

småles matters

BUG NEWS

Winter 2022 

LITE



Issue No. 04/2022

MCI (P) 038/07/2022

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Hej småles!

Winter is around the corner and it is time for celebration!

In this issue, we will talk about New Year's Resolutions. Join us on page 12, as we explore many ideas for setting a New Year's goals. This might be new to you but no worries, let's look into fun and eco-friendly ideas on page 12 - 17!

New Advent Calendar is out on page 4.
Don't forget to check it out!

Merry Christmas & Happy New Year!

With Big Bug hugs
Angna and Anya

CHRISTMAS ADVENT



1

Decorate your Christmas Tree



2

Make an ornament for the tree

See page 22!



3

Bake cookies for a neighbor or friends



4

Donate toys to your favorite charity



5

Enjoy family meal with your family members



6

Tell everyone in your family one thing you love about each of them



7

Visit Småland



8

Write a letter to Santa



9

learn new Christmas song



10

Wrap Christmas presents with recycled paper



11

Christmas shopping with your parents



12

Make thank you notes for your loved ones

EVENTS CALENDAR

13 

Make Christmas cards

14 

Sort out your recycling and bring it to Småland

15 

Do a secret act of kindness to someone

16 

Dance to Christmas songs

17 

Watch Christmas movie

18 

Make & decorate gingerbread house

19 

Make hot chocolate with marshmallow

20 

Make an eco-friendly gift for loved ones

21 

Clean your room and help your parents clean the house

22 

Play boardgame with your friends

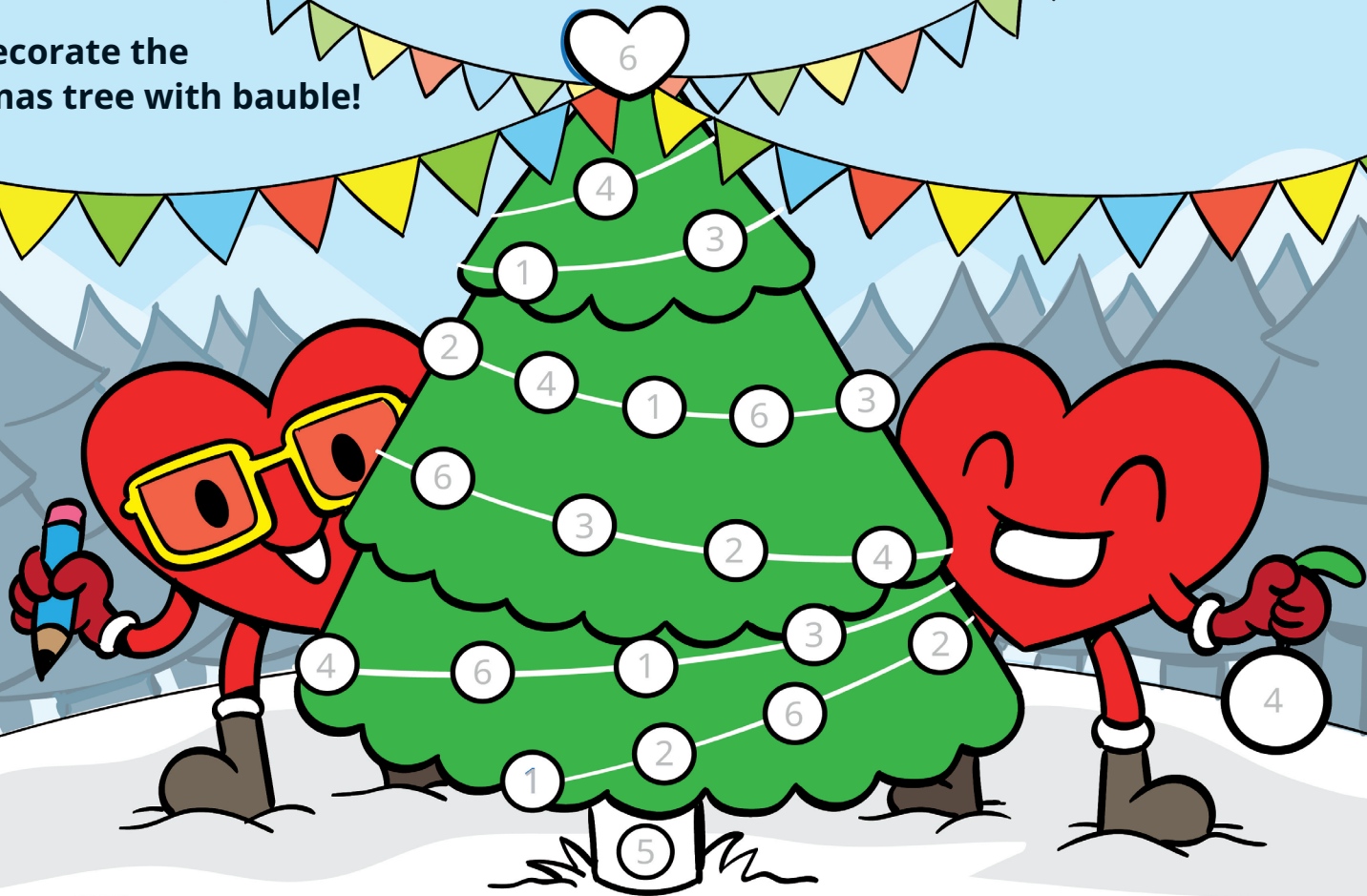
23 

Show off your best smile all day

24 

Take a photo with your family on Christmas Eve

