



# Holiday Care Pack

## Secondary Edition

How are you doing? 🙌 The COVID-19 situation has been an unprecedented crisis affecting all of us. It has been stressful and challenging, but we believe that together, we can rise above the odds. Let's beat the virus and emerge stronger and better. 🤝

This MOE Holiday Care Pack was specially prepared because we care for your well-being. It contains resources and activities to help you strengthen your mental and physical well-being as well as cyber wellness while you stay home during the May holidays. There are also many suggestions on how you can make the best use of your break through Values in Action@Home, family bonding activities and Arts activities!

😊 *Let's Stay Home, Stay Safe and Stay Curious!*



# 1

## Take on the Gratitude Challenge

Pen your gratitude for the little things in your life on a small piece of paper every day. Include reasons why you are grateful. Keep these notes in a gratitude jar and read them all at the end of May.

Choose a moment in your day that you would like to take some time to appreciate. Use your five senses (i.e. sight, sound, taste, touch and smell) and savour the moment. What positive things did you notice? Share with others how thankful you are for that moment. Consider doing this for a week.

Think of a person who has been a positive influence in your life. How has the person made a difference to your life? Write a message of gratitude to this person and consider sending or reading it to him or her. Alternatively, express your gratitude in a creative way!

Recall a stressful or challenging experience in your life. Despite the difficulty, what did you gain and how did you grow from that experience? Express why you are grateful for this experience in your life.

Think about an event or a person that has made an unexpected positive influence in your life. Write down how you have been shaped as a person, why you are grateful and what gives you hope for the future.

### Benefits



Positivity protects your mental health.



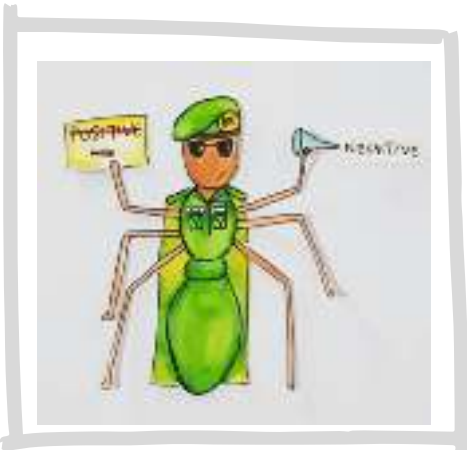
Having an attitude of gratitude strengthens relationships.

**Do any of these thoughts sound familiar to you?**

I can't keep up with the online HBL lessons. I am going to fail my exams at the end of the year!

My computer crashed when I was working on my online homework! I'm forever unlucky.

**ANTS = Automatic Negative Thoughts**



Find out more about the different types of negative thoughts and how they impact our emotions and behaviours through this SLS resource on "Understanding ANTS":

[go.gov.sg/ants](http://go.gov.sg/ants)

**If ANTs are making you feel bad, ask yourself** ↗

Is this a fact or opinion?

Are you assuming the worst?

How likely will this really happen?

Are you being too hard on yourself?

What is within your control?

How else can you look at this situation?

If your friend is going through this, what would you say to him or her?

# 3

## Caring for Every-buddy

### How to be an awesome buddy?

#### Be regular

Check in with them at least twice a week to find out how they are doing

#### Be present

Share more about yourself and also spend time listening to what your buddy has to share



#### Show empathy

Take some time and think – "If I'm in the same situation as my friend, how would I feel?"

#### Be respectful

You may not agree with your friend, but hey! let's not be too quick to judge

#### Need a listening ear?

Fei Yue eC2 online chat [www.ec2.sg](http://www.ec2.sg)  
Help123 Cyber Wellness hotline 1800 612 3123  
TOUCHline 1800 377 2252  
Hear4U [www.care.sg/hear4u](http://www.care.sg/hear4u)  
SOS 1800 221 4444 (24 hours)



Look out for these signs and alert a teacher if you are worried about your friend

- D**eliberately avoiding others
- I**ncreased irritability, restlessness, agitation, stress and anxiety
- S**ending or posting moody messages on social media
- T**alking about death or dying
- R**eacting differently or losing interest in things they used to like
- E**ating more than usual or having a much reduced appetite
- S**leep pattern changes with difficulty going to sleep or oversleeping
- S**lowing down of energy levels

On your phone, [click here](#) or scan the QR code to download The Soaper 5 Telegram Stickers and send them to your friends!



