

Heritage Institutions'

# Racial Harmony Day Resources

Catalogue for Teachers 2021



# Happy Racial Harmony Day,

FROM ALL OF US AT THE HERITAGE INSTITUTIONS!

- In this catalogue, you will find a variety of educational resources from the Heritage Institutions (Indian Heritage Centre, Malay Heritage Centre and Sun Yat Sen Nanyang Memorial Hall) based on our collections and exhibition content to learn more about the various aspects of the Indian, Malay and Chinese communities in Singapore.
- Choose from resources such as storytelling and instructional videos and craft activities, to complement your Home-Based Learning or classroom activities.
- We hope these resources will enrich your classroom sessions as well as allow you and your students/children to explore different teaching and learning experiences.
- Please click [here](#) for an overview of the resources sorted by age suitability.
- Please go to the [last slide](#) if you would like to get in touch with us.

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# Take your pick

EXPLORE THE AVAILABLE RESOURCES HERE:

1. Celebrating Commonalities: Festive Customs in Singapore
2. Festivals & Occasions
3. Cuisines
4. Clothing
5. Traditional Games
6. Art forms

Click on the tabs  
to go to specific  
sections!

Click on the  
“Home” button to  
come back to the  
content page



# Celebrating Commonalities: Festive Customs in Singapore



**Suitable for Upper Primary and Above**

“Celebrating Commonalities: Festive Customs in Singapore” highlights various aspects in the preparation and celebration of different festivals, offering insights into the colourful cultural fabric that makes Singapore so unique.

View this video to learn more about the commonalities shared amongst the different festive customs. Accompanying this video is a resource package to challenge your understanding!

## **Resources for you**

- [Watch video](#)
- [Watch resource video](#)
- [Download resource package](#)



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# 2. Festivals & Occasions

Click on the thumbnails to be directed to the specific slides



HARI RAYA & RAMADAN



LUNAR NEW YEAR - HISTORY



LUNAR NEW YEAR - PRACTICES



DRAGON BOAT FESTIVAL



MID-AUTUMN FESTIVAL



DEEPAVALI



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# Festivals & Occasions

## HARI RAYA & RAMADAN



**Suitable for Pre-school & Primary**

### Let's Learn about Hari Raya & Ramadan!

What is Ramadan and Hari Raya Puasa? Featuring our local Malay dance group ATTRIANS Singapore, this interactive video will share more about the festival, traditional Malay clothing, common festival dishes and songs. You will also get to learn some dance moves to join in the festivity!

Accompanying this video are resource guides conceptualised and designed by students from River Valley High School.

### **Resources for you**

- [Watch Video](#)
- [Online Crossword Puzzle](#)



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# Festivals & Occasions

## LUNAR NEW YEAR- HISTORY



### Let's Celebrate with Uncle Ting: Lunar New Year

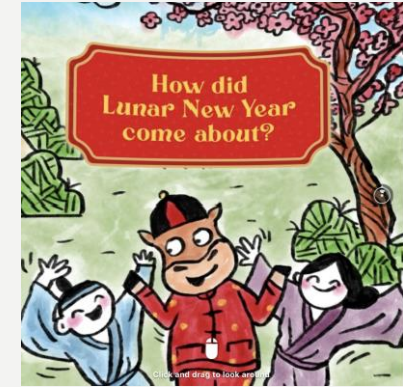
**Suitable for Pre-school – Primary**  
Join Uncle Ting to learn more about the legends and popular customs associated with Lunar New Year through a series of fun activities including red packet making!



### The Story of Ox

**Suitable for all levels**

Having qualities like patience, determination and confidence, the Ox thrives in challenging situations to achieve its goals. Watch this video and learn how the witty nature of the Rat and the braveness of the Ox come together in harmony!



### Evolution of Lunar New Year

**Suitable for all levels**

Explore the evolution of Lunar New Year celebrations from the Shang Dynasty in 1600 BC to the Modern age. People have celebrated the start of the new lunar cycle and the festive offerings have also evolved as time went on.



