

HOLIDAY REFRESHER RESOURCES FOR FAMILIES

The June holidays are coming!
Let's find joy of learning as a family!

STUFF TO DO

Pick up **NEW HOBBIES**

e.g. cooking a new dish,
growing a plant



Use **SKILLS** learnt in school
e.g. dance routine, art work, reading,
household chores



Try out fun recipes with your child [here!](#)

ENCOURAGE FAMILY BONDING

PLAY

simple card games, board
games and puzzles



Try this BINGO game with
your child!

PRACTISE

social communication and
social interaction skills while
doing these activities

EXERCISE

together and build stamina



Need help to plan for home-based physical activities?
Click [here](#) for the tips!



PROMOTE POSITIVE SCREEN TIME

- Surf the right websites
- Establish ground rules for use of internet/handphone
- Learn a new skill through Youtube videos
- Connect with families and friends through video conferencing



Check these out for
more great ideas!



Check out the
previous resource
package for families!



SELF-CARE FOR FAMILIES

Remember to take care of your own
needs and well-being.

Be kind to yourself,
REST and have **ME** time!

If you need someone to talk to,
you can call the National Care Hotline:

1800-202-6868

from 8am to 12am.