# 4

## Level up your Digital Life

### Is This True?



Unsure whether what your friend sent you is true? [Click here](#) or scan the QR code for tips to spot fake news.



### SLS: THINK Before You Post

Watch 'Awkward Ah Seng' as he posts recklessly on social media and learn the consequences of his actions: [go.gov.sg/think-before-post](https://go.gov.sg/think-before-post)



### SLS: Minding My Online Space

Learn some cyber hygiene practices and tips for keeping safe from people with malicious intent:

[go.gov.sg/mind-online-space](https://go.gov.sg/mind-online-space)



@flagyoureit

Are you worried about a friend who had just met a stranger online?

Find out about a movement to protect children and youth from sexual exploitation at [IG@flagyoureit](https://IG@flagyoureit) or by scanning the QR code.



### Need some help controlling your social media use?

Are your social media habits spiralling out of control? You can control the time spent on any app from your phone. Check out the steps below!



1. Settings ► 2. Digital Well-being ► 3. App Timer or Digital Balance



1. Settings ► 2. Screen Time ► 3. App Limits

# 5

## Embrace Sleep

### Sleep strengthens our health and well-being



A lack of sleep can lead to greater health risks e.g. increased risk of heart disease or increased risk of stroke.

### Sleep improves how we think and learn



Do you know that sleep can help to strengthen connections in our brain? This helps us in our memory, thinking and learning!



### Sleep helps our growth

Sleep releases growth hormones that promote cell and tissue repair, and contributes to our growth and development.

### Sleep shapes our body composition

Having enough sleep regulates our appetite. Research has shown that poor sleepers are associated with a higher Body Mass Index (BMI).



### Sleep improves our physical performance

Sleep allows our body to undergo repair and replenish its energy stores after daily physical activity.



### Sleep Hygiene

- Sleep and wake up at the same time every day.
- Practise a relaxing bedtime routine.
- Avoid using electronic devices 1 hour before sleep. Keep them out of your room and off your bed.
- Follow [Health Promotion Board's playlist](#) for sleep-inducing tunes.

### Tips to shift bedtime earlier

1. Set yourself a target bedtime. Shift your current bedtime earlier by 15 minutes each week until you reach the target.
2. Set an alarm to remind yourself to start your bedtime routines earlier. Your body will slowly get used to sleeping earlier.

# 6

## Physical Activity and Nutrition



Regular physical activity plays an important role in our health, well-being and quality of life.



It builds strong bones and muscles.



It promotes healthy weight.



It reduces of risk of developing chronic diseases.



It improves self-esteem and reduces stress and anxiety.

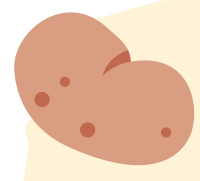


It has a positive effect on academic performance.

### Stay Physically Active

Get at least 60 minutes of physical activity (of moderate-to-vigorous intensity) daily.

[Click here](#) or scan the QR code for some workout videos to help you get started!



### Stop being a couch potato

Move around for 5 to 10 minutes after sitting or lying down for every 1 hour (this doesn't include the time you're asleep!)

### Take 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](#) or scan the QR code for more information





# Contribute Meaningfully through Values-in-Action

## Here's how to get started !



Access the VIA@Home lesson on SLS using [go.gov.sg/via-at-home-sec](https://go.gov.sg/via-at-home-sec).



Download this 'VIA@Home Challenge' worksheet from the VIA@Home lesson on SLS.

<p>Initiated My Own VIA Activity</p> <p>My Idea</p>	<p>Worked with my friends to honour people who keep Singapore safe</p> <p><a href="#">Click here for ideas!</a></p>	<p>Created a stay-at-home activity to engage others</p> <p>E.g. fitness workouts, crafts, personal hobbies</p>
<p>Joined the #StayHomeForSG Challenge with my family &amp; friends</p>	<p>Initiated My Own VIA Activity</p> <p>My Idea</p>	<p>Kept in touch with elderly family members through phone calls</p>
<p>Posted an appreciation note for frontline workers on <a href="#">The Straits Times Tribute page</a></p>	<p>Kept in touch with classmates or schoolmates to check how they are doing</p>	<p>Initiated My Own VIA Activity</p> <p>My Idea</p>

Complete as many challenges as you can!