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# Festivals & Occasions

## LUNAR NEW YEAR- PRACTICES



### Do's and Don'ts of Lion Dance

#### **Suitable for all levels**

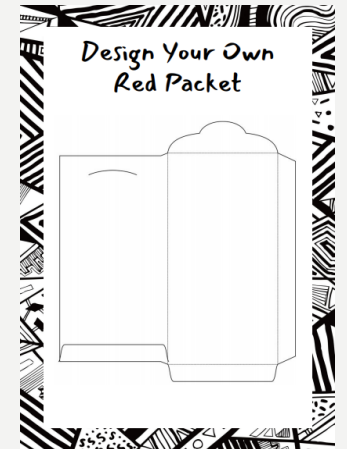
A quintessential part of Lunar New Year is the sights and sounds of a lion dance performance as it is believed to bring good luck. While chasing the beat of the drums to find a nearby performance, be sure to keep these dos and don'ts in mind!



### Tips for Spring Cleaning

#### **Suitable for all levels**

It's time to spring clean for Lunar New Year! But do you know these decorating tips and hacks to 'huat' your home?



### Craft Activities: Red Packet

#### **Suitable for all levels**

Design an auspicious red packet through this craft activity kit, and learn more about the symbolism of red packets in Chinese culture!



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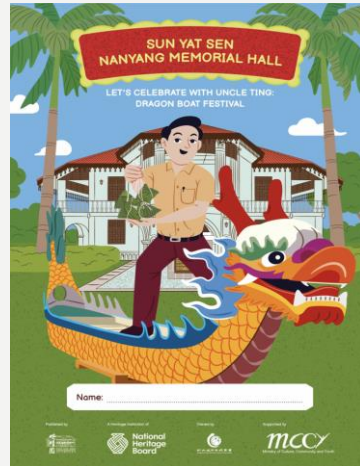
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# Festivals & Occasions

## DRAGON BOAT FESTIVAL



### Let's Celebrate with Uncle Ting: Dragon Boat Festival

#### **Suitable for Pre-school & Primary**

Join Uncle Ting to learn more about the legends and popular customs associated with Dragon Boat Festival through a series of fun activities such as origami rice dumpling folding!



### Wan Qing Dumpling Festival 2020 Video Resources

#### **Suitable for all levels**

Uncover ancient Chinese myths and practices from the well-loved Wan Qing Dumpling Festival celebrations. Click to discover an exciting line-up of digital initiatives such as cooking classes, interactive craft demonstrations and more.



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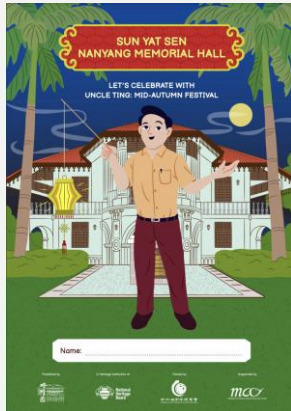
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# Festivals & Occasions

## MID-AUTUMN FESTIVAL



### Let's Celebrate with Uncle Ting: Mid-Autumn Festival

#### **Suitable for Pre-school & Primary**

Join Uncle Ting to learn more about the legend of Chang'E and popular customs associated with this festival through a series of fun activities including lantern making!



### Origins of Mid-Autumn Festival

#### **Suitable for all levels**

Watch this video to learn how Chang'E came to be the Moon Goddess. Legend has it that she ascended to the skies and chose to live on the moon to stay close to her beloved husband, Hou Yi, after being forced to drink the elixir of immortality.



### Wan Qing Mid-Autumn Festival 2020 Video Resources

#### **Suitable for all levels**

Uncover ancient Chinese myths and practices from the well-loved Wan Qing Mid-Autumn Festival celebrations. Click to discover an exciting line-up of digital initiatives such as cooking classes, interactive craft demonstrations and more.



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# Festivals & Occasions

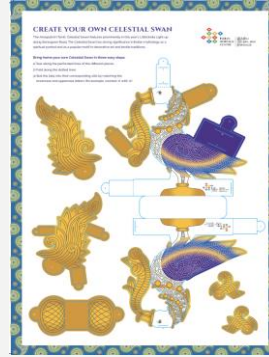
## DEEPAVALI



### Kavadi

#### **Suitable for Pre-school & Primary**

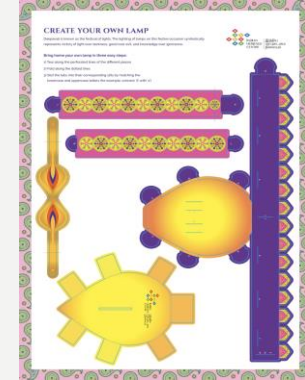
One of the festivals celebrated by some Hindus in Singapore is Thaipusam. During Thaipusam, some devotees carry a structure called *Kavadi* on their shoulders and walk along a 4km procession. Create your own mini *Kavadis* by downloading this craft activity sheet.



