

Girl Guides Singapore 5-Point Programme Module Overview



Enrolment Clauses

No.	Clauses
1. The Fundamentals	Describe and understand the Three-Fold Promise, the Guide Law and the Motto.
2. Key Elements	2.1 Understand the meaning of the Guide Sign, the Guide Salute and the Guide Handshake. 2.2 Understand the meaning of the Good Turn. 2.3 Know how to wear the uniform correctly.
3. Our History	Know briefly: 3.1 How the Guide Movement began 3.2 The growth and structure of Girl Guides Singapore (GGS).
4. Our World	Know the meaning of: 4.1 The Guide Trefoil, the World Badge, the World Flag; 4.2 Thinking Day and Thinking Day Fund.
5. Our Activities	Participate in: 5.1 Kim's Game; 5.2 The following Ceremonies - Roll Call, Inspection, Colours, Enrolment
6. Our Signals	Know the whistle and hand signals.

	Clause	Learning Objectives
PERSONAL & SOCIAL DEVELOPMENT	Module 1: Physical Development: Personal Care	
	1.1 Hygienic Me	Understand one's personal hygiene and caring for the body. Recall the seven steps to proper handwashing techniques.
	1.2 You are What You Eat	Explain the importance of a balanced diet.
	1.3 Staying Fit	List three good habits to stay healthy and fit.
	1.4 Keep the Diseases at Bay	Describe two health related diseases and list two preventive ways that you can do to prevent common illnesses.
	1.5 A Balanced Lifestyle	Plan a week of activities and explain if the activities follow a balanced lifestyle.
	Module 2: Emotional Development: Emotional Quotient	
	2.1 All About You	Describe three good qualities that you have and reflect on how you would use these qualities to do good.
	2.2 Developing Self-control	List three ways to control your emotions. Identify three strategies each to control stress, anger and depression.
	2.3 Understanding the Self	Discuss your own strengths and weaknesses. Set goals to develop your own strength and correct your weaknesses.
	Module 3: Social Development - Social Skills	
	3.1 Explore the Arts	Explore the Arts: the Literary Arts, the Performing Arts, the Visual Arts. Express yourself, working on one of them.
	3.2 Conducting Your Best Self	Demonstrate good deportment and posture and be able to speak and conduct yourself properly in public. Demonstrate the appropriate attire and table etiquette for various occasions.
	3.3 Perfect Your Presentations	Be able to speak before a group.
	3.4 The Art of Communicating	Describe the various ways of verbal and non-verbal communication.
	3.5 Leadership	Be able to explain the different leadership styles. Be a leader for any event/project.
	3.6 Think Critically	Describe the basic critical thinking skills and explain how you can develop such skills.
	3.7 Surf Safely	Acquire skills for cyber safety.
3.8 Decision Making	Describe the decision making process and explain how you can improve your daily decision making skills.	

	Clause	Learning Objectives
HOME	Module 1: Home	
	1.1 Cooking for the Family	Plan and cook a simple balanced meal for a family of 5 (including an elderly).
	1.2 Washing for the Family	Identify the different clothes material and differentiate the different washing methods. Describe the steps of family washing. Iron a blouse/shirt with a steam iron. Make a simple repair to a torn cloth and sew a button on a blouse.
	1.3 The Stain Master	Differentiate the different types of stains and remove a stain on an object (carpet, clothes, wall or furniture).
	1.4 Keeping Your Home Tidy and Clean	Keep the house clean and tidy and describe tips on cleaning the house more efficiently. Differentiate the four different types of cleaning agents (abrasive, glass cleaner, all-purpose cleaning agent and disinfectant).
	Module 2: Household	
	2.1 Safety First	Discuss safety devices and measures in the home. Locate water, gas and electric mains. Know how to operate them.
	2.2 Safety Hazards at Home	Identify hazards at home including fire, haze, mosquito breeding areas.
	Module 3: Thrift	
	3.1 Simple Repairs	Make a simple repair in the home (eg changing bulb, repairing pot/pan handles, repairing a tear on clothes).
	3.2 Recycling or Reusing Materials	Understand more about the recycling process in Singapore. Make an article by recycling or reusing materials.
	3.3 Being Thrifty at Home	Discuss ways to be thrifty in the use of money, utilities, food and time.

