



# Holiday Care Pack

PRIMARY 3 - 6



Ministry of Education  
SINGAPORE

The school holidays are around the corner and we know that having the holidays during the Circuit Breaker period can be tough for all of us. We may feel disappointed that there are some things that we cannot do during this time, but with a bit of creativity and help from each other, we can still make this holiday period an enjoyable and meaningful one.

This Holiday Care Pack was specially prepared for you because we care for your well-being. It has resources to help you stay positive, stay healthy, stay safe online as well as suggestions of fun activities for you. **Do talk to your parents about these activities** and enjoy some family time by doing some of these activities with them!

Let's support one another and beat the virus together. Remember, stay home, stay safe, stay curious!

Yours sincerely,  
Soaper 5



# STAY POSITIVE

Staying home during the circuit breaker period can be difficult for some of us. Here are some things we can do to help ourselves stay positive.



## "I CAN"

### Checklist

When our minds are filled with worries, it makes us feel more anxious, sad, or upset.

It is important to focus on what we can do to take care of our daily well-being.

Go through the checklist and focus on things that "I Can..." control.

Free up my mind from worries by writing them down	Think helpful thoughts	Unfollow or mute social media accounts that make me upset or sad
Check with my parents if I am unsure of what I read or saw on social media	Take care of my health by sleeping well, eating healthy meals and exercising regularly	Limit the amount of COVID-19 news to once a day to manage my stress and anxiety
Spread happiness and joy	Pay attention to my feelings	Ask for help; Help others
Keep in touch with friends and loved ones digitally	Keep to a regular routine	Manage screen time and enjoy meaningful off-screen activities
Keep safe online. Don't accept chat requests from strangers	Share my thoughts and concerns with someone I trust	Show kindness to myself and others when interacting (even online)

## Practise Gratitude for 15 minutes Daily



Before you sleep each night, think about your day. What are three things you are thankful for?

Share the 3 things with your parents or siblings and find out what they are grateful for too!



Did you know that practising gratitude can help you become more positive? This will protect your mental health!

## Calming Exercises for Kids: Breathing and Stretching

Click [here](#) to access the calming exercises.

Source: Moovlee



Breathing and stretching exercises can help us feel better when we feel upset or anxious.



# CONNECT WITH YOUR FRIENDS

Though you may not be in school with your classmates, you can still show them that you care.

With your parents' permission, keep in touch with one or two friends to ask them how they are doing.

## Ideas for Buddies

Share the funniest part of your day with your buddies and have a good laugh together!

Create a 'Colour Day' for each day of the week (e.g. Tuesday is Yellow day). Buddies will wear the same colour and then take a pic and share with each other!

Share more about yourself and also spend time listening to what your buddy has to share.

I'm Here Buddy



You can help your friend if your friend is having a difficult time.

Inform a trusted adult, and share these helplines with your friend.

TinkleFriend Online - [www.tinklefriend.sg](http://www.tinklefriend.sg)

TinkleFriend Helpline - 1800 274 4788 (2.30pm to 5pm on weekdays)



Have you been feeling more of these lately?

A collection of various emotion icons including sad, angry, and neutral faces.

**Having difficult emotions during this stressful and uncertain period is normal.**

Look out for:

**L**oss of interest in hobbies

**O**verly tired, sad, worried or upset

**O**ften posting moody messages or talking about hurting yourself

**K**eeping away from people you are close to, or being quieter than usual

**If you notice any of these signs in yourself or your friends, speak to your parents, teacher or any trusted adult.**

# STAY SAFE ONLINE



**Be careful of who you are talking to online.**

People may not be who they claim to be.

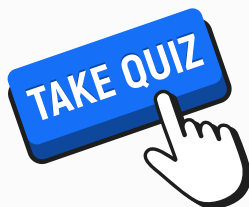
**Do not share your password with anyone,  
other than a trusted adult.**

**Be aware of fake news and scams.**

Fake news can make people worried, stressed or scared.  
People use scams to trick and cheat people into giving them money.

**Balance the amount of time you spend online and offline.**

**Always ask your parents for permission before you go online.  
Tell them which sites you are going to visit.**



**Are you smart and  
safe online?**

Click [here](#) to take the quiz.