Let's decorate the
Christmas tree with bauble!



- 1 RED
- 2 BLUE
- 3 ORANGE
- 4 GREEN
- 5 BROWN
- 6 YELLOW

Eco-friendly gifts for family and friends

It's the season of gifting. Picking out the perfect gifts for family and friends - while caring for the environment with sustainable goodies. Below are some ideas:



Why buy when a heartmade card can also shine

Handmade holiday greeting card that's made from reused and recycled papers. This way, you can show the love for the receiver and planet with a personal touch.



Source:
<https://greenssteel.com/blogs/news/why-are-plastic-straws-so-bad-for-sea-turtles>
<https://www.ikea.com/th/en/p/anledning-drinking-straw-clear-glass-70513351/>
<https://www.ikea.com/th/en/ideas/treats-to-feel-good-about-pub40af1c11>

Who can say no to chocolate

The cocoa in all IKEA-branded chocolate bars is UTZ certified, which means sustainable farming and fair conditions for workers, while safeguarding the environment.



Avoid using plastic and replace with drinking straws

Did you know that plastic straws can get lodged in the nose of a sea turtle? So we can skip plastic and use glass / stainless steel straws instead as they can be reuse over and over again.



What is a New Year's resolution?

Stepping into a new year and a new you with something good to be expected. But before we're moving to that part, what exactly is New Year's resolution? So what's your plan for the next year?



Start your year right
with these New Year's
resolutions!

A better version of you

Keep up all the good work and change the bad habit.
This will help you become who you want to be.

Setting resolutions can help you get motivated and
closer to your goals.

