



# 豚豚与鲸鲸： 家的回声

PHINNY & WALLY:  
ECHOES OF HOME

## 编剧寄语 A NOTE FROM PLAYWRIGHT

北冰洋一直深深吸引着我。我常想，它究竟藏着怎样的故事——关于海洋生物、生活在那里的人民、不断变化的冰层与海洋。我最近读到，北极的升温速度几乎是全球平均值的四倍。未来，它还会是我们熟悉的模样吗？还是会变得面目全非？

《豚豚与鲸鲸》是我们想像那些海洋未被说出的故事的一种方式。它让我们听见那些很少被关注的生物的声音，也开启了一个对话——关于那些离我们很远，却与我们共享同一个世界的生命。它们的恐惧、希望、快乐与孤独，其实和我们没那么不同。而在朋友的陪伴和一点点勇气之下，也许这个世界没那么可怕。

希望通过它们的故事，你能对海洋产生更多好奇心，也感受到与它更深的连接。毕竟，我们的家，也是它们的家。

The Arctic Ocean has always fascinated me. I often wonder about the stories it holds—of marine animals, people who live there, the shifting ice and changing seas. I recently read that the Arctic is warming nearly four times faster than the global average. In the future, will it still be recognisable, or will it change beyond what we know?

Phinny & Wally is our way of imagining the ocean's untold narratives. To give voice to creatures we rarely hear from, and to begin a conversation about lives far from ours that still share our world. Their fears, hopes, joys, and loneliness aren't so different from our own. And with a little courage and help from friends, maybe the world isn't quite so scary.

Through their story, I hope you feel a little more curious about the oceans—and a little more connected. After all, our home is theirs too.

— 廖秀丽 CHERILYN WOO

## 导演寄语 A NOTE FROM DIRECTOR

很高兴今年能参与《豚豚与鲸鲸：家的回声》的制作，并与它们一起探索北冰洋的冒险旅程。豚豚和鲸鲸拥有一段美好的友谊，能够见证它们在困难时彼此扶持、互相鼓励，令人非常感动。面对新环境和结识新朋友的确具有挑战性，但当你身边有最好的朋友同行，一切都会变得容易一些。

阿乐是豚豚和鲸鲸的新朋友，我非常期待大家认识并了解它。透过阿乐，我们意识到“家”不仅仅是一个地方——它也可以是一种感觉、一段友谊、我们周遭的环境，或是让我们想起亲人和家的声音。

希望你与豚豚、鲸鲸和阿乐一起踏上这段旅程时，能感受到我们彼此之间的紧密联系——无论是人与人之间，还是人与自然之间。我们都有责任珍惜并守护我们在乎的事物。

我很享受与团队一同创造这个世界的每一刻，也希望你在这场冒险旅程中，能与这三个角色共度一段美好的时光。

It has been a joy to come on board *Phinny & Wally: Echoes of Home* and join them on their adventures this year as they explore the Arctic Ocean. Phinny and Wally share a wonderful friendship, and it has been so special to witness the way they support and encourage each other — especially when times get tough. Navigating a new environment and meeting new friends can be challenging, but it becomes easier when you have your best friend journeying alongside you.

Arlo is Phinny and Wally's new friend, and I am so excited for everyone to meet and get to know him. Through him, we learn that "home" is more than just a place—it can also be a feeling, our friendships, the environment around us, and in the sounds that connect us to our family and home.

I hope that as you embark on this journey with Phinny, Wally, and Arlo, you are reminded of how interconnected we all are—to the people in our lives and to the environment we share. We have a responsibility to love and protect the things we care about.

I have enjoyed every moment of creating this world with my team, and I hope you, too, will have a wonderful time on this adventure with the three of them.

— 杨佳乐 DEONN YANG



## 关于九年剧场 ABOUT NINE YEARS THEATRE

九年剧场是个新加坡华语剧团；我们致力于创作高品质的华语作品，同时讲述关于人性的故事。

Nine Years Theatre is a theatre company in Singapore dedicated to creating high-quality Mandarin works, telling stories that remind us of our humanity.



