\_/35

Compulsory daily habits: \_\_\_\_\_/45

Selective daily habits: \_\_\_\_\_/20

Total: \_\_\_\_\_/100