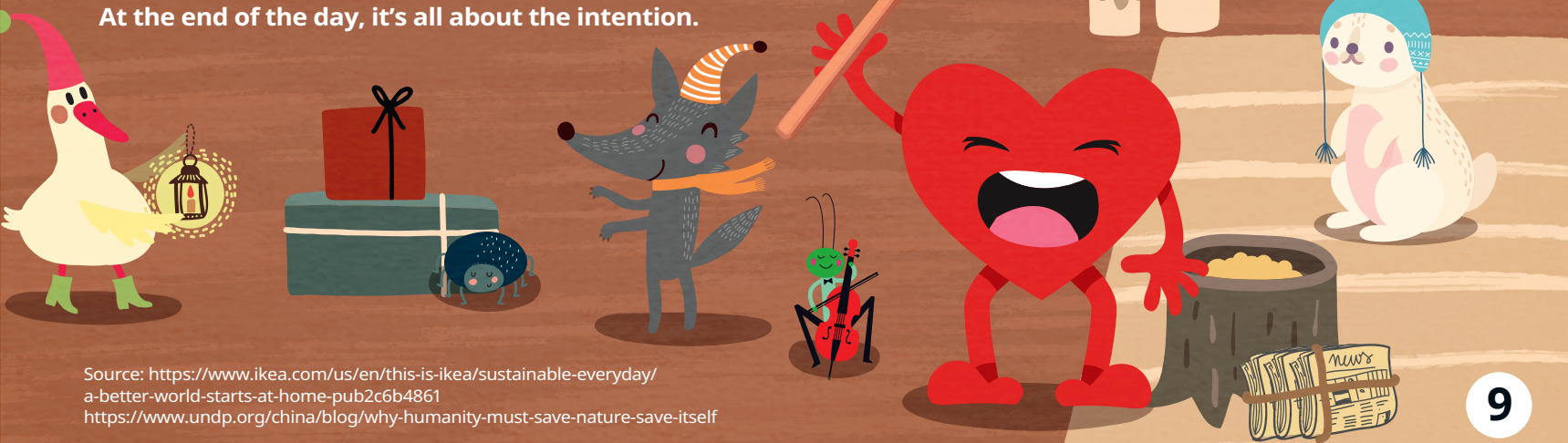
Your goal can be any little thing that makes
you look forward to what's coming - the better you.

At the end of the day, it's all about the intention.

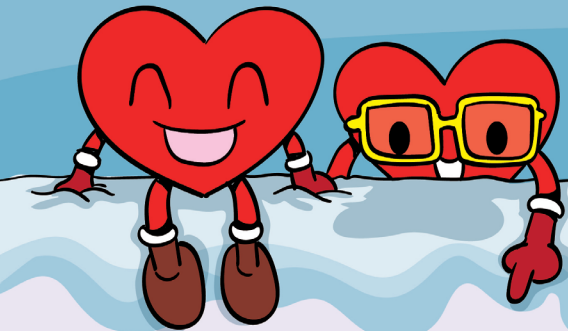
A better world starts at home

You can live a more sustainable life at home
that is better for the planet.

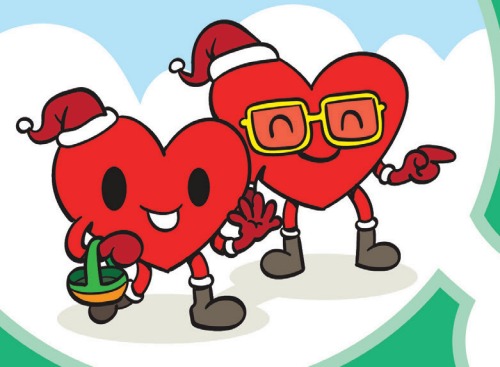
Things like reducing food waste, using
reusable shopping bags, and eating more
plant-based foods, may seem small - but that's
the beauty of small actions, they all add up.



Let's count these together!



Help the brothers to find the decorations they need for their Christmas tree!





I will keep
my room and closet
organised.



I will make my
bed every morning.




**Spot the
difference**

Can you spot the 20 differences?
Circle and number each difference you can find.



Send in your answers with your name, age, Smålish passport number and contact details to angna@smalesthailand.com or 38 Moo 6 Bangna-Trad Rd. (k.m. 8) Bangkaew, Banglee, Samutprakarn 10540 by 28 Feb 23. 5 lucky winners will each win a Portable drawing case/MÅLA



A vibrant, cartoon-style illustration of a winter dinner party. In the center, a round wooden table is set with a teapot, a cup of coffee, a slice of cake, and a plate of cookies. A large, red, heart-shaped character with yellow-rimmed glasses is sitting on a wooden chair, eating from a bowl. To the left, a brown bear wearing a pink hat and a blue flower is lying on the ground. In the foreground, a penguin wearing a red and white striped hat holds a blue gift box, and a hedgehog wearing a red bow holds a red gift box. The background features a green brick wall with a window where a blue bird is perched, and a string of colorful lights hangs across the top. A white cloud contains text about food waste, and a red speech bubble contains a message about finishing food.

Do you know that if food waste is a country, it will be the third largest greenhouse gas emitter, behind China and the US. One third of all the food that is intended for human consumption is wasted, which is enough to feed 3 billion people.