加入电邮讯息群，得知未来演出消息和优惠！  
Join our mailing list to get notified of future performances and promotions!

关注我们的社交媒体！

Follow us @nineyearstheatre on:  
Facebook | Instagram | 小红书 | LinkedIn | YouTube

## 支持华语儿童剧，支持九年剧场 SUPPORT MANDARIN CHILDREN'S THEATRE, SUPPORT NINE YEARS THEATRE

如果您有能力，每一笔捐款，无论金额大小，都能带来深远的影响。

您的支持为我们的热忱注入动力，使我们能够持续创作、演出、启发人心。欢迎捐款，与我们一起继续演绎动人故事。

九年剧场是一个具公益机构 (IPC) 资格的文化团体。您的捐款将享有 250% 的税务扣除，同时也能帮助我们获得由文化、社区及青年部设立的

## 文化捐献配对基金一对一资助。 每一分捐款都意义非凡。

支持我们，加入「九宫格捐助方案」。

If you're in a position to give, every contribution — big or small — makes a meaningful difference.

Your support fuels our passion and enables us to keep creating, performing, and inspiring. Donate today and help us continue telling stories that connect us all.

As Nine Years Theatre is an Institute of Public Character (IPC), your donation qualifies

for a 250% tax deduction. It will also help us benefit from the Cultural Matching Fund, a dollar-for-dollar grant set up by the Ministry of Culture, Community and Youth.

Every dollar makes an impact.

Support us, be part of the 9-cell Donation Grid.



了解更多，请浏览：  
To learn more, visit [nineyearstheatre.com/donate](http://nineyearstheatre.com/donate)

<p><b>规格 STANDARD</b> \$250 and above 或以上</p> <p>Your donation helps us establish systems to perfect our operations.</p> <p>你的捐赠帮助我们建立系统，完善运作。</p>	<p><b>体格 PHYSIQUE</b> \$500 and above 或以上</p> <p>Your contribution helps us share the training methods that build our physique.</p> <p>你的赞助支援我们分享训练，强身健体。</p>	<p><b>性格 PERSONALITY</b> \$1,000 and above 或以上</p> <p>Your backing helps us accumulate our experiences and grow our personality.</p> <p>你的支持协助我们累积经验，培养个性。</p>
<p><b>风格 STYLE</b> \$2,500 and above 或以上</p> <p>Your support pushes us to explore and create new directions.</p> <p>你的拥护促使我们不停探索，建立方向。</p>	<p><b>人格 CHARACTER</b> \$5,000 and above 或以上</p> <p>Your generosity encourages us to work hard and nurture our character.</p> <p>你的慷慨鼓励我们磨练意志，自强不息。</p>	<p><b>升级 ADVANCEMENT</b> \$7,500 and above 或以上</p> <p>Your trust spurs us to strive for higher excellence.</p> <p>你的信任激发我们力求精进，更上层楼。</p>
<p><b>超越 BREAKTHROUGH</b> \$10,000 and above 或以上</p> <p>Your kindness moves us to head for the unknown and create bravely.</p> <p>你的胸怀推动我们深入未知，勇敢创意。</p>	<p><b>品格 TASTE</b> \$25,000 and above 或以上</p> <p>Your foresight inspires us to learn about art and the humanities.</p> <p>你的远见启发我们了解艺术，宣扬人文。</p>	<p><b>别具一格 UNIQUENESS</b> \$50,000 and above 或以上</p> <p>A heart-felt bow from all of us at Nine Years Theatre.</p> <p>九年剧场全体演、职人员深深鞠躬。</p>

## 感谢捐助者 THANK YOU TO OUR DONORS

我们由衷感谢以下所有企业、「九宫格捐助计划」和其他捐助者，让我们有能力继续呈献高素质的制作。

To the following corporate and individual donors, we thank you from the bottom of our hearts, for making it possible for us to continue creating high quality theatre productions.

### 企业捐助 CORPORATE DONORS

Hock Tong Bee Pte Ltd

Allied World Assurance Company Ltd.