	Clause	Learning Objectives
COMMUNITY	Module 1: Knowledge Of Community	
	1.1 Our Singapore Government	State your Member of Parliament (MP) and Constituency. Describe the Singapore Parliamentary system and the role of MPs.
	1.2 Navigate Your Way	Describe how to use the street directory, phone applications, or GPS to give clear directions to a given place in the neighbourhood.
	1.3 Caring for Public Property	Show care for public property (school/neighbourhood) in a weekly journal for two weeks.
	Module 2: Emergency Preparedness	
	2.1 Preparing for Emergency	Describe how to deal with fire, electrical and gas accidents.
	2.2 Preparing for First Aid	Prepare a First Aid kit and know how to render basic first aid.
	2.3 Using AED	Demonstrate how to use the AED and identify the location of the AED in your school and neighbourhood.
	2.4 Stay Alert, Stay United and Stay Strong	Describe the core pillars of SG secure.
	Module 3: Service To Others	
	3.1 Service to Others	Plan and carry out a service (at least four 1-hour sessions) to an eldercare or children's home or hospital. Keep a journal and reflection of the service.

OUTDOORS	Clause	Learning Objectives	
	Module 1: Outdoor Experiences		
	1.1 Camping Galore	Pitch, strike and pack with other Guides a canvas tent. Make at least three of the following gadgets: clothes line, shoe rack, baggage rack, kitchen dresser, fire altar, work table. Light a fire out of doors using natural materials and cook on it. State the safety precautions in handling an axe and chop a piece of wood.	
	1.2 Camping the Guides Way	Participate in a Guide camp under tent for at least two nights and three days. The Guide camp should include constructing simple gadgets, camp cooking and having a campfire.	
	Module 2: Understanding The Environment		
	2.1 Get to Know the Local Flora and Fauna	Identify five local flora and fauna.	
	2.2 Observing the Local Flora and Fauna	Observe closely one local flora and fauna in your local environment.	
	2.3 Be an Agent of Change	Identify a conservation issue in the world and participate in one conservation project.	
	2.4 Map the Way	Describe how to use Google Map/GPS/any other device to give clear directions to a given destination in Singapore.	
	Module 3: Outdoor Pursuits		
3.1 Enjoying the Outdoors	Participate in any two of outdoor activities e.g. backwoodsman cooking, kayaking, campfire, cycling, hiking, orienteering, wide game, etc.		

INTERNATIONAL	Clause	Learning Objectives	
	Module 1: My Globe		
	1.1 Supporting the UN for Sustainable Development Goals	Discuss any two UN Sustainable Development Goals (SDGs).	
	1.2 Singapore's Contribution to SDG	Discuss a current world issue/event that affects Singapore.	
	Module 2: My Guiding World		
	2.1 Proud to be a part of WAGGGS	State your Unit, Division and Region in WAGGGS. Describe the organisation structure of Girl Guides Singapore. Describe the structure of the WAGGGS movement.	
	2.2 Flying the World Flag	Describe the flag etiquette at Guide events.	
	2.3 Procedures for Colour Party	Participate in a ceremony involving the use of World Flag.	
	2.4 A Journey through the World Centres	Describe the historical significance, unique programmes and activities of each World Centre.	
	Module 3: My Guiding Friend		
3.1 Guiding Around the World	Describe the similarities and differences in Guiding programmes between Australia, Finland and Singapore.		
3.2 Hosting a Fellow Guide from Another Country	Describe how to host or participate in hosting a Guide from a member country.		