



# Holiday Care Pack

PRIMARY 1 - 2



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.

Think Positive



## Calming Exercises for kids: Breathing and Stretching



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

Source: Moovlee



## 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!



# CONNECT WITH YOUR FRIENDS



With your parents' permission, keep in touch with one or two friends to ask them how they are doing. You can also share about what you have been doing at home.

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)



# 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.

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

**Cubbles Tips**

## MY SCREEN TIME GUIDE

**WHAT IS SCREEN TIME?**  
Screen time is the time we spend using computers, tablets, mobile phones and watching television.

- ✓ Ask for permission and say “Please”.
- ✓ Give your eyes a break every 20 minutes.
- ✓ No chatting with strangers online.

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.



Eat Healthily

## 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 time every day, even on weekends
- Have a regular bedtime routine
- Do quiet, calm and relaxing activities before bedtime e.g. reading a book, listening to calming music



# 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.

The graphic features a blue background with five cartoon superhero children in the foreground. From left to right: a girl in a pink cape and mask, a girl in a teal cape and mask, a boy in a red and orange suit, a boy in a green and yellow suit, and a girl in a purple and yellow suit. Below them is a yellow button with the word "START!" in blue. The title "VALUES@HOME FOR THE SOAPER 5 & ME!" is written in large, bold, yellow letters at the top of the graphic.

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

CLICK HERE!

# 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>

## Videos and Activities with Sharity

Click [here](#) for videos and activities.

Source: Community Chest



## Videos and Activities with Kindsville Cubbies

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

Source: Singapore Kindness Movement



# ARTS ACTIVITIES @



Click [here](#) for  
more  
information  
and updates.

## SYFgoesOnline!

Enjoy an art activity with your family!

Let your imagination soar and use food items you can find in your house to create Art. Observe the shapes and colours of these food items and reimagine how they can be pieced together to form a portrait.

Rope in your family member(s) to complete this project with you!



### Be Inspired!

Here are some masterpieces created by Rulang Primary students for their Art Lesson during the Home-based Learning period!



Photo credits: (Top Left to Right) Lim Jun Chen Xavier, Esten Yau Guan Hao, Elias Koh Yi Xuan, (Bottom Left to Right) Clyde Lim Ting Wei, Koh Shi Yin Zelyn, Zhou JingKai

### MATERIALS YOU NEED

You will need:

1. Food items (e.g. fruits, beans, noodles)
2. Drawing paper or an empty plate

T I P!

You can use cut-outs of images of food items from newspaper/ magazine or plastic fruit toys for your portrait!

### Step 1

#### Gather some food items

Look around your kitchen or at your snacks corner. What items are there? Keep an eye for interesting shapes!

#### Let's Talk!

Get to know your family member(s) better by asking questions such as:

- What is your favourite fruit/ drink? Why?
- What food makes you happy when you are feeling sad? Why?

## Step 2



### Let the shapes and colours guide your creation

Observe the shapes and colours of these food items.



What food item would you use to represent your hair? What would you use to represent your eyes?

Let your creativity flow, and decide how you can piece the different food items together to form a portrait.

### TIPS!



#### Let's add some details

Cut or slice your fruit(s) and/or vegetable into smaller pieces to add details to your work. For this tip, you may be handling shape objects. Please be careful. Adult supervision is recommended.

#### Colour me pretty

Choose contrasting colours to make your artwork pop! Colour combinations like red and green, yellow and purple, blue and orange will make your artwork more vibrant.



## Step 3

### Putting it all together

Arrange the food items on the empty dish or drawing paper you have prepared.



Photo credits: Tan Li Qing

#### Let's Talk!

##### Share your art making experience.

- How did you feel when you were creating the portrait?
- What did you learn through this art making experience?

## Step 4

### Snap a picture



Take a picture of your artwork and submit it to



Hashtag #SYFStaysHome  
#SYF2020ArtLabs when you share images of your artwork or do anything related to our SYF activities on social media.

**SAY NO TO WASTE!**



Ensure proper hygiene when handling the food items. They can still be consumed after you have created your masterpiece. Wash the food items, if necessary, and return them to where you took them!

## Credits

### School

Rulang Primary School



### Student Artists

Clyde Lim Ting Wei, Esten Yau Guan Hao, Elias Koh Yi Xuan, Ellirose Tan Si Ying, Koh Shi Yin Zelyn, Lim Jun Chen Xavier, Ng Rae Anne, Tan Li Qing, Zhou JingKai

### Teacher Mentor

Mrs Pauline Ang

### Artist Reference

Giuseppe Arcimboldo



# USEFUL ONLINE ARTS RESOURCES

## MUSIC



### Esplanade

Click [here](#) to find a collection of videos and articles on the arts and cultures in Singapore and Asia. The videos showcase musicians who had performed at the Esplanade.



### Singapore Chinese Orchestra (SCO)

Click [here](#) for educational videos on the instruments of the Chinese Orchestra and exciting past performances put up by the Singapore Chinese Orchestra (SCO).



### Singapore Symphony Orchestra (SSO)

Click [here](#) for concerts by the Singapore Symphony Orchestra (SSO) through the SSO YouTube channel.



### New York Philharmonic Orchestra

Click [here](#) for free digital content for students to watch and listen to both video and audio broadcasts.



# USEFUL ONLINE ARTS RESOURCES

## ART



### Singapore Art Museum (SAM)

Click [here](#) to view online exhibits, virtual collections as well as images of many of SAM's artworks on Google Arts and Culture.



### National Heritage Board (NHB)

Click [here](#) to view NHB's online exhibits and virtual collections on Google Arts and Culture.



### National Gallery Singapore (NGS)

Click [here](#) to view virtual collections as well as images of many of NGS' artworks.



### Asian Civilisation Museum (ACM)

Click [here](#) to explore the artefacts from Asian Civilisation Museum to discover Singapore's past.



# USEFUL ONLINE ARTS RESOURCES

## DANCE / DRAMA.

### Esplanade: Fable-ous Fun with Hand Gestures and Movement

Click [here](#) for a fun activity on the use of hand gestures and movement used in Indian classical dance.



### 'Whispers from The Dragon's Teeth Gate', by Dance Ensemble Singapore

Click [here](#) for a performance inspired by Singapore's rich history. Featuring multiracial dances and drama, this is a captivating watch for all in the family.

