

Small Steps, Stronger Connections

Teens (13 to 16 years old)

FAMILIES
for
LIFE

Indoor

5 to 15 min

- Practice sketching portraits, landscapes, or still life objects.
- Try simple meditation exercises like focused breathing or mindfulness techniques.
- Organise personal collections such as books or hobby items into categories.

20 to 45 min

- Write in a personal journal or work on creative writing projects like short stories.
- Complete art projects using mixed media or advanced techniques.
- Build challenging construction projects for the home (for e.g. assembling a cabinet).
- Practice advanced crafts like sewing clothes, embroidery, or crochet.

1+ hours

- 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 teens pick the recipes and parents assist.
- Have a Board Game Night or storytelling session with the whole family.



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

For more ideas, scan the QR code.



Small Steps, Stronger Connections

Teens (13 to 16 years old)

FAMILIES
for
LIFE

Outdoor

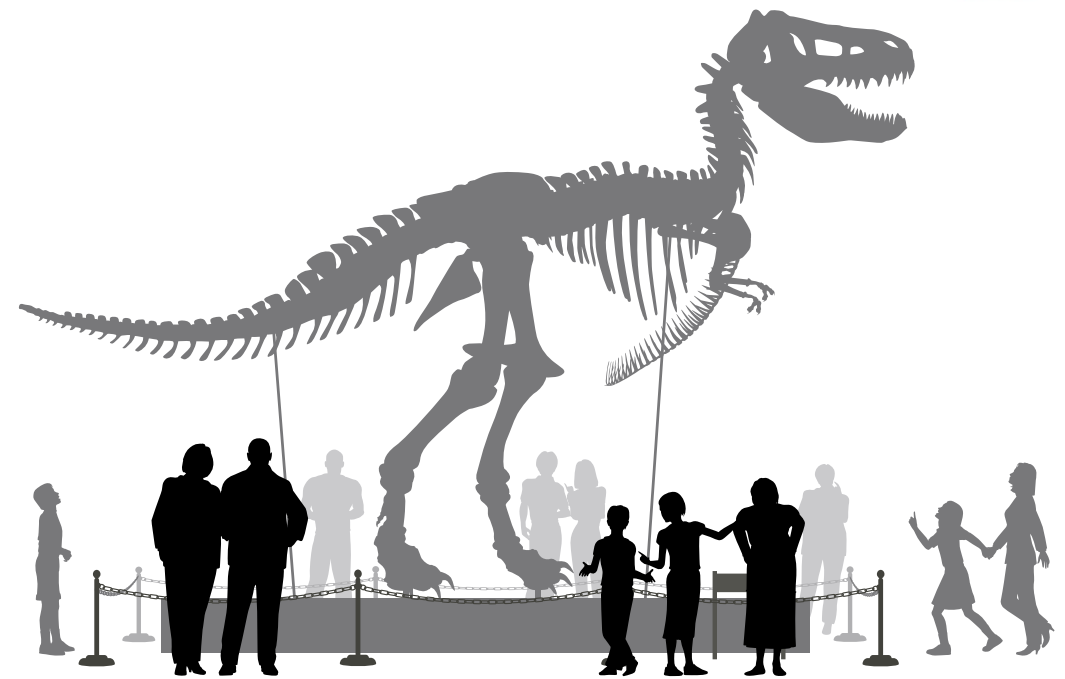


5 to 15 min

- Perform quick bike maintenance like checking tyres or cleaning chains.
- Collect natural specimens like leaves, rocks, or flowers for science projects.

20 to 45 min

- Take independent bike rides through neighbourhood paths or park trails.
- Go on nature photography walks to capture interesting plants, animals, or landscapes.
- Enjoy swimming sessions at local pools or beaches for exercise.



1+ hours

- Embark on long hiking adventures at places like MacRitchie Reservoir or Southern Ridges.
- Visit free museums such as the National Museum or Asian Civilisations Museum.
- Plan day trips to Pulau Ubin or Lazarus Island.
- Participate in volunteering activities like beach clean-ups.
- Visit the library.