### Celestial Swan

#### **Suitable for all levels**

Deepavali is one of the many festivals celebrated by members of the Indian community. Light up your Deepavali celebration by making a celestial swan decoration.



### Oil Lamp

#### **Suitable for all levels**

Deepavali is known as the festival of lights. Learn more about the significance of lighting of oil lamps on this festive occasions and create one yourself.



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# 3. Cuisines

Click on the thumbnails to be directed to specific slides



MALAY CUISINE



RAMADAN & HARI RAYA



CHINESE CUISINE



LUNAR NEW YEAR



CHINESE BIRTHDAY CUSTOMS



WEDDING



MULTICULTURAL CUISINES - PRECINCT RELATED



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# Cuisines

## MALAY CUISINE



**Suitable for Upper Primary & above**

### “Selera Warisan” Series

Tune into mouth-watering cooking sessions of delicious Malay cuisines with local personalities such as Marina Yusoff and former MP Amrin Amin to work up a *selera* (or appetite). Do give these recipes a go!

These videos are part of the “Selera Warisan” (Tastes of Heritage)” series by the Malay Heritage Centre.

### Resources for you

- [Watch video](#)



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# Cuisines

## MALAY CUISINE- RAMADAN & HARI RAYA CUISINES



### Tales from the Nusantara: Hafiz and the Raya Recipes

#### **Suitable for Pre-school & Primary**

Discover more about Hari Raya traditions and some of the delicious cuisines from the Malay community. Join Hafiz as he goes on a hunt to find his grandmother's recipes to whip up some of his favourite Malay dishes for Hari Raya! Continue the learning experience by [downloading other educational resources!](#)



### Know Your Kuih Raya like a Pro

#### **Suitable for all levels**

Find out how Raya snacks got their names and look at the etymology of 5 common types of *kuih* (snack) Raya — from *kuih makmur* to *tapak kuda*.



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# Cuisines

## MALAY CUISINE- RAMADAN & HARI RAYA CUISINES



### "Kuih Raya!" Series

#### Suitable for all levels

Find out more about the different *kuih* eaten and usually made during the Hari Raya celebration! Try out these snacks with your family and friends with these short, animated baking demonstrations.



### Let's Learn about Hari Raya food

#### Suitable for Pre-school to Primary

Learn about the traditional Malay dishes that are also commonly served during Hari Raya Puasa and understand the importance of eating together during Hari Raya Puasa. Comes together with [puzzles](#) and [Ingredients quiz](#) printout.



### Ramadan Trivia

#### Suitable for Pre-school to Primary

*Kurma, bubur masjid, air katira.* What do these things have in common? They're all food and drinks commonly associated with Ramadan — but have you ever wondered why? Learn about the significance behind common food and drinks consumed during the fasting month.



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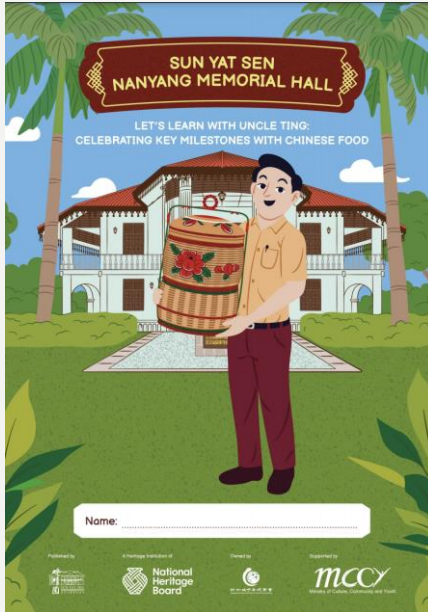
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# Cuisines

## CHINESE CUISINE



**Suitable for Pre-school & Primary**

### Let's Learn with Uncle Ting: Celebrating Key Milestones with Chinese Food

Join Uncle Ting in celebrating the key milestones in life, and discover the symbolism of food in Chinese culture through a series of fun activities!