You are encouraged to initiate your own VIA activity to make a difference to your family, friends and community.



Using the worksheet, document your VIA experience by including pictures of you in action and/or songs or videos you have created!



Upload the completed worksheet via [go.gov.sg/via](https://go.gov.sg/via).



Share what you have done to encourage others!

Take a screenshot of your completed challenge and share on instagram using the following hashtags:

#sgunited

#stayhomeforsg

Your work may be featured on [MOE's Facebook Page!](#)



# VALUES IN ACTION

SCHOOL HOLIDAYS @ HOME – STAY HOME, STAY SAFE, STAY CURIOUS



# 8

## Bonding at Home

### Go on a virtual outing

Explore the whole wide world of arts, science and culture online with your family. You don't really need to get on an airplane to explore the world! [Click here](#) or scan the QR code to start exploring.



### Play games together

Whip out the Monopoly board, use a draw 4 card in Uno or play your own version of Pictionary! Bonding with your family over games is fun!



SYF Stays Home

### TheFamilySeries

Submit a video of your family performing a rendition of a chosen song.

15–20 shortlisted videos will be posted on the SYF Facebook Page. The **top 10 videos** with the most 'Likes' will be featured on SYF's social media pages!

[Click here](#) or scan the QR code for more information about TheFamilySeries and other SYF Stays Home activities.

### Cook together

Try out some healthy recipes, courtesy of the Health Promotion Board. Surprise your family with a healthy home cooked meal or rope them in and cook up a storm!



[Click here](#) or scan the QR code to get cooking.



# 9

## Arts Activities @ SYFgoesOnline



Looking for some fun and creative arts activities during this holiday? Click on [www.singaporeyouthfestival.sg](http://www.singaporeyouthfestival.sg) or scan the QR code for more information and updates throughout the months of May, June and July 2020, and stand a chance to be featured on SYF social media platforms!



SgYouthFest



SingaporeYouthFestivalSYF

# Other Useful Arts Resources

## Music



### [Esplanade](#)



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 \(SCO\)](#)



Educational videos on the instruments of the Chinese Orchestra and exciting past performances put up by the Singapore Chinese Orchestra (SCO).

### [Singapore Symphony Orchestra \(SSO\)](#)

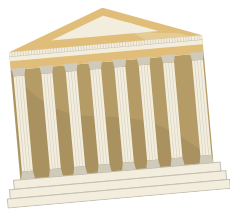


Concerts by the Singapore Symphony Orchestra (SSO) through the SSO YouTube channel.

### [New York Philharmonic Orchestra](#)



This portal provides free digital content for students to watch and listen to both video and audio broadcasts.



## Art

### [Singapore Art Museum \(SAM\)](#)



View online exhibits, virtual collections as well as images of many of SAM's artworks on Google Arts and Culture.

### [National Gallery Singapore \(NGS\)](#)



View virtual collections as well as images of many of NGS' artworks.

### [National Heritage Board \(NHB\)](#)



View NHB's online exhibits and virtual collections on Google Arts and Culture.

### [Tate, United Kingdom](#)



Tate holds the national collection of British art from 1500 to the present day, as well as international modern and contemporary art.

# Other Useful Arts Resources

## Drama



### [Centre 42](#)



This non-profit organisation in Singapore has an archive of local theatre performances in their vault.

### [Nine Year's Theatre](#)



The official YouTube channel of the Singapore-based theatre company with weekly rotated plays for viewing.

## Dance



### ['The Statement' by Netherlands Dance Theatre](#)



Part play, part dance, the work features dancers dressed in office suits enacting a battle of wills around a conference table.

### ['Whispers from The Dragon's Teeth Gate', by Dance Ensemble Singapore](#)



A performance inspired by Singapore's rich history. Featuring multiracial dances and drama, this is a captivating watch for all in the family.