

MY ACTIVE PARENT JOURNEY

GETACTIVE!@HOME
PRESCHOOLS EDITION

Issue 6



Our Heart For Singapore

Stories • Songs • Gratitude • Pledges

In the next few editions, we want to help families celebrate National Day through our GetActive! Singapore campaign!

GetActive! Singapore is an annual campaign that brings Singaporeans from all walks of life together to bond and celebrate National Day through Sport!

Also as part of National Day, we want to connect Singaporeans to tell the story of this unprecedented chapter in Singapore's History as part of the "Our Heart For Singapore" project.



So let's start getting active and building shared memories this National Day!

MY ACTIVE PARENT JOURNEY

**“Behind every young child
who believes in himself is a parent
who believed first.”**

- Matthew L Jacobson





WHAT DOES IT MEAN TO BE AN ACTIVE PARENT



1

SHOW INTEREST IN WHAT YOUR CHILD DOES

SPEND QUALITY TIME AND LISTEN TO THEIR STORIES



2

PRAISE AND ENCOURAGE YOUR CHILD FOR HIS/HER EFFORT

BE PROACTIVE AND LEARN HOW TO HELP YOUR CHILD



3

WALK THE TALK - STAY ACTIVE IN YOUR DAILY LIFE

INCORPORATE SPORT & EXERCISE INTO YOUR FAMILY BONDING TIME



Gratitude is one of the trickiest concepts to teach preschoolers but one of the most important because...

**G
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IMPROVES PHYSICAL HEALTH

ENHANCES SELF-ESTEEM

IMPROVES MENTAL WELLNESS

IMPROVES RELATIONSHIPS

BUILDS RESILIENCE

**"It is not joy that makes us grateful; it is gratitude that makes us joyful."
David Steindl-Rast**



LIVE IT AS A PARENT BE A ROLE MODEL

The **1ST STEP** to teaching your child about gratitude is to show the way!

MODELLING GRATITUDE through our actions, words and a frame of mind so that our children will develop their own attitude of gratitude.

TIPS for raising grateful kids

- Focus on the positives in all things, including when it comes to what your child does
- Find opportunities to be kind and help others meaningfully
- Be sure to say 'thank you' or even write a note to someone you appreciate



PRACTICE GRATITUDE AT HOME AS A FAMILY



FAMILY GRATITUDE

Start a routine of having everyone write down on a piece of paper whenever he/she feels grateful for something or someone in their life, and drop it into the jar. At the end of the week, sit down as a family and read about all the wonderful things!

It's a great way to foster a culture of gratitude in your family, as well as an opportunity to connect and express your appreciation for each other.

DAILY GRATITUDE REFLECTION

- Spend a few minutes everyday and take turns to share with one another one thing they are grateful for that day. You can do this just before dinner at the table!
- This helps children gain a little bit of perspective, and appreciate that while every day may not be good, there is always something good in every day.



PRACTICE GRATITUDE WHILE GETTING ACTIVE AS A FAMILY

GRATITUDE WALK

- Go for a nature walk together, perhaps at a park, reservoir or beach! While walking, pay attention to everything that you can see, feel, hear and smell. Notice the small details and express your gratitude for them - like the sound of a chirping bird, the feeling of the warm sun against your face or the smell of the flowers around you.
- Use this time to ask your children what they are grateful for also. By the time you return home, you will be absolutely full to the brim with appreciation for the world around you!



**OR HOW ABOUT
BUILDING A
THANKFULNESS TREE?
SEE BONUS ACTIVITY AT
THE END!**

With your active involvement, your child will be encouraged to participate in sport, enjoy their experience and better reach their potential.

Join us and begin your journey to be an **ACTIVE PARENT**!



Head over to our
ActiveParents.myActiveSG.com
and join our Parents Network



Like our Active Parents Facebook Page @
www.facebook.com/ActiveParentsSG
to follow the latest news and contests

Be part of our movement and let's build a strong Active Parents community together!

MY CHILD'S ACTIVE START @ HOME

"All kids need is a little help,
a little hope, and someone
who believes in them."

- *Magic Johnson*



READY

AT NURTURE KIDS, WE START OUR
ENGINES WITH A CHEER!



**NURTURE KIDS IS
HAVING FUN!**

**WE EAT OUR GREENS, AND
PLAY IN THE SUN!**

**WE LEAVE OUR
PHONES, FAR AWAY**

**WE GET GOOD SLEEP AND
ENJOY THE DAY**

TIME TO WARM UP!