Resources for you:

- [Activity booklet](#)



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# Cuisines

## CHINESE CUISINE - LUNAR NEW YEAR CUISINES



### Lunar New Year dishes - Interpretations of 12 zodiac signs of food)

#### **Suitable for all levels**

We love our Lunar New Year dishes, from tantalizing *Bak Kwa* to sweet Thousand Layer cake and more. Find out our interpretation of the twelve zodiac signs as food and the meanings behind them!



### Nian Gao

#### **Suitable for all levels**

Consuming *Nian Gao* during Lunar New Year is believed to bring good luck. Learn how to make a yummy *Nian Gao* “sandwich”, coupled with some *Nian Gao* facts!



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# Cuisines

## CHINESE CUISINE



**Suitable for Primary and above**

### Chinese Birthday Customs

In the Chinese culture, birthdays are traditionally not celebrated every year. Instead, birthday celebrations are practiced during key stages of our lives. Watch this video to learn more about Chinese birthday customs!

#### Resources for you

- [Watch video](#)



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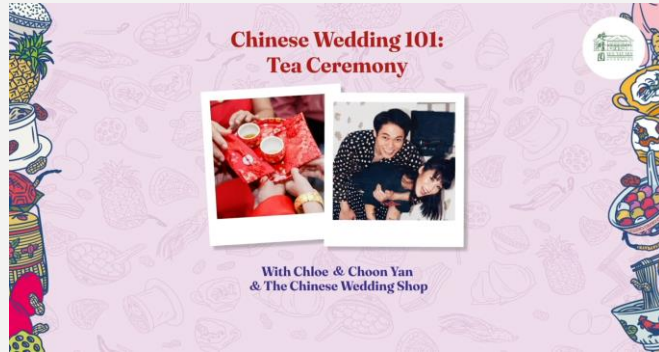
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# Cuisines

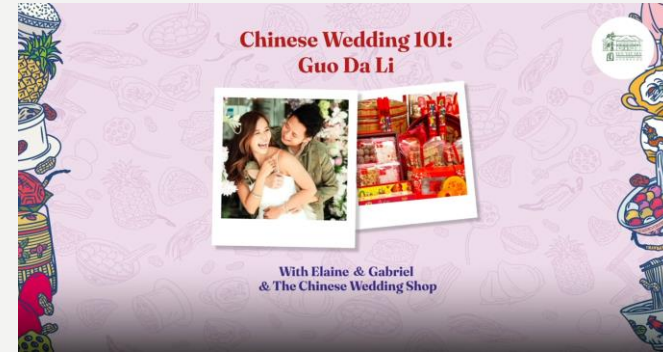
## CHINESE CUISINE- WEDDING



### Chinese Tea Ceremony

#### **Suitable for Upper Primary and above**

The Tea Ceremony is one of the most significant rituals in a Chinese wedding, where the bride and groom show respect and gratitude to their families by serving tea to both parents. Watch this video and learn more about the food items used in a tea ceremony.



### Guo Da Li

#### **Suitable for Upper Primary and above**

*Guo Da Li* marks the union of two families and symbolise the groom's intention to marry the bride. Learn about *Guo Da Li* of different dialect groups and find out the meaning behind each gift item in this ceremony.



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## MULTICULTURAL CUISINES - PRECINCT RELATED



Embark on a mouthwatering journey and learn about the different cuisines from Singapore's various ethnic communities through iconic local dishes such as *Bak Kut Teh*, *Nasi Lemak*, *Murgh Malai Tikka*, and more - all hidden along Balestier Road!



Take a trip down memory lane with these nostalgic snacks that used to be found at provision shops (also known as 'mamak shops') back in the day! From sweets to household items and daily necessities, these mamak shops are bound to have everything you need.



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# 4. Clothing

Click on the thumbnails to be directed to the specific slides



MALAY TRADITIONAL CLOTHING



INDIAN TRADITIONAL CLOTHING



CHINESE TRADITIONAL CLOTHING



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# Clothing

## MALAY TRADITIONAL CLOTHING



### 5 Different Styles of Wearing the Samping

#### **Suitable for all levels**

Make sure to look your best when you go Raya visiting to your parents' and grandparents' by wearing your *Baju Melayu* complete with the *samping* in this handy how-to guide!