Pek Sin Choon Pte Ltd

### 「九宫格捐助计划」捐助者 9-CELL DONATION GRID DONORS

**超越 BREAKTHROUGH - \$10,000 或以上 AND ABOVE**  
Anonymous  
Pasar Glamour

**人格 CHARACTER \$5,000 或以上 AND ABOVE**  
Mr. Vincent Wenbin Qiu

**风格 STYLE - \$2,500 或以上 AND ABOVE**  
Anonymous (2)  
Mr. Ng Chi Ming  
Mr. Soo Kuo Tong  
Ms. Jin Lu  
Ms. Lau Wan Sze  
Prof. Chan Heng Chee

**规格 STANDARD - \$250 或以上 AND ABOVE**  
Anonymous (4)  
Dr. Alaric Koh  
Mdm. Quah Sy Yi  
Miss Ang Siok Chen  
Miss Huang Jierui, Pauline  
Miss Wong Si Hui Jacqueline  
Mr. CK Loo  
Mr. Danny Ng  
Mr. Dharmendra Prasad Yadav

**性格 PERSONALITY - \$1,000 或以上 AND ABOVE**  
Anonymous (2)  
Mdm. Yap Swee Peng  
Miss Toh Bao-En

Mr. Anthony Goh  
Mr. Gary Tang  
Mr. Kok Wang Lin  
Mr. Koo Kai Siong  
Mr. Low Eng Teong  
Mrs. Evelyn Gong  
Ms. Astrid Ha  
Ms. Gloria Wang  
Ms. Jazz Chong  
Ms. Michelle Chew  
Ms. Wu Peihui  
Ms. Yvonne Tham  
余丽贞女士  
梁添伟先生

**体格 PHYSIQUE - \$500 或以上 AND ABOVE**  
Anonymous (4)  
Miss Koon  
Miss Yvonne Liew  
Mr. Andy Tan  
Mr. Ee Chang Jen  
Mr. Gaurav Kripalani  
Mr. Mervyn Quek  
Mr. Nathan Ong  
Mr. Raymond Lin Tzer Pin  
Mr. Toh Keng Hoe  
Mr. Xie Shangbin  
Ms. Alicia Tan  
Ms. Jolyn Teh  
Ms. Lai Yiling, Karin  
Ms. Ong Sor Fern  
Ms. Rachelle Tan  
Ms. Yvonne Tay  
Chan Chee Chuen

**其他捐赠者  
INDIVIDUAL DONORS**  
Anonymous  
Miss Madeleine  
Miss Yee Zi Hui, Idelle  
Mr. Don Low  
Mr. Koh Whee Yong  
Mr. Low Chun Meng  
Mr. Phua Cheng Foo  
Mr. Tan Kok Liang  
Mr. Teo Guo Nian  
Ms. Chanelle  
Ms. Chee Jialing Serena  
Ms. Chee Shui Mei, Vanessa  
Ms. Jasmine Low Xiu Hui  
Ms. Lune Loh  
Ms. Michele Lim  
Ms. Wenli  
Kenneth Ng  
Rena Dominika Chua Rui Na  
Tay Jia Ning

**其他捐赠者  
INDIVIDUAL DONORS**  
Anonymous  
Miss Madeleine  
Miss Yee Zi Hui, Idelle  
Mr. Don Low  
Mr. Koh Whee Yong  
Mr. Low Chun Meng  
Mr. Phua Cheng Foo  
Mr. Tan Kok Liang  
Mr. Teo Guo Nian  
Ms. Chanelle  
Ms. Chee Jialing Serena  
Ms. Chee Shui Mei, Vanessa  
Ms. Jasmine Low Xiu Hui  
Ms. Lune Loh  
Ms. Michele Lim  
Ms. Wenli  
Kenneth Ng  
Rena Dominika Chua Rui Na  
Tay Jia Ning

