



Ministry of Education
SINGAPORE

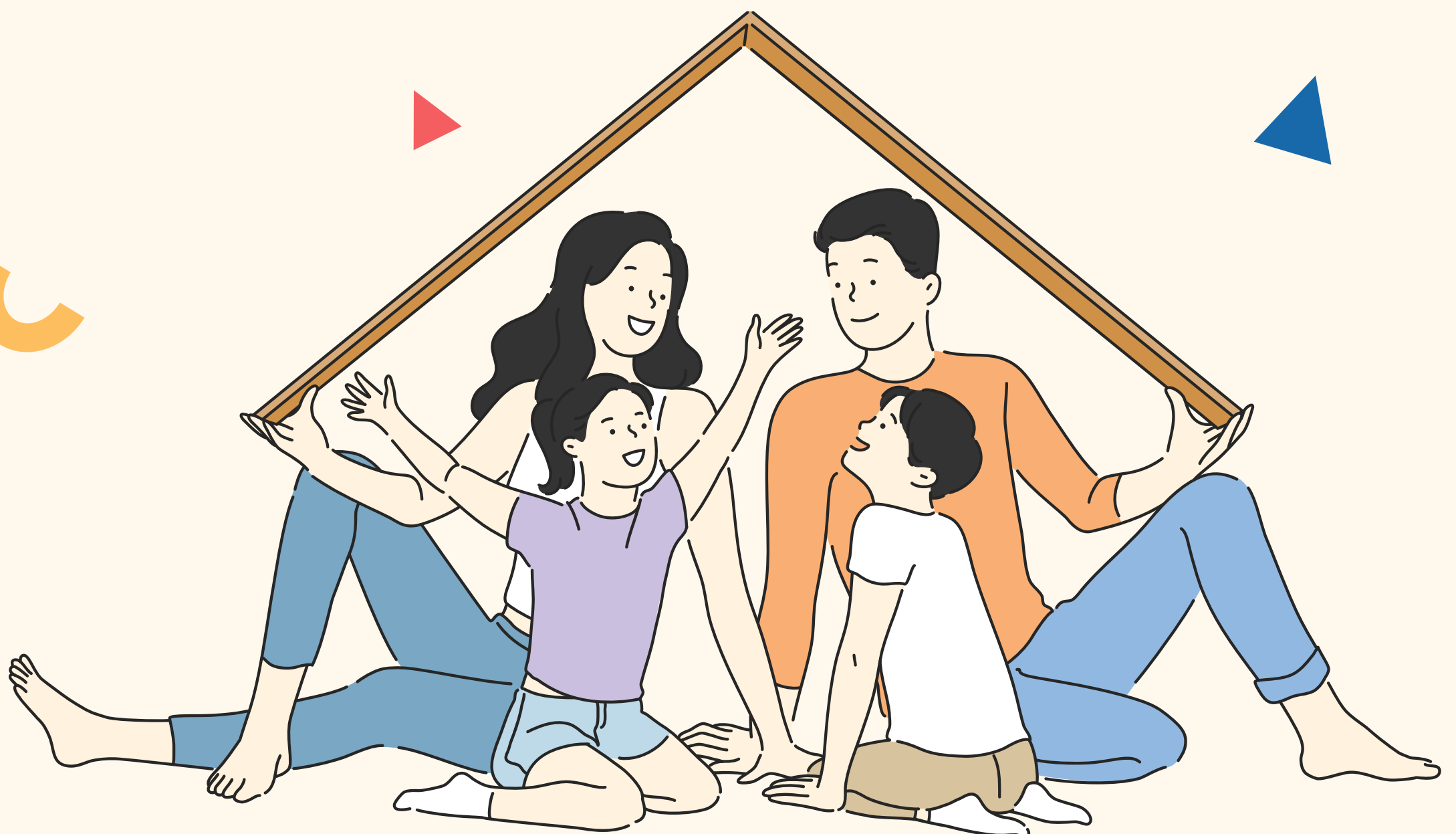


PARENT KIT

Family Fun for the Holidays

Here are some suggested activities for you to do with your child.

Quality time with your children can be as simple as **taking a short break to do a meaningful activity together.**





Discover and Nurture Your Child's Interests this Holiday Season

Encourage your child to explore their strengths and interests to boost their self-esteem and independence. Whether you intend to stay home or head outdoors, here are some activities:

MUSIC

INDOOR

Does your child love to sing and make music?

Music improves our mood and reduces stress.

You can play karaoke versions of holiday favourites and your child can learn the lyrics to them [here](#).



READING

INDOOR

Does your child like reading different genres of books?

Check out some book recommendations [suitable for all Primary School levels](#) from NLB [here](#).

ART

INDOOR

Does your child like to draw, paint, or sculpt?

Ignite your child's creativity by introducing them to art & craft activities!

It's not always necessary to get new materials - challenge them to use recycled or existing items at home. Try a fun activity using cardboard boxes [here](#).

You can check out this [link](#) for more easy arts & crafts ideas too!



OUTDOOR

Immerse your child in the world of art at the [Keppel Centre for Art Education](#) - a free visit to the museum for your child to explore their imaginative side.

If you're feeling more adventurous, try a public art walking trail [here](#)!





Nurture Your Child's Interests this Holiday Season

COOKING

INDOOR

Does your child enjoy helping in the kitchen?

Cooking can give your child a sense of accomplishment, knowing they had a part to play in whipping up a delicious meal.

Check out some healthy recipes [here](#).

OUTDOOR

Bring your child out for a picnic!

You can get them involved in helping to prepare yummy picnic meals and encourage creativity in plating.

Click [here](#) for some ideas. You might have a future chef in the making!

ADVENTURE

INDOOR

Is your child curious and full of energy?

Explore Sentosa Island through [home-based activity sheets](#) to discover flora and fauna!

Find out more about their resident animals and heritage sites, and try to spot them when you visit Sentosa.



OUTDOOR

Challenge the family to a [Nature Trail at Sentosa!](#)

If you are up for more, click [here](#) for more ideas.



TIP!

Be physically and emotionally present when you spend quality time with your child.

Showing an interest in the things that matter to them will help you understand each other better and strengthen parent-child bonds.





Have Fun While Staying Connected With Others

Encourage your child to stay connected with family members, friends and peers. It is important for them to be part of a community and build strong networks of support.

STAYING CONNECTED WITH FAMILY

INDOOR

OUTDOOR

Encourage your child to give their grandparents or extended family members a video or phone call, or invite them to a virtual party.

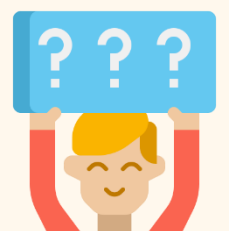


Here are some [movie ideas](#) your child can watch with grandparents, cousins or any extended family member!

Bond over old-fashioned outdoor games like Hopscotch, Zero point and more. Check out 5 old school games [here](#).

STAYING CONNECTED WITH FRIENDS

INDOOR



Organise a virtual meet-up over Zoom, Skype or Whatsapp! Check out some ideas for [charades](#), [Pictionary](#) and [more online activities](#) your child can explore.

GIVE BACK TO THE COMMUNITY

INDOOR

OUTDOOR

When we involve our children to [give back to the community](#), they understand the values of compassion and empathy.

If your child wishes to do more, check out [volunteer opportunities](#) at these non-profit organisations and charities.

Whatever the activity, it is about building beautiful memories and strengthening the bond with your child.

We hope this Parent Kit inspires you to come up with more fun activities to do with your little ones.

Happy Holidays!



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