ARM CIRCLES

Stretch both arms out to the side.
Start with 10 small forward circles &
10 small backward circles
Continue with 10 wide forward circles &
10 wide backward circles



10 REPETITIONS PER MOVEMENT

STANDING TOE TOUCH

Start standing with your feet hip-distance apart.
Keep your legs straight and your knees slightly bent
with your arms extended down by your side.
Bend forward at the torso and let your fingers hang
down toward your toes



3 REPETITIONS



CROSS SHOULDER STRETCHES

Grab one arm above your elbow with your opposite hand,
and pull it across your body toward your chest until you feel a stretch
in your shoulder and hold for 5 seconds. Repeat with other arm



HIP ROTATION

Place your hands on your hips and rotate clockwise and anticlockwise

3 REPETITIONS

SIDE BENDS

Start standing with your feet shoulder-distance apart.
Bend at your waist to the right toward the floor.
Do this 5 times per side



5 TIMES PER SIDE

SET

MAKE SURE YOU'RE ALL SET FOR THE ACTIVITIES WITH THE APPROPRIATE EQUIPMENT AND PRECAUTIONS!



EQUIPMENT

SAFETY PRECAUTIONS

BATTER SPLATTER

2 books (or anything with weight), paper ball, cone, masking tape

BALANCE, BOUNCE, PULL

Bag, books, skipping rope, masking tape, and cone

MUD ATTACK

3 hula hoops, 3 paper balls, 2 tall cones or chairs, pole, and a cone

*If there isn't sufficient space, exercises can be done on the spot

*Small objects like a paper ball, masking tape, water bottles...etc

Making sure there are no obstructions in the activity lanes

Running, hopping or skipping at a reasonable pace to avoid falling

Ensuring children are in suitable condition to exercise

Washing of hands after exercises

Drink lots of water



Go!

THE MOVEMENTS
THAT YOU WILL LEARN
ARE USEFUL FOR
A SPORT LIKE
TENNIS!



PLAY & HAVE FUN TOGETHER!

**WE WILL BE INTRODUCING 6
new mini OBSTACLE
COURSES IN THIS ISSUE!**

MINI OBSTACLE 1 - TWIST JUMPS

Twist jumps build the balance and twisting proficiency of kids. Another effective activity to promote weight shift capabilities.

START!



1. Place bean bags or cones in a zigzag pattern in a 5m stretch. Get ready to jump in the air

3. Repeat on the way back

2. Jump in the air and twist your direction in mid air and land. Zigzag through the cones/bean bags



Scan here for video



MINI OBSTACLE 2 - SPIN AROUND BALANCE

Balance is fundamental in sports, and weight equilibrium is key to good balance.



START!

- 1.** Place bean bags at start point and stick masking tape in a 2m - 5m straight line on the floor.



- 3.** Return back to start the same way

- 2.** Kids are to pivot around the bean bag 5-10 times and then attempt to walk in a straight line on the masking.



Time

Scan here for video



MINI OBSTACLE 4 - BATTER SPLATTER

Effective in strengthening the grip of children, this activity works wrists, hands, forearms, and shoulders and back simultaneously. An exercise designed to develop muscle groups bolstering grip vigour. This exercise is similar to the Farmers Carry in an obstacle course race.



1.

Place the cone at the end of a 5m length and create a zigzag line with masking tape. Kids start by carrying two books along a zigzag line.



2.

Once at the end, they have to bounce a paper ball with the palm of their hands 3 times.



FINISH!

3. Repeat on the way back.

Scan here for video



MINI OBSTACLE 5 - BALANCE, BOUNCE, PULL

Jumps, twists, ball control and resistance forge this excellent activity that promotes agility in weight shift finesse for kids.

START!



1.

Place the cone at the end of a 5-8m length. Leave paper ball next to the cone. Put some books into a recycling bag to create some weight and tie one side of the skipping rope to the bag. Leave 2 meters from the cone or the length of your rope.

3.

Return back to start while balancing paper ball on palm.

2.

Kids have to do the Twist Jump to the cone. Once at the cone, back facing the starting line, sit down and pull the books towards self. *If rope is not long enough, join 2 skipping ropes together.



Scan here for video



MINI OBSTACLE 6 - MUD ATTACK!

Crawling under the poles is like the obstacle Mud Crawl in an obstacle course race. This helps develop many components such as body scheme, motor planning, visual perception and eye-hand coordination



START!

1.

Place cone at the end of a 5m length.
Arrange hula hoops in a zig zag position.
Place one paper ball in each hula hoop
Place two chairs side-by-side, 50cm apart
with a pole across them.

2.

Kids start by hopping to the first hula hoop, pick up the paper ball, throw the ball in the air and hit with their palm. Hop to the next 2 hoops and do the same.

3.

Stand up and crawl back under the chairs, and hop back to the start.

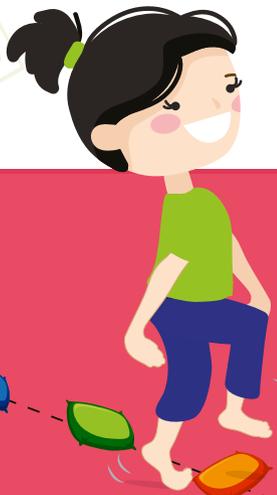
FINISH!

