



Wellbeing Tips for Primary Students during the school holiday

The table below shows a list of educational and entertaining activities that will help keep students occupied during the school holidays.

<p><u>Daily Prayer/Dua</u> Perform your daily prayers, recite Quran and make dua.</p>		<p><u>Exercise Daily</u> Participate in at least 60 minutes of moderate to high intensity physical activity each day.</p>	
<p><u>Healthy Eating</u> Enjoy healthy meals, drink plenty of water instead of soft drink and eat more fruits and vegetables.</p>		<p><u>Healthy Sleeping Pattern</u> It is important to ensure you sleep for 10 to 11 hours each night.</p>	
<p><u>Limit Screen Time</u> Monitor your screen-time and try to limit the number of hours in front of a screen.</p>		<p><u>Personal Hygiene</u> Wash your hands, take a bath, change your clothes, brush your teeth and brush your hair.</p>	
<p><u>Household Chores</u> Help around the house and clean after yourself. You can clear the table, vacuum and tidy your room.</p>		<p><u>Set Goals</u> Write down a set of goals that you would like to reach and write down the steps that you need to take to achieve your goal.</p>	
<p><u>Reading</u> There's no such thing as too much reading. You can read to a younger or older sibling.</p>		<p><u>Practising Gratitude</u> Each day, students are to think of at least three things throughout their day that they are grateful for. “Alhamdulillah for ... “</p>	
<p><u>Cooking</u> Help prepare a meal or bake cookies, under adult supervision. Learn how to make a simple sandwich. Assist with setting the table.</p>		<p><u>Art and Craft Activities</u> Colour or paint a picture, make slime, learn how to draw using online video tutorials, make origami or draw a self-portrait using a mirror.</p>	
<p><u>Acts of Kindness</u> Make a habit of offering compliments and praising other family members and friends.</p>		<p><u>Crosswords/Word Searches/Puzzles</u></p> 	<p>You can also make your own word search or crossword.</p>