



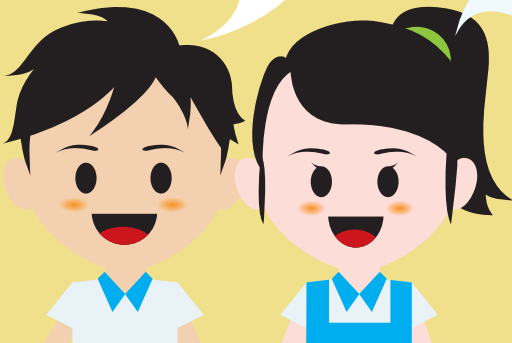
**Clean Singapore Learning Trail**  
**(Beaches)**



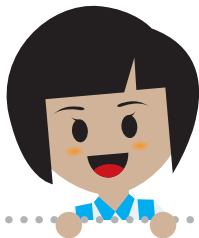


The Clean Singapore Learning Trail is an activity-based programme that guides students on how to keep our beaches clean and beautiful. It calls for students' participation in activities and through the process, educates them on the consequences of littering. It also creates awareness of how our personal behaviour can affect our environment.

The Clean Singapore Learning Trail (Beaches) can be conducted at these 4 beaches, namely Changi Beach, East Coast Beach, Pasir Ris Beach and Sembawang Beach.



# Pre-Event Activity



## Poster Power

**Design a poster in your respective schools prior to the beach clean-up.**

**Students will bring their posters to the beach and educate patrons of the beach to keep our beach clean.**



# Activity 1

# Beach Tic-Tac-Toe

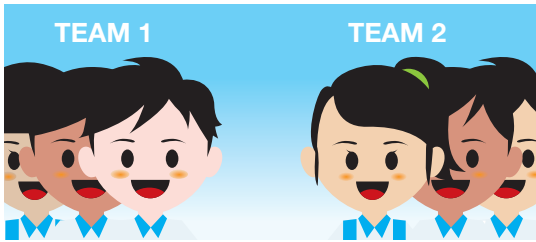
## Values being taught:

Individual Responsibility, Care for the environment, Teamwork

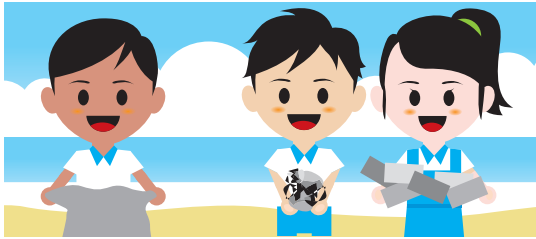
## What to bring...

Disposable gloves, garbage bags, caps, suntan lotion and insect repellent.

## How to play:



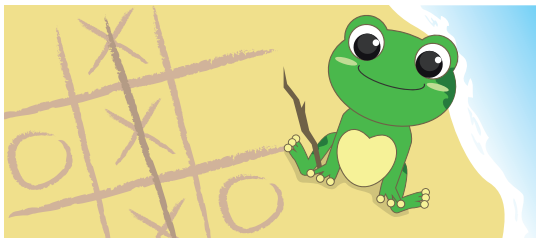
1. Form two teams with an equal number of members in each team.



2. Inform the teams to collect a fixed number of litter.



3. The first team to return with the correct number of litter will put a 'cross' or 'circle' in the tic-tac-toe.



4. Repeat step 2.
5. The fastest team to form a straight line wins.

## Activity 2

# Beach Reflections

PRIMARY  
SECONDARY

### Values being taught:

Individual responsibility, care for the environment

### What to bring...

Pen, cap, suntan lotion, insect repellent

Why must we **keep**  
**our beaches**  
**clean?**

Why is it **important** to  
**keep our**  
**beaches clean?**

Teachers may facilitate a reflection based on the following questions:

#### PRIMARY

1. Describe how the beach looked when you arrived.
2. What were the commonly found litter?
3. How do you feel after cleaning the beach?
4. What will happen if the beaches are not kept clean?
5. What can we do to help keep our beaches clean?
6. How can we encourage our family and friends to keep our beaches clean?
7. I pledge to  
.....

#### SECONDARY

1. What were the commonly found litter?
2. Why do you think people litter on the beach?
3. What are the consequences of littering the beach?
4. What part can you play as an individual to keep our beaches clean?
5. What do you suggest to make people more aware that we can all make a difference in protecting our environment?
6. I pledge to  
.....



# Safety Briefing

## General Note: .....

1. Do not run around or cause people to fall.
2. Watch out for potentially dangerous seashore life like jellyfish and sea urchins.
3. Do not hurt or kill any seashore life or creatures and do not take them home.
4. For those sensitive to insect bites, insect repellent should be applied before the start of the clean-up activity. Follow the instructions on the insect repellent for safe and proper use of the product.
5. If anyone gets a cut or feels sick, inform the person-in-charge immediately.
6. All participants should be adequately hydrated prior to the activity.
7. In the event of inclement weather, all participants should stop their activities and seek shelter.

## During Clean-up Activity: .....

1. Do not remove footwear at any time during the clean-up activity.
2. Do not step or push one another into the water at any time during the clean-up activity.
3. Do not pick up or remove natural seashore items, as this may result in the loss of nutrients from the seashore foodweb and affect the seashore ecosystem!
4. Watch out for sharp and rusty objects when picking litter (eg. Broken glass pieces, metal items such as open cans and fishing hooks).
5. Use gloves to pick up litter found along the beach or park. Participants should not pick litter that is near the sea.
6. Use the tongs to pick up:
  - Used tissue
  - Sharp litter like broken glass
  - Metal litter like rusty wires
  - Other potentially dangerous items

# Here is the list of items to guide you in your activity.

## ✓ Do pick-up:

1	Cigarette Butts/Pack	11	Plastic Bags
2	Straws	12	Styrofoam
3	Sweet Wrappers	13	Packet Drinks
4	Plastic Caps	14	Canned Drinks
5	Bottle Caps	15	Metal Cans
6	Leftover Food	16	Plastic Bottles
7	Broken Glass	17	Glass Bottles
8	Broken Porcelain	18	Rags
9	Disposable Utensils	19	Slippers
10	Snack Wrappers	20	Newspapers

## ✗ Do not pick up:

1	Dried Leaves	7	Sea Lettuce
2	Twigs	8	Driftwood
3	Sea Shells	9	Barnacles
4	Sea Grass	10	Pong Pong Fruit
5	Codium (Algae)	11	Attap Palm Fruit
6	Sargassum (Algae)	12	Coconut Husk

## Note To Teachers:

### Simple First Aid

#### Cuts

1. To stop the bleeding, use a clean handkerchief/ cloth and apply direct pressure to the wound.
2. If the cut is very deep, the participant should see a doctor immediately.

#### If stung by a jellyfish

1. Apply anti-sting spray or vinegar directly on the affected area before seeing a doctor.

#### If pierced by a sea urchin spine

1. Apply anti-sting spray to neutralise the toxin.
2. Do not attempt to remove the spine. It is brittle and may break further. See a doctor immediately to have it removed surgically.



**Thank you  
for keeping our  
beaches clean**

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