### Malay Ladies' Fashion Through the Ages

#### **Suitable for all levels**

Cotton, *batik*, lace, *songket* – from material to design to embellishments, Malay fashion has evolved over time. Be transported on a journey through the years with the ladies of the Malay Heritage Centre as they showcase beautiful Malay fashion from the 1920s to now.



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# Clothing

## MALAY TRADITIONAL CLOTHING



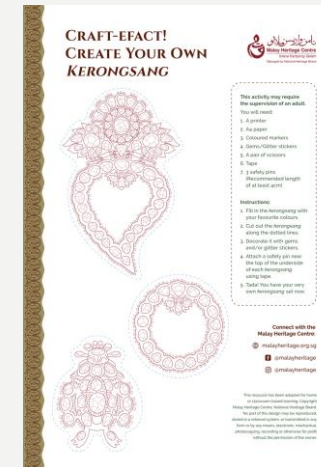
### Let's Learn about Malay Traditional Outfits

**Suitable for Pre-school & Primary School**

Learn how to identify Malay traditional costumes and clothing accessories such as *Baju Kurung*, *Baju Melayu*, *Songkok*, *Tudung* and *Kain Songket* in this helpful guide.

**Resources for you:**

- [Educator's Guide](#)
- [Accompanying Infographic](#)
- Craft Activities Printout: [Male Clothing](#) | [Female Clothing](#)



### Let's Learn about Kerongsang

**Suitable for Pre-school – Secondary School**

Craft-efact is a play on the word 'craft' and 'artefact' where children can observe an artefact and learn more about them through a simple colouring and craft activity. Learn more about the *kerongsang*, which is a type of brooch that is used to pin together the *baju kebaya*. An accompanying [resource guide](#) is also available to extend your experience.



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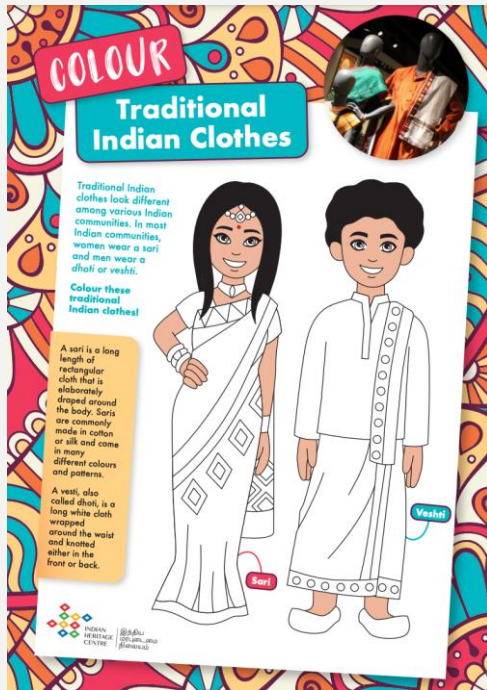
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# Clothing

## INDIAN TRADITIONAL CLOTHING



### Colour Traditional Indian Clothes

Traditional Indian clothes look different among various Indian communities. In most Indian communities, women wear a *sari* and men wear a *dhoti* or *veshti*. Colour these traditional Indian clothes to learn more about them!

### Resources for you

- [Colouring sheet](#)

**Suitable for Pre-school & Primary**



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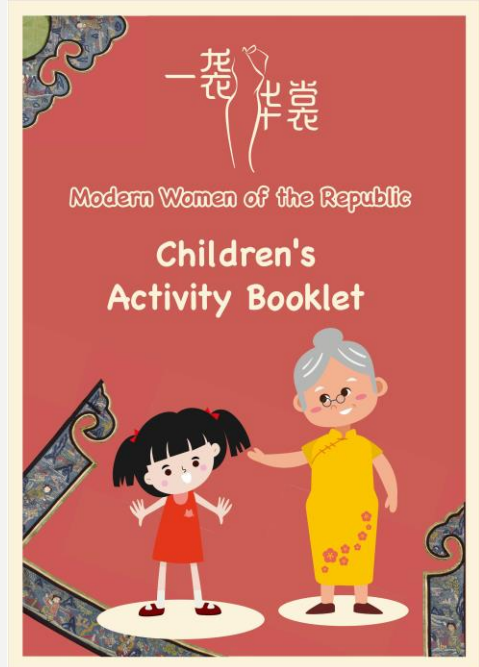
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# Clothing

## CHINESE TRADITIONAL CLOTHING



**Suitable for Primary School & above**

### “Modern Women of the Republic: Fashion and Change in China and Singapore” Special Exhibition - Activity Booklet (History & evolution of women’s fashion)

This exhibition explores the evolution of modern women’s fashion from the late Qing era to 1970s. Explore the changes in the fashion trends through these fun activities.

