



National Family Week 2023 will be back from 3 to 11 June!
Families can look forward to an exciting line-up of fun-filled activities brought to you by Families for Life, ActiveSG and People's Association.

Celebrate National Family Week with **FUN FAMILY CRAFTS!**



Continue the fun at home with these 3 simple craft activities specially put together for you and your family! Stand to win attractive prizes when you post photos of your crafts online!

How to Win?



Tag @familiesforlife on Instagram and hashtag #NationalFamilyWeekSG and #FamiliesforLife before 19 Jun 2023!

T&Cs apply

Join us at
National
Family Week
Anchor
Events!

Our Tampines Hub
3 - 4 June

HomeTeamNS Khatib
3 - 4 June

Lot One Shoppers' Mall
10 - 11 June

**Gardens by the Bay
(Supertree Grove)**
10 - 11 June

SAFRA Punggol
10 - 11 June

ActiveSG Bukit Canberra
10 - 11 June

More NFW
activities await
at over 50
Community Centres
and 20 ActiveSG
Sport Centres.

EVENT HIGHLIGHTS

Becky Bunny
Meet and Greet

Becky Bunny
Bouncy Castles



Arts & Crafts
Gift Market

Sports Try-outs

Visit go.gov.sg/nationalfamilyweek-2023 or scan here for more details

OUR FAMILY IS LIKE TREASURE!



Our family is our greatest treasure in life! The **love**, **care and concern**, **commitment** and **respect** that we show them is like gold that shines in a treasure chest. Create your own treasure chest and show how much you treasure your family.

STEP 1

Cut out the treasure chest template.

STEP 2

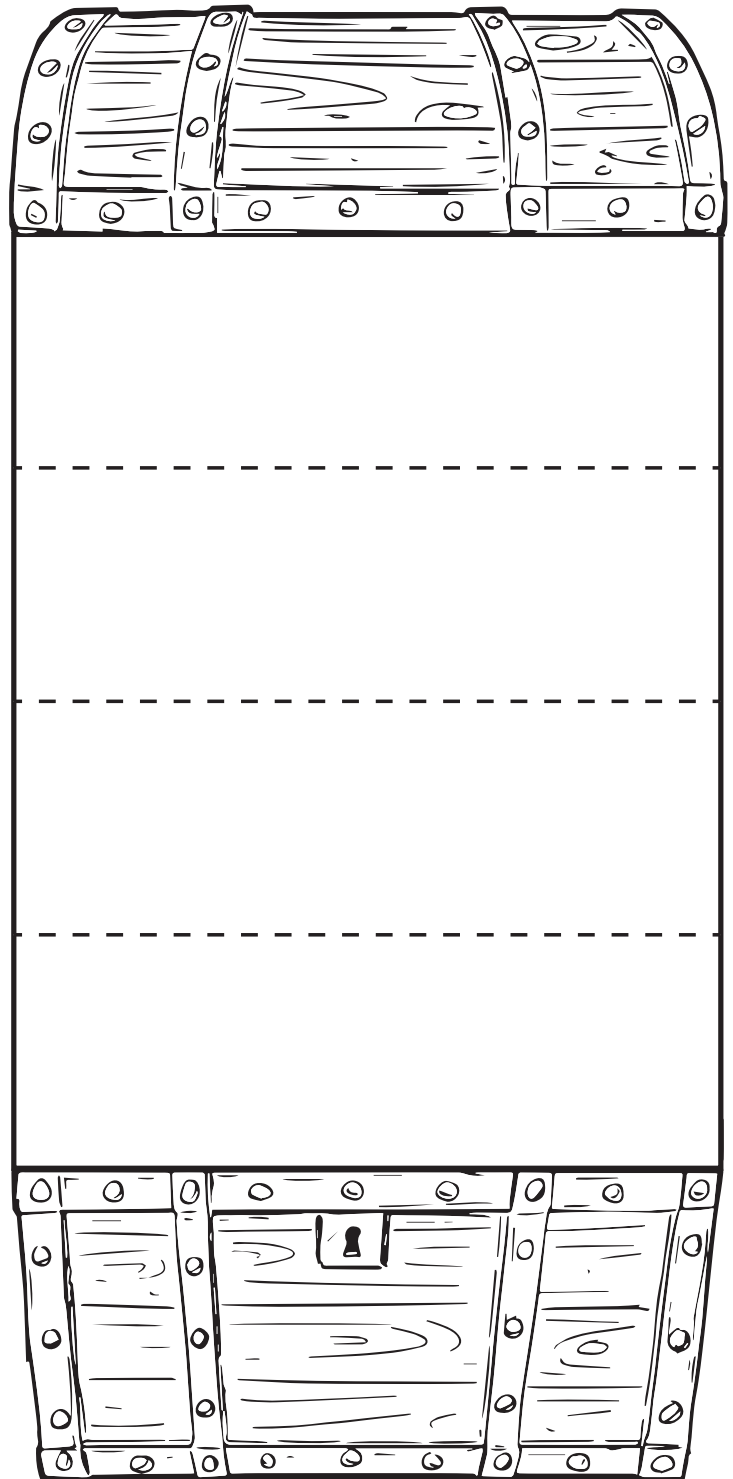
Draw a picture of you and your family members doing your favourite activity together on the template.

STEP 3

Fold along the dotted lines to close the treasure chest.

STEP 4

Share what you have drawn with your family members and why you chose this as your favourite activity!



Scan to discover family activities and promotions from our partners



BUILD STRONG FAMILY BONDS!



Practising **love**, **care** and **concern**, **commitment** and **respect** makes our family strong! Create your own family dumbbell and show how you can build strong bonds together as a family.

