

# 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.