**其他捐赠者  
INDIVIDUAL DONORS**  
Anonymous  
Miss Madeleine  
Miss Yee Zi Hui, Idelle  
Mr. Don Low  
Mr. Koh Whee Yong  
Mr. Low Chun Meng  
Mr. Phua Cheng Foo  
Mr. Tan Kok Liang  
Mr. Teo Guo Nian  
Ms. Chanelle  
Ms. Chee Jialing Serena  
Ms. Chee Shui Mei, Vanessa  
Ms. Jasmine Low Xiu Hui  
Ms. Lune Loh  
Ms. Michele Lim  
Ms. Wenli  
Kenneth Ng  
Rena Dominika Chua Rui Na  
Tay Jia Ning

**其他捐赠者  
INDIVIDUAL DONORS**  
Anonymous  
Miss Madeleine  
Miss Yee Zi Hui, Idelle  
Mr. Don Low  
Mr. Koh Whee Yong  
Mr. Low Chun Meng  
Mr. Phua Cheng Foo  
Mr. Tan Kok Liang  
Mr. Teo Guo Nian  
Ms. Chanelle  
Ms. Chee Jialing Serena  
Ms. Chee Shui Mei, Vanessa  
Ms. Jasmine Low Xiu Hui  
Ms. Lune Loh  
Ms. Michele Lim  
Ms. Wenli  
Kenneth Ng  
Rena Dominika Chua Rui Na  
Tay Jia Ning

**其他捐赠者  
INDIVIDUAL DONORS**  
Anonymous  
Miss Madeleine  
Miss Yee Zi Hui, Idelle  
Mr. Don Low  
Mr. Koh Whee Yong  
Mr. Low Chun Meng  
Mr. Phua Cheng Foo  
Mr. Tan Kok Liang  
Mr. Teo Guo Nian  
Ms. Chanelle  
Ms. Chee Jialing Serena  
Ms. Chee Shui Mei, Vanessa  
Ms. Jasmine Low Xiu Hui  
Ms. Lune Loh  
Ms. Michele Lim  
Ms. Wenli  
Kenneth Ng  
Rena Dominika Chua Rui Na  
Tay Jia Ning

**其他捐赠者  
INDIVIDUAL DONORS**  
Anonymous  
Miss Madeleine  
Miss Yee Zi Hui, Idelle  
Mr. Don Low  
Mr. Koh Whee Yong  
Mr. Low Chun Meng  
Mr. Phua Cheng Foo  
Mr. Tan Kok Liang  
Mr. Teo Guo Nian  
Ms. Chanelle  
Ms. Chee Jialing Serena  
Ms. Chee Shui Mei, Vanessa  
Ms. Jasmine Low Xiu Hui  
Ms. Lune Loh  
Ms. Michele Lim  
Ms. Wenli  
Kenneth Ng  
Rena Dominika Chua Rui Na  
Tay Jia Ning

上述名单为于 2024 年 8 月 1 日至 2025 年 7 月 31 日期间新捐或持续捐款的支持者。Listed above are donors who made a new donation or continued their support between 1 August 2024 and 31 July 2025.

## 简介 SYNOPSIS

豚豚与鲸鲸将展开迄今为止最勇敢的一场旅程。当它们在浩瀚的北冰洋遇见迷路的小弓头鲸阿乐，三位海洋朋友共同踏上寻找阿乐家人的旅程——途中穿越融化的冰层、避开船只，探索未知海域。

它们在旅途中学到了勇敢与友谊的重要性，也渐渐明白：家不仅仅是一处住所，而是我们心中那些熟悉的声音、温暖的守护，以及彼此之间的爱。

《豚豚与鲸鲸：家的回声》是一段温柔又巧妙的故事，邀请孩子们一同珍惜海洋，以及蓝色家园中的许多小生命。

Join Phinny and Wally as they dive into their most daring adventure yet. When they meet Arlo, a young bowhead whale lost in the vast Arctic sea, the trio sets off to find Arlo's family—navigating melting ice, passing ships, and uncharted waters along the way.

