



# FAMILY CONNECTION

*Ideas for this HBL and June holidays*



## FOOD, FUN, FAMILY

*Although the Phase 2 (Heightened Alert) may be difficult for plans to happen, you could still make the most of it with your family. Use this time to partner your teenager in creating memories together.*

## LEARN A SKILL

Feeling stuck about what to do during the holidays? Here are some activities that you and your teen can consider learning together:

- **Build a terrarium** - From rectangular tanks to glass domes, you may enjoy caring for a plant together.
- **Virtual Games** - Just Dance, PlayStation, TikTok videos, or even JackBox on Discord. Get your teenager to coach you and have fun!
- **Make your own brew** - Learn how to make a fragrant cuppa so you don't have to step out of your house for a caffeine fix.





## COOK UP A STORM

Find a recipe that the whole family enjoys. Assign roles for each family member for grocery shopping, food preparation, actual cooking and cleaning up. Usually pizzas and two-course meals -- a main and a dessert, provide sufficient challenge and good conversation opportunities.

**Here's a tip:** For any role that your teenager is in, the best approach is to ask if he/she knows what to do, and take a step back. You can always be on hand if they need it, but helicopter parenting will almost certainly not be welcome in the kitchen.

## EXPLORE HIDDEN PLACES\*

Travel to hidden locations in Singapore. Parents can take the opportunity to share about your childhood with your teenager.

- **Kampong Lorong Buangkok** - The last surviving kampong in Singapore off Yio Chu Kang Road.
- **Bollywood Veggies** - Set in the Kranji foliage, organic vegetables are grown and sold here!
- **Pearl's Hill City Park** - If MacRitchie reservoir and Bukit Timah Nature Reserve are over-crowded, this is a great option.

*\*do comply with the safe distancing measures and restrictions*



## START A PROJECT TOGETHER

Ask your teenagers about the causes they are passionate about or needs in the community that they have identified. Engage their creative minds to direct the projects while you assist them by being their hands and feet.

E.g.: Your teenager may want to work with a community service centre to help seniors living in rental flats with their grocery shopping. Sit together as a family and brainstorm the steps needed to achieve that. Allow them to let you know how you can contribute to the project.