Scan here for video



MINI OBSTACLE 3 - PRESCHOOLERS JUMP BACK

This activity melds speed and agility while shaping weight shifting skills.



START!

1. Place bean bags in a straight line with a narrow gap between them (the narrower the harder it gets)

2. Kids have to run fast around the bean bags, and then jump back above each of them

3. To make it harder, kids can jump back on one leg. Make sure to train both legs

FINISH!



Scan here for video



TIME TO COOL DOWN!



BUTTERFLY STRETCH

Sit up straight and bring the soles of your feet together
Grasp your feet and ankles and slowly lean forward
Place your elbows on the tops of your thighs and gently press down until you feel a stretch for 5 seconds. Do this 3 times

SEATED TOE TOUCH

In a seated position, extend the left leg straight forward, toes pointing up
Bend your right leg and place your sole along the knee of the left leg
Reach forward toward the toes of the left foot until you feel the hamstring stretch. Hold for 5 seconds



3 REPETITIONS

QUAD STRETCH

With the left arm on the chair,
bend the right leg and grab it with the right hand
Gently press the foot toward the body until you feel the stretch in the front of the thigh
Hold for 10 to 30 seconds, and then switch legs

2 REPETITIONS

REACH FOR THE STARS

In sitting or standing, reach your arms over your head to stretch your shoulders, arms and chest toward the stars.
Hold for 5 seconds



3 REPETITIONS

**Bonus
ACTIVITY!**

THANKFULNESS TREE

Cut out leaves, have the kids write what they're grateful for on them, and hang them on a branch.

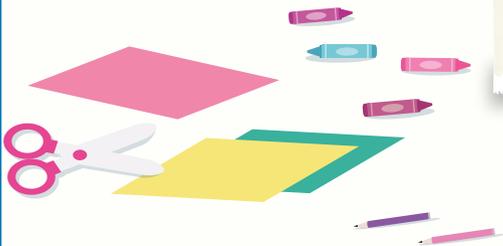
INSTRUCTIONS

1 LEAF DESIGN:

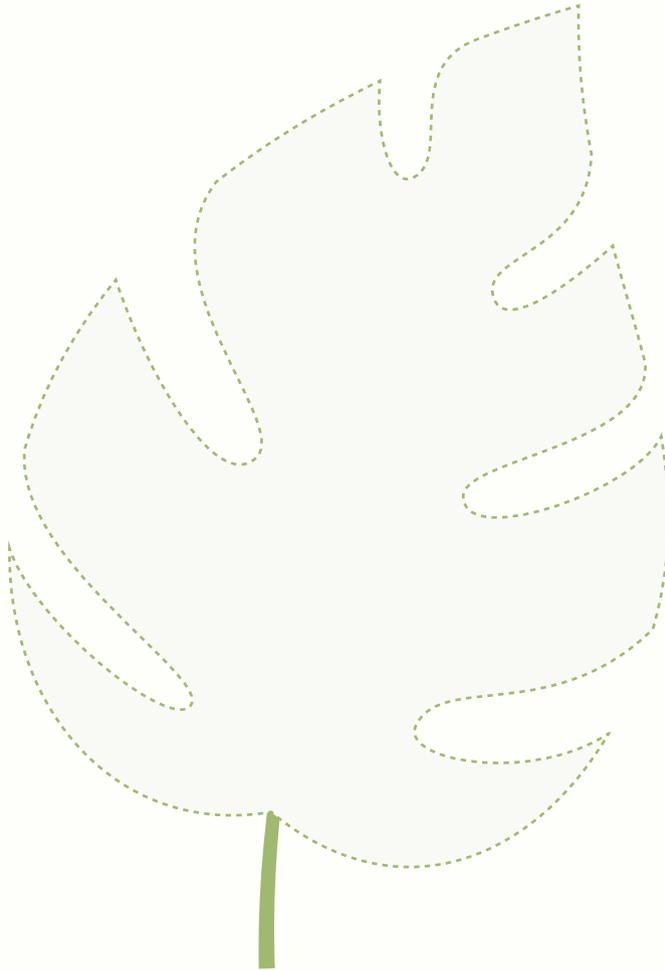
- **CUT** out leaves - you can use the template provided on the next page!
- **DESIGN** and decorate with anything you like

2 MAKING THE TREE:

- **USE** a large piece of paper (like mahjong paper) and draw and colour in a tree with no leaves
- **PASTE** the decorated leaf on the tree to make it look nice and green!



LEAF TEMPLATE



**Put your thoughts into words about something
that you are thankful for (what and why).**

SHARE YOUR MOMENTS WITH US!

Capture your moments with your child in-action with any of the activities, and share them so all other parents can also learn and be inspired



www.preschoolersgetactive.com/gallery

**GET CREATIVE AND DESIGN
YOUR OWN COURSE WITH
THE NEW ACTIVITIES
LEARNED THIS WEEK!**

SCAN HERE TO ENTER



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