Through their journey, they learn about courage, friendship, and discover that home isn't just a place—it's the comfort of familiar sounds, the feeling of safety, and the love we carry inside.

*Phinny & Wally: Echoes of Home* is a tender, timely story that invites children to cherish our oceans and the many lives they hold.

## 团队名单 CREDIT LIST

### 演员 CAST

陈菊文 饰演 鲸鲸  
JODI CHAN as Wally

何慧仪 饰演 豚豚  
CHERYL HO as Phinny

黄健顺 饰演 阿乐  
VESTER NG as Arlo

### 创意团队 CREATIVE TEAM

编剧 Playwright  
廖秀丽 CHERILYN WOO

导演 Director  
杨佳乐 DEONN YANG

监制 Producer  
徐山淇 MIA CHEE

剧本翻译 Script  
Translator  
谢焯杰 NELSON CHIA

舞台设计 Set Designer  
MOHD FARED JAINAL

灯光设计  
Lighting Designer  
EMANORWATTY SALEH

服装设计 Costume  
Designer  
陈静 AUDREY TANG

音效设计 Sound  
Designer  
郭文婧 LYNETTE QUEK

教育与互动策划/引导  
Education &  
Engagement Lead/  
Facilitator  
张佩恩 TEO PEI SI

制作经理  
Production Manager  
黄璇婷 CELESTINE WONG

行政经理  
Admin Manager  
柯玮婷 KWAH WEI TING

高级营销执行  
Senior Marketing  
Executive  
刘焯旋 SUNNY LIU

营销推广执行  
Marketing & Outreach  
Executive  
周怡慧 CHEW YI HUI

实习生 Intern  
叶芷婷 JENELLE YAP

我们也衷心感谢所有前  
台志愿者的付出与宝贵  
支持。  
We would also like to  
thank all our front-  
of-house volunteers  
for their time and  
invaluable support.



扫描二维码，阅读演员和创意团队的简介。  
To learn more about the cast and creative team, scan the QR code to read their biographies.

## 介绍

### INTRODUCTION

感谢所有珊瑚们前来观看《豚豚与鲸鲸：家的回声》！这本手册是专门为你们设计的哦~

手册分为两部分：

第一部分：认识豚豚、鲸鲸和阿乐！还有和故事相关的趣味小游戏和活动。

第二部分：我们还可以怎么做？一起来学习可以怎样保护我们的地球吧！

珊瑚们注意：如果遇到困难，可以向长辈寻求帮助！准备好了吗？我们开始吧！

Thank you, Corals, for coming to watch *Phinny & Wally: Echoes of Home!*

This booklet is made just for you! It has two fun parts: Part 1: Meet Phinny, Wally, and Arlo! You'll also find fun games and activities about the story. Part 2: What else can we do? Let's learn how we can help protect our Earth together!

Corals, remember: If anything is too tricky, don't forget to ask a grown-up for help!