#### Resources for you

- [Download activity booklet](#)



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# 5. Traditional Games

Click on the thumbnails to be directed to the specific slides

## Traditional Games



**And the Games We Played**  
**Suitable for Primary School & above**  
Using high-speed filming techniques, this short video introduces the game play of five traditional kangaroo games played during the early 70s to 80s in Singapore. This includes help Scramble (Five Stones), Chupit (3 in a Row), Rock (shell game), Cat (Patched), Going Down (Tag) & Peret (Zero Point).



**Traditional Games (Summary)**  
**Suitable for all levels**  
Do you recognise any of these old-school games? From Chupit and Going to Jail, these were some of our parents' and grandparents' traditional kangaroo games played during their childhood. Learn more about how each of these games are played in the video!



## Traditional Games



**Aadi Pull Aadam (A Game of Goats & Tigers)**  
**Suitable for Primary School & above**  
Learn how to make and play Aadi Pull Aadam (A Game of Goats & Tigers), a traditional Indian game.




**Parama Padam (Snake & Ladders)**  
**Suitable for Primary School & above**  
Learn how to make and play Parama Padam (Snake & Ladders), a traditional Indian game.

Resources for you:


- Watch Video
- Printable Boardgame
- Printable Dice



## Traditional Games





**Pallanguzhi**  
**Suitable for Primary School & above**  
Learn how to make and play Pallanguzhi, a traditional Indian game.



**Spinning Top**  
**Suitable for all levels**  
Enjoy some old school fun by creating your own spinning top!

Resources for you:

- Watch Video
- How to Make Pallanguzhi



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# Traditional Games



## And the Games We Played

### **Suitable for Primary School & above**

Using high-speed filming techniques, this short video introduces the game play of five traditional kampung games, played during the early 70s to 80s in Singapore. This includes *batu Seremban* (Five Stones), *Chapteh* (*ti jian zi*, 'kick shuttlecock'), *Guli* (Marbles), *Gasing* (Spinning Top) & *Ye-ye* (Zero-Point).



## Traditional Games (Summary)

### **Suitable for all levels**

Do you recognise any of these old-school games? From *Chapteh* and *Gasing* to *Guli*, these were some of our parents' and grandparents' traditional kampong games played during their childhoods. Learn more about how each of these games are played in the video!



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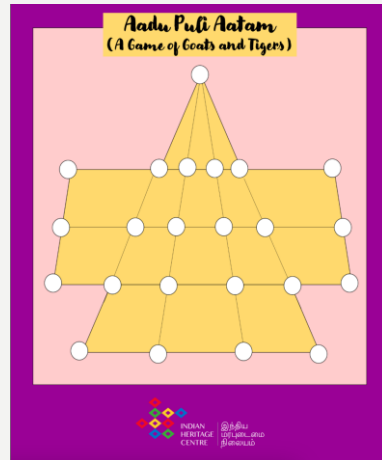
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# Traditional Games



## Aadu Puli Aatam (A Game of Goats & Tigers)

**Suitable for Primary School & above**

Learn how to make and play *Aadu Puli Aatam* (A Game of Goats & Tigers), a traditional Indian game.



## Parama Padam (Snake & Ladders)

**Suitable for Primary School & above**

Learn how to make and play *Parama Padam* (Snake & Ladders), a traditional Indian game.

