

Social Enrichment Programme Online Materials

Week	Topics	Resources	
01	1. Life Skills: • Time Management (Basic Time Telling)	1a.	PowerPoint slides: Time Management – Basic Time Telling
	2. Healthy Lifestyle: • Food • Physical Exercise	2a.	Watch Video: Balanced Diet
		2b.	Watch Video and follow: Physical Exercise <i>(To exercise every day)</i>
	3. Soft Skills: Basic Handphone Etiquette	3a.	PowerPoint slides: Basic handphone etiquette
02	1. Life Skills: • Time Management (Punctuality, Attendance)	1a.	PowerPoint slides: Time Management – Punctuality, Attendance
	2. Healthy Lifestyle: • Food • Physical Exercise	2a.	Watch Video and follow: Physical Exercise <i>(To exercise every day)</i>
		3a.	PowerPoint slides: Basic handphone etiquette <i>(revise)</i>
03	1. Healthy Lifestyle: • Physical Exercise	1a.	Watch Video and follow: Physical Exercise <i>(To exercise every day)</i>
		1b.	Watch Video: Healthy Weight
	2. Hard Skills: • Face Towel Folding • Bath Towel Folding • Tee Shirt Folding	2a.	Watch Video: Folding a face towel
		2b.	Practise: Fold face towels 5 times a day <i>(To practise every day)</i>
		2c.	Watch Video: Folding a bath towel
		2d.	Practise: Fold bath towel 5 times a day <i>(To practise every day)</i>
		2e.	Watch Video: Tee Shirt folding
2f.	Practise: Fold tee shirts 5 times a day <i>(To practise every day)</i>		
04	1. Healthy Lifestyle: • Eye Exercise	1a.	Watch Video and follow: Eye Exercise <i>(To exercise every day)</i>
		2. Hard Skills: • Sweeping	2a.
	2b.		Practise: Do sweeping 1 time a day <i>(To practise every day)</i>
	3. Hard Skills: • Mopping	3a.	PowerPoint slides: Mopping Steps
		3b.	Watch Video: Mopping
		3c.	Practise: Do mopping 1 time a day <i>(To practise every day)</i>

05	1. Healthy Lifestyle: • Physical Exercise	1a.	Watch Video and follow: Physical Exercise <i>(To exercise every day)</i>
	2. Soft Skills: • Social Behaviour - Personal Space • Social Behaviour – Respect	2a.	Watch Video: Personal Space
		2b.	Watch Video: Respect
06	1. Healthy Lifestyle: • Eye Exercise	1a.	Watch Video and follow: Eye Exercise <i>(To exercise every day)</i>
	2. Hard Skills: • Dishwashing • Cutlery washing	2a.	Watch Video: Dish Washing
		2b.	Practise: Prepare 3 plates. Do washing 1 time
		2c.	Practise. Prepare 5 pieces of cutlery. Do washing 1 time
	3. Hard Skills: • Wiping	3a.	Practise: Wipe the plates after washing
		3b.	Practise: Wipe the cutlery after washing
07	1. Healthy Lifestyle: • Physical Exercise	1a.	Watch Video and follow: Physical Exercise <i>(To exercise every day)</i>
	2. Hard Skills: • Wiping – Table Wiping	2a.	Watch Video: Wipe Table
		2b.	Practise: Wipe table 1 time a day <i>(To practise every day)</i>
	3. Life Skills: • Road Safety	3a.	Watch Video: Road Safety
08	1. Healthy Lifestyle: • Physical Exercise	1a.	Watch Video and follow: Physical Exercise <i>(To exercise every day)</i>
	2. Life Skills: • Basic Money Skills	2a.	PowerPoint slides: Money matters
	3. Life Skills: • Basic Budgeting	3a.	PowerPoint slides: Basic Budgeting (Up to \$5)
09	1. Healthy Lifestyle: • Eye Exercise	1a.	Watch Video and follow: Eye Exercise <i>(To exercise every day)</i>
	2. Life Skills: • Money Skills	2a.	Revise PowerPoint slides: Money matters
	3. Life Skills: • Budgeting	3a.	Revise PowerPoint slides: Basic Budgeting (Up to \$5)
		3b.	PowerPoint slides: Basic Budgeting (Up to \$10)

10	1. Healthy Lifestyle: <ul style="list-style-type: none"> • Eye Exercise 	1a.	Watch Video and follow: Eye Exercise <i>(To exercise every day)</i>
	2. Life Skills: <ul style="list-style-type: none"> • Budgeting • Purchase ingredients (Up to \$10) • Do your own breakfast 	2a.	Practise: Parent to discuss with child what to prepare for breakfast, do budgeting up to \$10, go purchasing and make breakfast