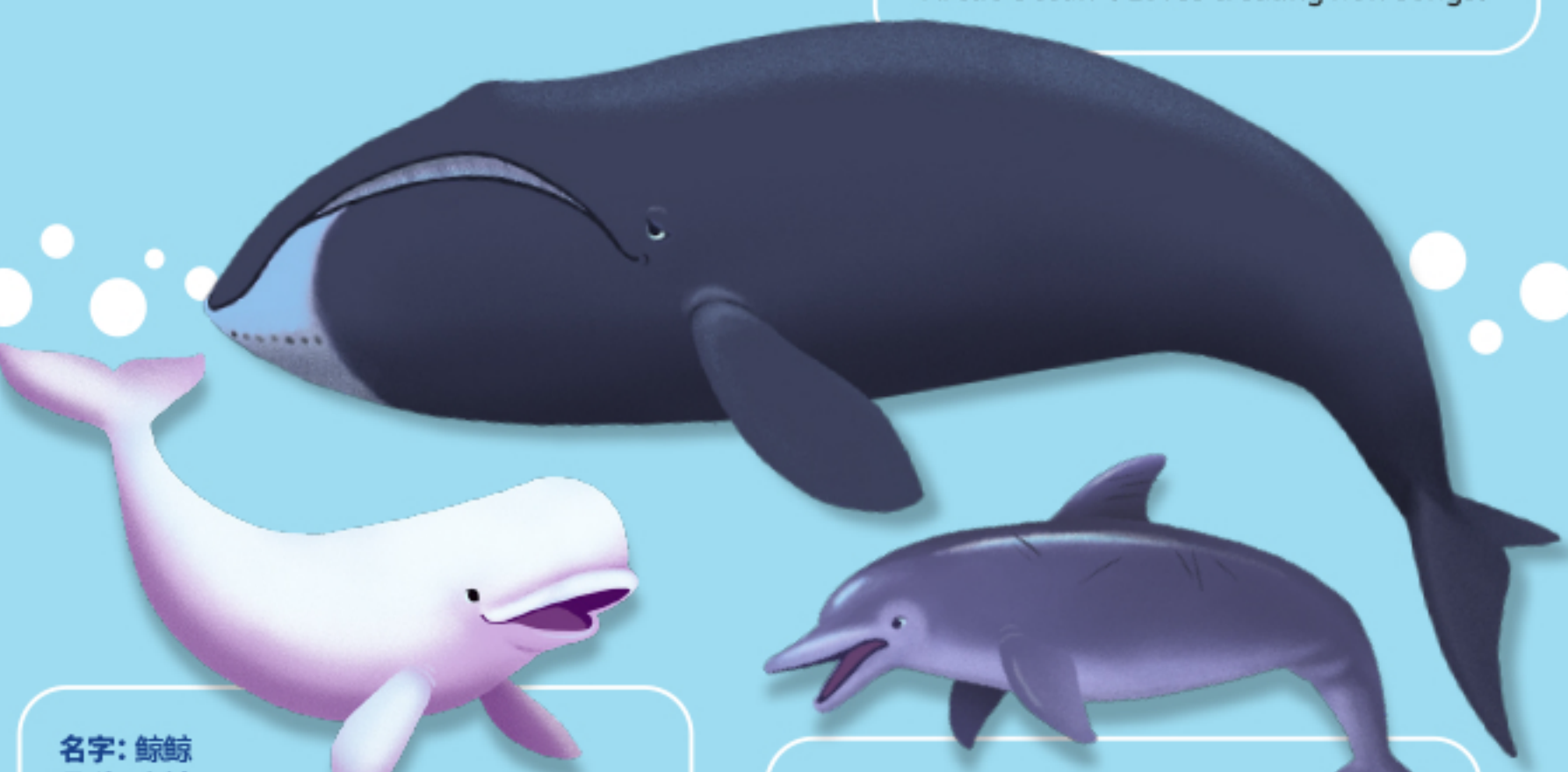
节目册 Programme booklet

## 人物简介

### Introduction of characters:

名字: 阿乐  
品种: 弓头鲸  
身长: 15-18米  
特长: 北冰洋的“爵士歌手”，喜欢创作新歌

NAME: Arlo  
SPECIES: Bowhead Whale  
LENGTH: 15 to 18 metres  
SPECIAL TRAIT: The "Jazz Singer of the Arctic Ocean"! Loves creating new songs!



名字: 鲸鲸  
品种: 白鲸  
身长: 2-7米  
特长: 唱歌很好听，被称为“海洋的金丝雀”

NAME: Wally  
SPECIES: Beluga Whale  
LENGTH: 2 to 7 metres  
SPECIAL TRAIT: A wonderful singer! That's why it's called the "Canary of the Sea"

