

Small Steps, Stronger Connections

Children (7 to 12 years old)



Indoor



5 to 15 min

- Work on more complex jigsaw puzzles with 50+ pieces.
- Practice paper folding techniques like origami animals or flowers.
- Organise collections of stamps, coins, or trading cards into albums.

20 to 45 min

- Play challenging board games like Monopoly, Scrabble, or strategy games.
- Make DIY festive decorations or create a gratitude jar for special moments
- Tell stories or play charades with family members.
- Follow [simple cooking recipes](#) to make biscuits or sandwiches.
- Work on painting projects with watercolours or acrylics.



1+ hours

- Build elaborate blanket forts with multiple rooms and secret passages.
- Play board games that require strategy and planning (for e.g. Risk).
- Complete [craft projects](#) like friendship bracelets or model building.
- Write creative stories, poems, or start a personal journal.
- Try a Cooking Together Week where kids pick the recipes and parents assist.
- Have a storytelling session with the whole family.



<https://go.gov.sg/freeactivities>

For more ideas, scan the QR code.

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Outdoor



5 to 15 min

- Play catch with different types of balls or frisbees.
- Take scooter rides around the neighbourhood block.
- Observe nature by looking for different birds, insects, or plants.

20 to 45 min

- Go on bike rides through parks or along cycling paths.
- Take nature walks at local parks to explore different trails.
- Play outdoor games like tag, hide-and-seek, or red light green light.



1+ hours

- Explore hiking trails at places like MacRitchie Reservoir or Bukit Timah.
- Enjoy swimming sessions at community pools or beaches.
- Build elaborate outdoor forts using branches, leaves, and natural materials.
- Conduct science experiments like making volcanoes or observing shadows.
- Visit a local park like East Coast Park, Botanic Gardens, or Jurong Lake Gardens.
- Have a "Family Sports Day" and try frisbee, cycling, or badminton together.
- Plan a Picnic Challenge where each person contributes one healthy snack.
- Volunteer together by packing food, visiting elderly homes, or cleaning up parks.
- Learn something new as a family, from dancing to playing the ukulele.