I will finish my food every meal to reduce waste.



Did you know that we are wasting all the energy and water to harvest, transport and package food when food is wasted? And if food goes to the landfill and rots, it produces methane – a greenhouse gas even more potent than carbon dioxide.

The disposal of food loss and waste in landfills, leads to greenhouse gas emissions, contributing to global warming.

Benefits from helping the Earth.

My New Year's resolution



My New Year's resolution



Check List *Check List* *Check List* *Check List*

I will

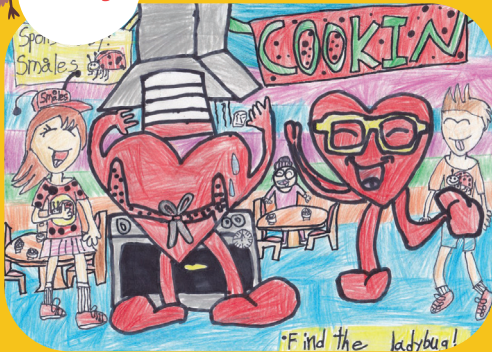
Check List *Check List* *Check List* *Check List*

INBOX @ SMALES

Last issue's theme:

As the sun shines happily on the cool, rippling surface of the sea, Angna and Anya decide to visit the beach. How do you think Angna and Anya spend their time on the beach?

Best Drawing



Kasha, 10 years old



Lalin, 9 years old



Peraphat, 11 years old

Next issue theme:

After discovering the New Year's resolution and setting your own goal, how would you want Angna and Anya to reward you for achieving those goals?

Include your name, Smålish passport number, age, address and contact number, and send your drawing to angna@smalesthailand.com or 38 Moo 6 Bangna-Trad Rd. (k.m. 8) Bangkaew, Bangplee, Samutprakarn 10540 by **28 Feb 23**.

1 lucky winner will win Portable drawing case/MÅLA





**Best
letter**

The brothers were strolling in the forest while waving to the creatures living in it. It was a hot day since there was global warming. Everyone had a fan and tried staying home as much as possible. There were air conditioners there. "We should get one too!" suggests Alex excitedly. Tampi just shook his head. "If everyone keeps using those, it will be hotter. People shouldn't waste things too as that will make the earth hot." Why don't we encourage everyone not to waste things?" Tampi smiled in agreement. They started making posters. They even made an invitation to a talk about global warming. Everyone agreed with them and stopped cutting down too many trees and planting more. This way, they don't have to go to supermarkets as they have their food. With the help of the creatures, everyone lived a green and healthy life. Why don't you help too?

Anna, 12 years old

Last issue's theme:
Blue skies and calm waters – a perfect day for diving! Angna and Anya set out in a little boat. When they reached the dive site, they carefully checked all their equipment and put on their fins and masks. What adventure did Angna and Anya had?



Next issue theme:

As we set the goal for the new year, Angna and Anya would love to hear how this year has been for you?

In no more than 100 words, include your name, Smålish passport number, age, address, and contact number and send your letter to angna@smalesthailand.com or 38 Moo 6 Bangna-Trad Rd. (k.m. 8) Bangkaew, Bangplee, Samutprakarn 10540 by **28 Feb 23**. 1 lucky winner will win Portable drawing case/MÅLA



Art and craft - Button Christmas Tree Stack Ornaments

*Adult supervision might be necessary.

Let's make an adorable stacked Christmas tree out of buttons! You can hang it up on your tree or attach it to a gift bag for the holidays.

Materials:

- 11 Green Colored buttons small to large
- Needle
- String
- Scissors
- Star button
- 3 brown/black buttons

1

Select the appropriate buttons for the Christmas tree.



2

Start with the star and tie on the thread after that the smallest green button and continue the bigger one than the previous one.

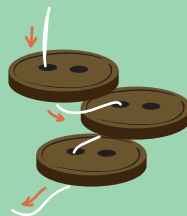


4

When you are done go back with the thread and tie back in the opposite direction than first.

3

When you are on the end of the green buttons you have to continue with small size brown buttons for the trunk.



5

Tie a knot on the end and hang!



Colour me