Source: NSteens

## **Keeping Information Safe**

Click [here](#) to find out more.

Source: Singapore Kindness  
Movement



## **Learn about Spam!**

Click [here](#).

Source: Singapore Kindness  
Movement



# STAY HEALTHY

Be active

Eat balanced and healthy meals

Drink 6 to 8 glasses of water daily

Get at least 9 hours of sleep at night



Source: Health Promotion Board



**Exercise Regularly**

## Participate in Physical Activity for 60 minutes Daily

Move for 5 to 10 minutes after sitting or lying down (except when you are sleeping) for every hour.

Exercise regularly.

Click [here](#) to try out these workouts at home.



## Eat Balanced and Healthy Meals

Eat the right type and amount of food according to My Healthy Plate.

Drink water instead of sweetened beverages.

Choose healthier snacks.



Click [here](#) to learn more tips on healthy eating.



## Sleeping Well is Important

Sleep allows your brain and body to rest so that it can help you:

- Build muscles and grow taller
- Fight illnesses and stay healthy
- Remember what you learn better
- Feel happier



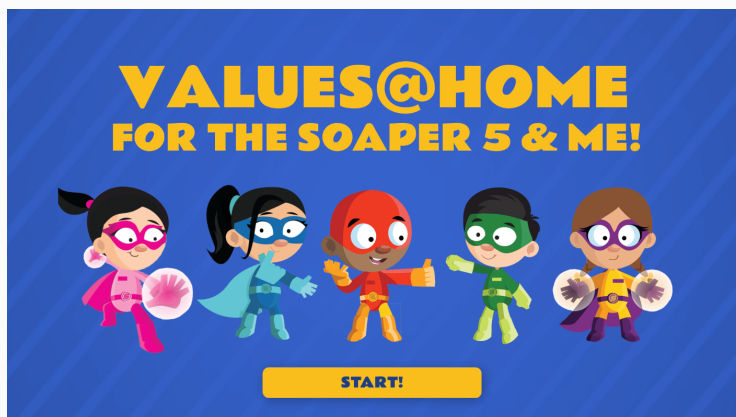
Here are some tips to help you sleep better:

- Stick to the same bedtime and wake up at the same time every day, even on weekends
- Do quiet, calm and relaxing activities before bedtime e.g. read a book, listen to calming music
- Avoid doing other activities on the bed (e.g. using devices, playing games)

# DO OUR PART FOR OUR FAMILY!

Find out from The Soaper 5 how you can carry out Values in Action@Home and do your part for your family.

## Primary 3 and 4



CLICK HERE!

<https://go.gov.sg/via-at-home-middlepri>



You can learn about gratitude and show gratitude by doing something to thank people around you.

## Primary 5 and 6



CLICK HERE!

<https://go.gov.sg/via-at-home-upperpri>





# FAMILY ACTIVITIES

Try some of these offline and online activities with your parents and siblings.

## Our Family Gratitude Jar

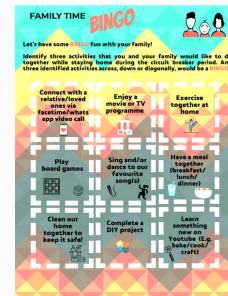
Create a family gratitude jar by writing notes of gratitude to one another.



<https://go.gov.sg/gratitudejar>

## Family Time Bingo

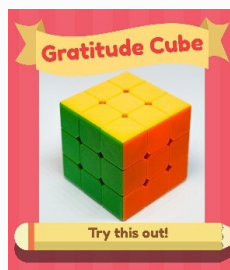
Activities for you to enjoy with your family!



<https://go.gov.sg/familytimebingo>

## Gratitude Cube

Make a gratitude cube and present it to someone at home.



<https://go.gov.sg/gratitudecube>

## Videos and Activities with Kindsville Cubbies

Click [here](#) to explore Kindsville with Singa and the cubbies.

Source: Singapore Kindness Movement





# ARTS ACTIVITIES @



# SYF goes Online!



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Looking for some fun and creative arts activities during this holiday? Click [here](#) for more information and updates throughout the months of May, June and July 2020, and unleash your creativity and imagination through the arts!