Resources for you:

- [Watch Video](#)
- [Printable Boardgame](#)
- [Printable Dice](#)



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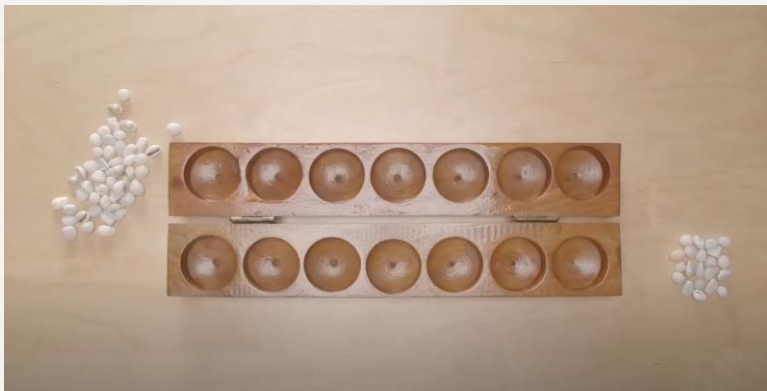
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# Traditional Games



## Pallanguzhi

**Suitable for Primary School & above**

Learn how to make and play *Palanguzhi*, a traditional Indian game.

**Resources for you:**

- [Watch Video](#)
- [How to Play Pallanguzhi](#)



## Spinning Top

**Suitable for all levels**

Enjoy some old school fun by creating your own spinning top!



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# 6. Traditional Art Forms

Click on the thumbnails to be directed to the specific slides



WAYANG KULIT



MALAY MUSICAL  
INSTRUMENTS,  
BANGSAWAN & FILEM



CHINESE  
CALLIGRAPHY



CHINESE OPERA



CHINESE DRUMS



RANGOLI ART



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# Traditional Art Forms

## WAYANG KULIT



### [My First Wayang Kulit Show](#)

**Suitable for Pre-school & Primary School**

Explore the wonders of *wayang kulit* together with Laila in this interactive online game! Get a chance to be a little *dalang* (puppeteer), put up your first *Ramayana* performance and get a chance to learn what goes on behind the screen in a *wayang kulit* show.



### [Fantastic Heros & Beasts of the Malay World: The Magical World of Wayang Kulit](#)

**Suitable for Educators, Secondary School & above**

Rediscover fantastical tales about the Malay world in our series, Fantastic Heroes & Beasts of the Malay World! In this second episode, the MHC Curatorial team delve into the magical world of *wayang kulit*.



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# Traditional Art Forms

MALAY MUSICAL INSTRUMENTS, BANGSAWAN & FILEM



## [Permanent-Galleries: Curator's Tour - Muzik \(Music\) Gallery](#)

**Suitable for Secondary School & above**

Come explore the permanent galleries of the Malay Heritage Centre from the comforts of your own home! In this video, discover artefacts and objects from the *Muzik* gallery through anecdotes and insights shared by our curator.



## [Permanent - Galleries: Curator's Tour - Bangsawan & Filem \(Film\) Gallery](#)

**Suitable for Secondary School & above**

In this video, discover artefacts and objects from the Bangsawan & Filem gallery through anecdotes and insights shared by our curators.



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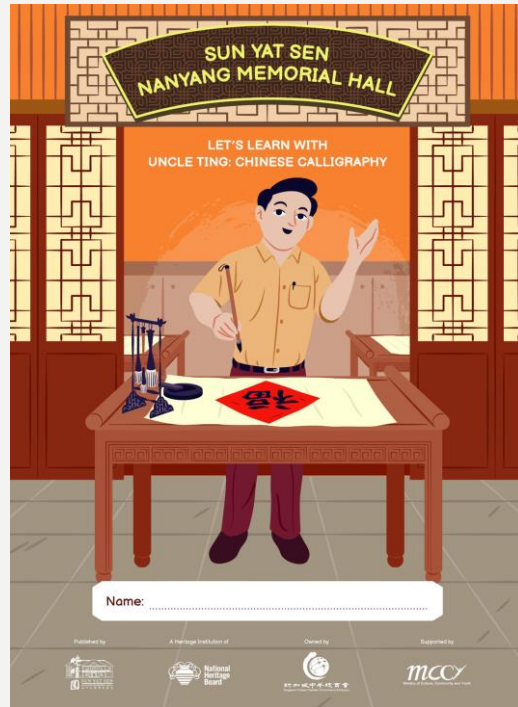
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# Traditional Art Forms

## CHINESE CALLIGRAPHY



### Let's learn with Uncle Ting: Chinese Calligraphy

In ancient China, scholars relied on the Four Treasures of the Study - the ink brush, ink stick, paper and inkstone. Learn more about Chinese calligraphy through a series of fun activities.