名字: 豚豚  
品种: 白吻海豚  
身长: 2-3米  
特长: 很爱玩耍，喜欢冲浪和从海水中高高地跳出

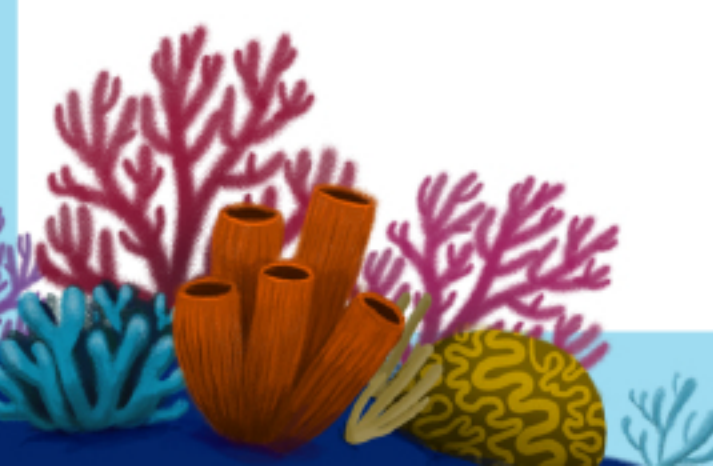
NAME: Phinny  
SPECIES: White-beaked Dolphin  
LENGTH: 2 to 3 metres  
SPECIAL TRAIT: Loves to play! Enjoys surfing and jumping high out of the water!

还有你，我们的小珊瑚！把自己画进来吧！

And don't forget you—our little Coral!  
Draw yourself here! →

名字: \_\_\_\_\_  
品种: 珊瑚  
身高: \_\_\_\_\_  
特长: \_\_\_\_\_

NAME: \_\_\_\_\_  
SPECIES: Corals  
HEIGHT: \_\_\_\_\_  
SPECIAL TRAIT: \_\_\_\_\_



## 连一连

### MATCH THEM UP

考考你，你还记得这群朋友在戏里说过什么吗？

Let's see... do you remember what these friends said in the show?

**是我们一起完成的..... 要不是你们，我做不到。谢谢你们。**  
(提示: 通过多两位朋友的帮助, 它才完成了自己想要做的事情)  
We did it. I...I couldn't have done it without you guys. Thank you.  
(Hint: With the help of 2 friends, anything is possible?)

**朋友不会不管朋友的! (提示: 就算自己害怕但是不管发生什么事情都不会丢下自己的朋友)**  
Friends don't leave friends behind!  
(Hint: Even when scared, never leaves friends behind!)

**我们去冒险, 也可以认识新朋友! (提示: 谁最喜欢交新朋友?)**  
Up for a little adventure, we can meet new friends!  
(Hint: Who loves making new friends the most?)

(Answer key for match them up)



## 我最喜欢和朋友做的事情!

### MY FAVOURITE THING TO DO WITH FRIENDS!

豚豚、鲸鲸和阿乐喜欢一起玩游戏、唱歌和跳舞。你最喜欢和朋友做些什么呢? 用你想要的方式(写字、画画)表达出来吧!

Phinny, Wally and Arlo love to play games, sing songs, and dance together!

What do you love to do with your friends? Draw or write it out in your own special way!

## 我能做什么呢?

### WHAT CAN I DO?

有些时候, 我们可能觉得自己的力量很小, 自己做的东西无法改变这个世界。但是, 你要相信, 即使我们一个人的力量小, 我们还是能够做出改变的。世界上很多重要的事情, 很多时候是从一个人做一件小事开始的。

所以不要放弃, 你也可以让我们的世界变得更美好!

Sometimes, it might feel like we're too small to make a big difference. But guess what? Even small actions can help change the world! Many important things in the world started with just one person doing one small thing.

So never give up, you can make a difference too!



### 一些让气候变暖的原因:

- 1 过度使用能源和电力: 发电会产生热量, 这让气候变暖。
- 2 浪费食物: 当我们把吃不完的食物丢掉, 它们会变成垃圾。在新加坡, 我们通常会用火把这些垃圾烧掉, 所以我们的气候就会变暖。
- 3 只使用了一次就丢掉的东西: 东西只用一次就丢掉会让我们的垃圾变多。当我们烧掉这些垃圾后, 我们的气候会变暖。

### Some reasons why the climate is getting warmer:

- 1 Using too much electricity: Making electricity gives off heat, and that makes the climate warmer.
- 2 Wasting food: When food is thrown away, it becomes rubbish. In Singapore, rubbish is often burned, and that makes the climate warmer.
- 3 Throwing things away after one use: Using things only once makes a lot of rubbish. Burning rubbish makes the climate warmer.