STEP 1

Cut out the dumbbell template.

STEP 2

Punch a hole in the middle of the circles and write the names of your family members in the circles.

Note to Parents/Teachers:

The circles will form the "weight" of the dumbbell.

STEP 3

Roll the rectangle and tape the ends to form a cylinder.

Note to Parents/Teachers:

Alternatively, children can use a straw to create the "rod" of the dumbbell.

STEP 4

Place one circle on each end of the cylinder and use glue or tape to hold them in place.

STEP 5

Share with your family a time when they made you feel loved!



LOVE, CARE AND CONCERN, COMMITMENT AND RESPECT MAKE OUR FAMILIES STRONGER.



Scan to discover family activities and promotions from our partners





STEP 1

Cut out the hugger template.

Giving a hug, spending time together and saying kind words are some ways to show **love**, **care and concern**, **commitment** and **respect** for your family. Create your own family hugger and show them how much they mean to you!

STEP 2

Draw and colour your family member on the template. Make sure to colour both sides of the template!



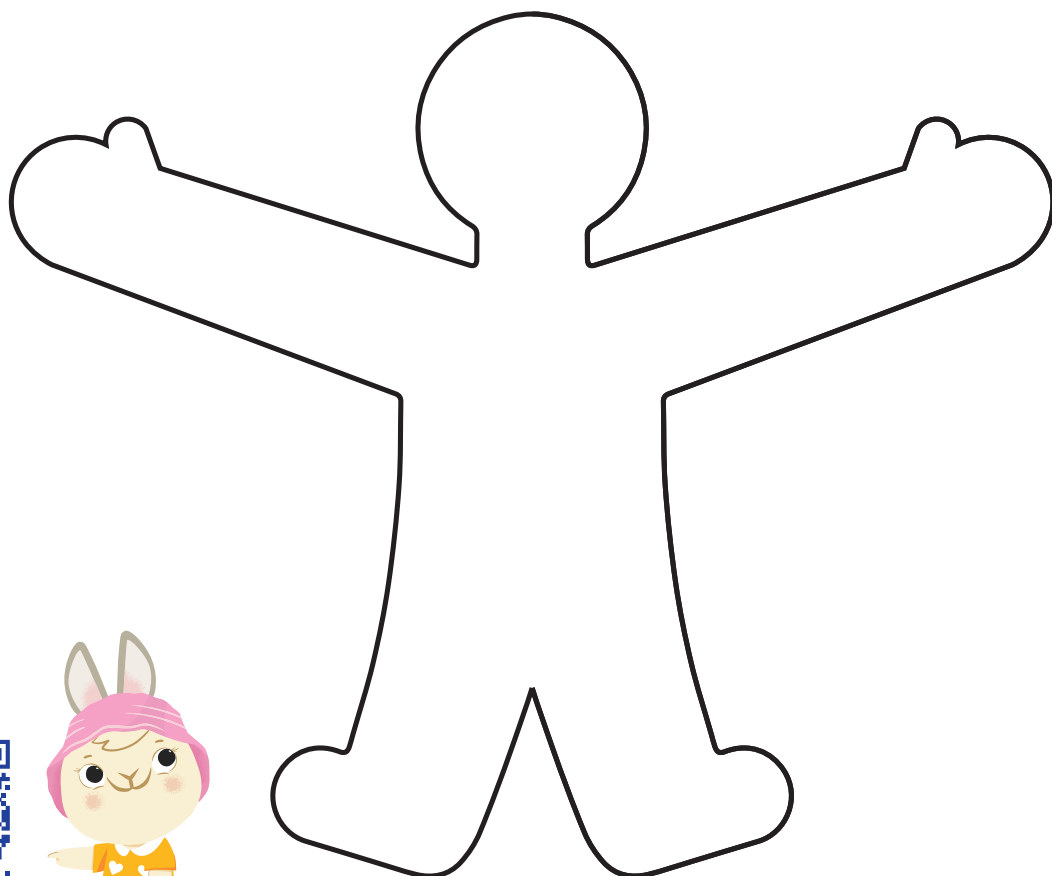
Note to Parents/Teachers:
If children start drawing their family member before cutting the template, make sure they draw within the lines.

STEP 3

Paste a piece of double-sided tape to the hands to wrap around a small gift, such as a piece of candy or chocolate. Alternatively, tape the hands together without the gift to form a hug.

STEP 4

Gather all your family members for a big hug and tell them how much they mean to you!



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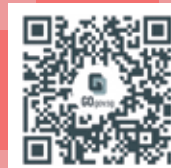
STRENGTHEN FAMILY BONDS

Here are some useful resources and fun activities for you to continue your marriage and parenting journey.

Soon-to-wed/
married couples

MARRIAGE PROGRAMME

Keep the spark in your marriage!
Discover effective ways
to build a strong and
lasting relationship.



Parents
of children aged
up to 3 years

WISEJOURNEYS

Learn mindful parenting and ways
to read your child's body language!
Uncover research-based parenting
tips and experiences of other parents.



Parents of
children aged
4 to 6 years

PURPOSEFUL PLAY

Develop your child's language
and problem-solving skills!
Enhance parent-child interactions
through daily activities.



Parents/
grandparents
of children aged
up to 16 years

POSITIVE PARENTING/ GRANDPARENTING PROGRAMME

Support your child/grandchild's
development confidently! Learn
simple and practical strategies to
enhance their growth and well-being.



BECKY BUNNY
Families for Life mascot



Scan here for activities
for your little ones!



Scan here for resources
backed by research
and experts!



Volunteer as a
family and make a
difference together.



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