### Resources for you:

- [Activity booklet](#)

**Suitable for Pre-school**



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# Traditional Art Forms

## CHINESE OPERA



Suitable for all levels

### Let's learn with Uncle Ting: Chinese Opera

Delve into the colourful world of Chinese opera with news journalist, Uncle Ting. Learn about this fascinating art form through a series of fun activities.

### Resources for you

- [Watch Video](#)
- [Activity booklet](#)
- [DIY Chinese Opera Mask](#)



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# Traditional Art Forms

## CHINESE DRUMS



**Suitable for Upper Primary & above**

Did you know that drummers performed during times of war to give the impression of a stronger troop and to intimidate opponents? Drumming eventually became a key celebration component during Chinese festivals, giving support to practices such as lion and dragon dance performances. Learn more facts about Chinese drums in the video below.

Resources for you:

- [Watch Video](#)



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# Traditional Art Forms

## LION DANCE



**Suitable for Upper Primary & above**

Explore the River Hongbao 2021 exhibition titled “Guardians of Good Fortune: The History of Lion Dance in Singapore” with this guided tour video series! This video series is presented by students from Anderson Secondary School, Catholic High School and River Valley High School. Watch these videos to learn more about the history and development of lion dance in Singapore, and create your own lion dance mask!

### Resources for you

- [Watch video on the history of lion dance in Singapore](#)
- [Infographic on the symbolism of lions](#)
- [DIY Lion Dance Mask](#)



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# Traditional Art Forms

## RANGOLI ART



Make your own *Rangoli* art at home using our templates! Fill in the spaces with coloured sand, beads or rice. You can also colour them in using coloured pencils to create your own *Rangoli* artwork. Click on the video link on how to make your own *Rangoli* art!

### Resources for you

- [Watch video](#)

**Suitable for Pre-school & Primary School**



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# Age Suitability

Pre-school students (3 – 6 years old)	Primary School Students (7 to 12 years old)	Secondary School Students (13 to 17 years old)	Tertiary Institutions (17 years old & above)	Teachers
	Celebrating Commonalities: Festive Customs in Singapore			
Let's Celebrate with Uncle Ting: Lunar New Year   Let's Celebrate with Uncle Ting: Dragon Boat Festival Let's Celebrate with Uncle Ting: Mid-Autumn Festival Let's Learn with Uncle Ting: Celebrating Key Milestones with Chinese Food Kavadi   Celestial Swan   Oil Lamp   Rangoli Art Colour Traditional Indian Clothes Let's Learn about Hari Raya & Ramadan!   Tales from the Nusantara: Hafiz and the Raya Recipes Let's Learn about Hari Raya food   Ramadan Trivia   Let's Learn about Malay Traditional Outfits My First Wayang Kulit Show			The Magical World of Wayang Kulit ---- Curator's Tour - Muzik (Music) Gallery ----- Curator's Tour - Bangsawan & Filem (Film) Gallery	
Let's learn with Uncle Ting: Chinese Calligraphy	"Selera Warisan" Series   And the Games We Played Chinese Birthday Customs   Chinese Tea Ceremony   Guo Da Li   Chinese Drums  Lion Dance History & evolution of women's fashion Aadu Puli Aatam (A Game of Goats & Tigers)   Parama Padam (Snake & Ladders) Pallanguzhi   Spinning Top			
Let's Learn about Kerongsang				
The Story of Ox   Evolution of Lunar New Year   Do's and Don'ts of Lion Dance Tips for Spring Cleaning   Craft Activities: Red Packet  Let's learn with Uncle Ting: Chinese Opera Wan Qing Dumpling Festival 2020 Video Resources   Origins of Mid-Autumn Festival Wan Qing Mid-Autumn Festival 2020 Video Resources Know Your Kuih Raya like a Pro  "Kuih Raya!" Series Lunar New Year dishes - Interpretations of 12 zodiac signs of food) Nian Gao   Balestier Food   Traditional Snacks 5 Different Styles of Wearing the Samping  Malay Ladies' Fashion Through the Ages Traditional Games (Summary)			<div>Click on the "Home" button to go back to the content page</div> <div></div>	

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# FEEDBACK

The Heritage Institutions will continue to expand and review our resources to best support teachers and students.

We would love to hear how you have used these resources, and what other resources you would like to see from us. Please share your experience with us so that we can continue to improve on our offerings and benefit others too!

Reach us at:

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Thank you!