## 以下这些都是可以帮助我们减缓气候变热的一些方法:

### HERE ARE SOME WAYS WE CAN HELP STOP THE CLIMATE FROM GETTING WARMER:

**节约用电**

- 当我们离开房间前, 把不需要的电灯、风扇和冷气给关了。
- 当我们使用完电器后, 记得关掉总开关。

**Save Electricity**

- Turn off lights, fans, and air-con before leaving the room.
- Remember to switch off the main power after using any electrical item.

**不要浪费食物**

- 吃光盘子里的食物, 不挑食。
- 在超级市场买任何食物之前, 先检查家里还有没有相同的食物。

**Don't Waste Food**

- Finish all the food on your plate and try not to be picky.
- Before buying food at the supermarket, see if you already have it at home!

**减少, 重复使用, 回收**

- 减少: 减少制造垃圾, 其中一个方法就是不要一次性(只能用一次)的东西。例如: 带自己的水壶, 这样就不需要买瓶装水。
- 重复使用: 重复使用自己还没坏的书包, 衣服和鞋子。
- 回收: 回收纸张、塑料瓶子、玻璃瓶等等。记得在回收之前, 要把它们清理干净。

**Reduce, Reuse, Recycle**

- **Reduce:** Try to make less rubbish. One way is to stop using things that are only used once. For example: Bring your own water bottle so you don't need to buy bottled water.
- **Reuse:** Use your bag, clothes, and shoes again if they are still good.
- **Recycle:** Recycle paper, plastic bottles, glass bottles, and more. Don't forget, make sure they are clean before you recycle them!

## 我能做得到 宾果游戏

### I CAN DO IT BINGO GAME

刷牙时 关掉水龙头 Turn off the tap while brushing your teeth	纸张双面 使用后再回收 Use both sides of a paper before recycling it	请爸爸妈妈买补充装, 而不是新的瓶子 Ask your parents to buy refill packs instead of a new bottle	回收一件物品 Recycle something	去公园走走 Go to the park
一天不用 塑料袋 Say "no" to plastic bags for one day	和爸爸妈妈一起参加海滩清理活动 Take part in a beach clean-up with your parents	捐出你的旧衣服或旧玩具 Donate your old clothes or toys	看一段关于气候变化的视频 Watch a video about climate change	离开房间时, 关掉所有的灯 Turn off the lights when you leave a room
不用时拔掉电器或充电器的插头 Unplug appliances or chargers when not in use	吃完盘子里的所有食物 Finish all your food in a meal with no wastage		带自己的水壶去学校 Bring your own water bottle to school	一天用电风扇代替冷气 Use a fan instead of the air-con for one day
不用时关掉电风扇 Switch off the fan when you are not using it	重复使用物品, 而不是买新的 Reuse an item instead of buying a new one	搭乘公共交通工具 Take public transport	缩短洗澡时间 Take a shorter shower	打包食物时带上自己的饭盒 Bring a lunch box to takeaway food
带自己的筷子, 汤匙或叉子 Bring your own chopsticks, spoon or fork	请爸爸妈妈和你分享一个环保小贴士 Ask your parents to share a green tip with you	帮忙捡起社区里的垃圾 Help clean up litter in your neighbourhood	一星期不使用吸管 Don't use a straw for a week	为旧物品找到新用途 Find a new use for an old thing

每个小格子里都有一个小任务, 完成它们可以帮忙让空气变凉快, 还能保护住在北冰洋的朋友们! 试试看完成一整排、一整列, 或者挑战把整张宾果板都完成吧!

Each square has a simple mission that you can do to help keep our air cooler and our friends in Arctic Ocean safe. Try to complete 1 row, 1 column, or even the whole board!

## 我的印章收集

### MY STAMP COLLECTION

