

A Parent Resource




Level Up Together

Committing to Replacement Activities

Let's find out more about replacement activities, how they could appeal to your child/ward and what you can do to support them in committing to making a definite change.

What are Replacement Activities?

Replacement activities are healthy activities that help fulfil the enjoyment that your child/ward gets from gaming. Research on gamer motivation found that gamers are generally motivated by some elements in the games. A summary of this is found in the table below:

If your child/ward enjoys...	Motivated by....	You can encourage them to consider...
Shooting and sports games e.g. <ul style="list-style-type: none"> • Call of Duty • Apex Legends • Valorant • FIFA 	<ul style="list-style-type: none"> • Action • Achievement • Surprises • Fast pace • Interacting with others • Working in teams 	<ul style="list-style-type: none"> • Picking up competitive team sports like netball, basketball, or football 
Strategy games e.g. <ul style="list-style-type: none"> • Mobile Legends: Bang Bang • League of Legends: Wild Rift • Pokémon Unite 	<ul style="list-style-type: none"> • Challenges • Thinking ahead and making decisions • Interesting plots and fantastical characters • Completing missions • Owning the most powerful character 	<ul style="list-style-type: none"> • Learning to code and design games • Playing complex board games such as Monopoly or Cluedo or other classic board games like chess • Planning meaningful projects together with friends/family 
Adventure or exploration games e.g. <ul style="list-style-type: none"> • Genshin Impact • Roblox • Minecraft 	<ul style="list-style-type: none"> • Self-expression • Discovering new things • Interacting with others • Working in teams • Interesting and engaging environments 	<ul style="list-style-type: none"> • Exploring open spaces • Cycling or going on walks at our nature reserves • Picking up an art or creative form such as dance through YouTube videos or interest groups 

Media Literacy Council has some suggestions of healthy replacement activities:

How to have FUN OFFLINE

Spending time offline may be easier said than done, especially for parents who struggle to find ways to entertain their children without resorting to digital devices. Here are some options:

Click Here

or go to <https://go.gov.sg/ClickClick> to read more about this parent resource.

1



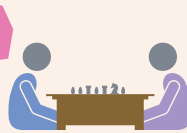
Take a walk through nearest park or reservoir

2



Be a tourist for the day by visiting the zoo or the beach – and if you want photos, try a polaroid or real camera instead of your phone

3



Play board games (or visit one of our island's many board game cafes)

4



Painting is always fun, you can even draw each other for a laugh

5



Chalk drawing (if you do this on the floor outside your home, remember to wash it off with water)

6



Give them chores – if they're young enough, you could even convince them that it's a treat to vacuum the house or clean the dishes

7



Create an indoor volcano

8



Read together from an early age – this will help in English classes later on too

9



Build a sandcastle at one of our many beaches

For more ideas, you can check out parenting platforms like [FamiliesForLife.sg](https://www.familiesforlife.sg), [KiasuParents.com](https://www.kiasuparents.com) or [TheAsianParent.com](https://www.theasianparent.com).

Ask your child/ward to share with you why they like to game. You may refer to the other accompanying resource, *Level Up Together - Communicating with your Child/Ward* to learn more on how to communicate better with your child/ward about gaming.

Have Conversations, Plan Together and Commit to It

After seeking to understand more about your child/ward's gaming habits and interests, you may want to work with your child/ward and agree on a course of action. Setting up a visual reminder, like the Screen Time Contract, can be useful to keep track of goals. Planning it together with your child/ward gives them a sense of ownership.

Click Click has a handy Screen Time Contract on page 30 which you can consider using!

Spend Quality Time with Your Child/Ward

It is important to take time to listen to your child/ward and spend quality time with them. Be fully present. When your child/ward feels cared for and supported, they will be more motivated to try new things and work towards finding a better balance between time spent gaming and other activities.