



Did someone say "HOLIDAY"?



Wondering what to do this holiday?
Check out the activities below and have fun bonding as a family. 😊

A Healthy Holiday

Eat well

Create fun snacks with appropriate portion size, more fruits & vegetables, and less sugar options.



Be active



Get moving and nature-loving! Daily movements will leave the family feeling more energised.

Go lean on the screen and see more green to balance out device usage.

Exercise as a family

Why not try out free dance workouts or do a SportQuest with your child?



Pssst.. Check out this video to reinforce the importance of staying drug-free and related topics such as physical and mental wellness.



Rest those eyes!

Continue to role model healthy screen habits by avoiding screen time just before bed. Don't neglect sleep just because it's the holidays! 😴



All About the Family

Create fond memories



Families for Life (FFL) picnic on 9&10 Dec, at West Lawn, Gardens by the Bay.

Free outdoor movies every first Saturday of the month starting from 4 Nov, 7.30pm @ Somerset Youth Park.

Dive deep into history

Try out a digital trail to learn about our Founding Prime Minister Mr Lee Kuan Yew's life and contributions to Singapore.



Uncover hidden secrets



Explore Tiong Bahru and Redhill through an outdoor gamified trail.

Play board games

Try playing "The Family Race" (given out to all lower primary children) and use the conversation guide to share what the four family values mean to you ❤️



For our teens...



Capture the perfect shot

Venture with your teen to Instagrammable spots.

Be Kind Through Art

Explore the "Spread Kindness Through Art" competition showcased at Punggol 21 CC!

Join in the activities on 2&3 December from 10am to 2pm.



Discover and Learn

Curious about **Social-Emotional Learning (SEL)**? Talk to your child about Self-Awareness, Social Awareness, and Relationship Management this holiday. 🤝

Nurture good financial habits together through talks and workshops by MoneySense, curated for parents of Preschoolers, Primary & Secondary school goers from 14 Nov to 14 Dec.



For our teens...



Want to inspire your teen to discover their career aspirations? Get a taster of various jobs and industries with On My Way!



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