# 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**



simple card games, board games and puzzles



### **PRACTISE**

social communication and social interaction skills while doing these activities



Try this BINGO game with your child!

### **EXERCISE**

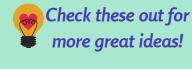
together and build stamina



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









# 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.

