

Dear Parents,

In today's fast-changing world, life skills are just as important as academic learning—essential tools that help children grow into capable, confident, and resilient adults. Recognizing this need, **SAFT** has launched a special initiative to actively involve parents in nurturing life skills in their children, tailored to each age group.

At the heart of this program is the idea of *quality time*—simple, meaningful moments you can share with your child. To make your participation easy and enjoyable, we have created user-friendly materials with color-coded sections. For example, **RED text highlights where your direct involvement is needed.**

Each day includes a clear theme, practical exercises, and an end-of-day evaluation. Please take a few moments to review these evaluations as they offer valuable insights into your child's progress and help strengthen the learning experience.

We invite you to take this opportunity to build lasting memories with your child—learning together while having fun!

Wishing you skillful and joyful holidays.

May God bless you and your family.

Warm regards,

Theme: Social communication skills

Day 1: "Story Chain"

Objectives	Activity	Instructions	Parent's role	Evaluation
Learn to listen attentively and respond appropriately.	Family members take turns adding sentences to a story.	Sit in a circle. Start a story with one sentence. Each person adds a new sentence, listening carefully to the previous one.	Encourage patience and remind them to wait for their turn.	Did the child listen and build on the story logically?

Checklist:

- ☐ Listened without interrupting
- ☐ Added a relevant sentence

Day 2: "Greeting and polite language"

Objectives	Activity	Instructions	Parent's role	Evaluation
Use polite words (sorry , Please, Thank You) in daily conversations.	Role-play different scenarios (e.g., meeting a neighbor, buying something).	Practice saying " God bless you, Thank you and sorry ". Act out a shopkeeper-customer conversation.	Praise polite behavior and correct mistakes gently.	Did the child use polite words naturally?

Checklist:

- ☐ Used greetings correctly
- ☐ Said "Please" and "Thank You"

Day 3: "Speaking clearly and confidently"

Objectives	Activity	Instructions	Parent's role	Evaluation
Improve clarity and confidence in speech.	"Show & Tell" – Present a favorite toy/book in 3-5 sentences.	Speak loudly and clearly. Maintain eye contact with listeners.	Give positive feedback (e.g., "You spoke very well!").	Was the speech clear and confident?

Checklist:

- ☐ Spoke loudly enough
- ☐ Maintained eye contact

Day 4: "Understanding body language"

Objectives	Activity	Instructions	Parent's role	Evaluation
Recognize facial expressions and gestures.	Watch a cartoon (without sound) and guess emotions.	Note down characters' emotions (happy, sad, angry). Discuss what body language showed those emotions.	Help identify expressions and explain their meanings.	Could the child guess emotions correctly?

Checklist:

- ☐ Recognized 3+ emotions
- ☐ Explained body language clues

Day 5: "Conversation starters"

Objectives	Activity	Instructions	Parent's role	Evaluation
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Learn how to start and keep a conversation going.	Practice asking open-ended questions (e.g., "What did you do today?").	Pair up with a sibling/parent. Ask 3 questions and listen to the answers.	Model good questions and responses.	Did the child ask relevant follow-up questions?
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Checklist:

- ☐ Asked open-ended questions
- ☐ Showed interest in answers

Day 6: "Group discussion and turn taking"

Objectives	Activity	Instructions	Parent's role	Evaluation
Participate in group discussions without interrupting.	Discuss "Best Summer Activity" with family.	Everyone shares their opinion. Wait for others to finish before speaking.	Ensure everyone gets a turn.	Did the child wait for their turn?

Checklist:

- ☐ Spoke only when it was their turn
- ☐ Listened to others' opinions

Day 7: Public speaking practice

Objectives	Activity	Instructions	Parent's role	Evaluation
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Overcome fear of speaking in front of others.	Deliver a 1-minute speech on "My Favorite Hobby."	Stand straight, speak clearly. Family members clap to encourage.	Record the speech and give constructive feedback.	Did the child speak confidently without hesitation?
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Checklist:

- ☐ Spoke for 1 minute
- ☐ Maintained good posture