

THE COOL DOWN KIT

YOURGUIDETO STAY GROUNDEDAND
WELLDURINGTHE HOLIDAYS

EXERCISING CAN BOOST
ENDORPHIN PRODUCTION,
WHICH HELPS REDUCE
STRESS.

1

EXERCISE
REGULARLY



PRACTICE
MINDFULNESS:
4-7-8 BREATHING

2

SHIFTING YOUR FOCUS FROM WORRIES BREAKS
THE STRESS CYCLE AND CALMS YOUR NERVOUS
SYSTEM.

FOLLOW THESE STEPS:

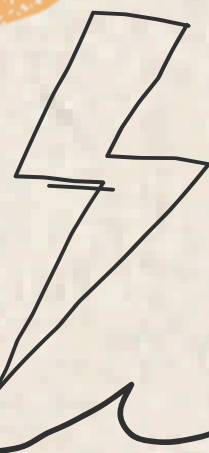
- 1.GET INTO A COMFORTABLE SITTING POSITION & CLOSE YOUR EYES.
- 2.INHALE SLOWLY THROUGH YOUR NOSE FOR 4 SEC.
- 3.HOLD YOUR BREATH FOR 7 SEC.
- 4.EXHALE SLOWLY THROUGH YOUR MOUTH FOR 8 SEC.
- 5.REPEAT THIS CYCLE 3-4 TIMES, OR UNTIL YOU FEEL CALMER.
- 6.ONCE YOU'RE READY, OPEN YOUR EYES.



3

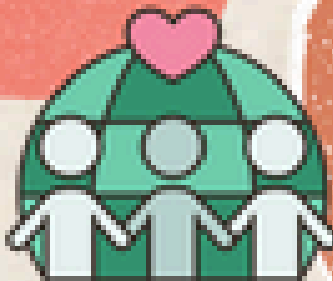
STAY
CONNECTED

REACH OUT FOR
SUPPORT: SHARING YOUR
FEELINGS WITH FRIENDS
OR FAMILY GIVES YOU
THE EMOTIONAL BACKUP
YOU NEED..



HELPFUL
RESOURCES

4



LIST 5 TRUSTED ADULTS WHO CAN SUPPORT YOU WITH
YOUR FEELINGS AND PROBLEMS DURING THE HOLIDAYS
WHEN TEACHERS, SENOS & SCHOOL COUNSELLORS MAY
NOT BE AVAILABLE.

ADULT 1:
ADULT 2:
ADULT 3:

ADULT 4:
ADULT 5:

IF THERE ARE ANY URGENT SAFETY CONCERNS, PLEASE
CONTACT YOUR NEAREST FAMILY SERVICE CENTRE OR
999.

BROUGHT TO YOU BY:
DYSS
SCHOOL COUNSELLORS

RECHARGE & RECONNECT

A PARENT'S GUIDE TO SCHOOL HOLIDAYS

Keep Communication Open

Teens notice your presence, even if they don't always talk first. Initiate conversations with open-ended questions (e.g., "How are you feeling about the holidays?"). Commit to listening more than speaking, and resist the urge to jump straight into advice. Keeping a positive body language also helps create a safe space for sharing.



Create Moments of Connection

You don't need big plans or extra spending to connect with your teen. Simple moments like cooking together, watching their favourite show, or going for ice cream can be meaningful ways to strengthen your bond.



Get Regular Exercise Together

Start with a simple walk or try learning a new sport like pickleball. Let conversations flow naturally, without the pressure of direct eye contact, to help break down communication barriers.



Encourage Balance

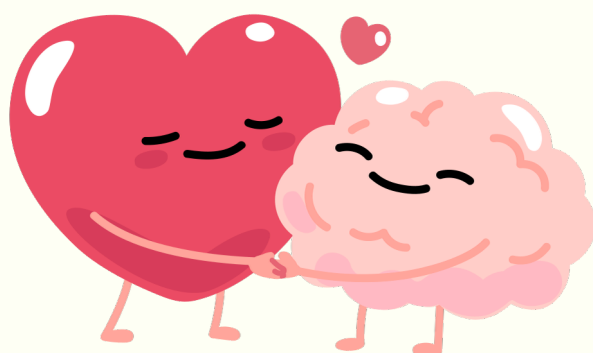
Holidays give your child time to rest and recharge, but a bit of structure helps things run smoothly and makes returning to school easier.

Keep simple routines for sleep, meals, and screen time. Short breaks from social media can also help them relax.

Notice The Signs

If your child appears withdrawn, irritable, or unusually quiet, check in gently. You might say, "I've noticed you seem a bit down lately. Would you like to talk?"

Reassure them that they are not alone and ensure that their safety is always a priority.



Community Resources

During the holidays, teachers, SENOs, and school counsellors may not be available. If there are urgent safety concerns, you can:

- Call emergency services at 999.
- Contact your nearest family service centre via the ComCare hotline: 1800 222 0000 or <https://supportgowhere.life.gov.sg/>
- Seek help at your nearest polyclinic or hospital emergency services.



BROUGHT TO YOU BY:
DYSS
SCHOOL COUNSELLORS

These resources are available to ensure your child's safety and wellbeing at all times.