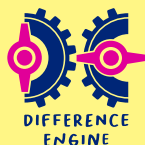


TEACHING RESOURCES

# AMAZING ASH & SUPERHERO AH MA

MELANIE LEE & ARIFF RAHMAN





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# HOW TO DRAW ASH & AH MA



- 1** DRAW ASH'S  
SPECTACLES WITH  
TWO CIRCLES AND  
A LINE.



- 2** DRAW A BIG 'U'  
FOR HER FACE AND  
DRAW HER FRINGE.



- 3** ADD IN HER HAIR.



- 4** COLOUR THE  
HAIR BLACK.



- 5** NEXT, HER EYES.



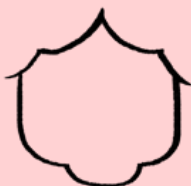
- 6** LASTLY, ADD A  
LITTLE MUSHROOM  
NOSE AND A SMILE :)



- 1** DRAW AH MA'S  
HAIRLINE LIKE  
A ROOFTOP.



- 2** AND DRAW  
HER FACE LIKE  
A BIG BOWL.



- 3** COMPLETE HER HAIR  
WITH A CLOUD SHAPE.



- 4** THEN DRAW HER NOSE  
LIKE AN UPSIDE DOWN  
LETTER 'T'.



- 5** NEXT, HER MOUTH.



- 6** LASTLY, EYES AND THOSE  
CUTE LINES ON HER CHEEKS.



# DISCUSSION QUESTIONS



**1** What superhero powers do you wish you had and why?

**2** What do you think are the “duties” of a superhero? Is there something “heroic” you can do for someone today?

**3** If you could make your own superhero costume, what would it look like? What recycled materials around the house can you use?

**4** How does Ash help Mum look out for Ah Ma? What are some ways you can help your parents, grandparents or guardians?



**5**

If you were Ash, what do you think is the first thing you would do or say after witnessing Ah Ma's powers?

**6**

Ash was bullied by the Flat Boys twice. What do you think are some effective ways to respond to bullies?

**7**

How do you think Ash felt when she could finally tell Mum the secret about her and Ah Ma's superpowers? How open are you with your loved ones?

**8**

In the story, Ash forgives Buddy and the Flat Boys and they end up being part of Team ASH (Amazing Super Heroes). Would you do the same if you were Ash?

**9**

The ASH kids study hard even while they are superhero hard. What are some ways you can balance schoolwork and fun hobbies?

**10**

Would you like to join Team ASH? If yes, what can you do to make the team even more amazing?



**WHAT IS  
DEMENTIA?**



**DEMENTIA** is a disease of the brain that usually affects older people. It can cause some parts of the brain to not work as they should. Because of this, dementia changes the way people think, feel and act (even if outwardly, they may appear physically healthy).

Dementia can be tricky to diagnose. Some symptoms include memory loss, being muddled and confused, feeling sad or angry more often, and having difficulty performing familiar tasks. A doctor will need to conduct special tests to find out for sure.

There isn't a cure for dementia yet and it is an illness that will worsen over time. However, maintaining a physically and mentally active lifestyle is a proven way to slow down its progress and possibly even prevent it. Meanwhile, many doctors and scientists around the world are working hard to find a cure for it.

Everyone's brain is unique. People with dementia experience it differently in their own ways. In fact, there are over 400 types of dementia, the most common types being Alzheimer's Disease and vascular dementia.

Even if someone with dementia seems like a different person, it's important to remember how confusing and frightening the experience can be. A person with dementia still has thoughts, feelings and emotions.

You can have a good relationship with loved ones who have dementia. Simple activities like going for a walk, telling each other stories, playing board games and listening to music together can bring much joy and help them stay active.



If you would like to find out more about dementia, head to [bit.ly/team-ASH](https://bit.ly/team-ASH) or scan the QR code here for additional online resources on this topic.





[illegible]

IF YOU WOULD LIKE TO FIND  
OUT MORE

**SLAM!**

OH NO!  
AM I A WAG GONE OUT  
ON MYSELF.