

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,

Family Time Survey – One Week Life skill activity for parents and children of classes 8-10.

Introduction:

God bless you dear parents and children;

- Summer vacation is a time when children can relax and enjoy their free time. We hope and pray that this summer vacation of 2025 will be meaningful. You must have more sleep, proper diet, reduce screen time and increase physical exercise but it is important to spend quality time with your family and assure your family that you love them by serving them.

We want to understand how you spend your time during a typical week. Your responses will help us better understand family dynamics and habits. Please answer honestly!

Instructions for parents and children:

- Fill in the table honestly for 1–7 days.
- Use the last column to reflect your feelings or interesting things that happened.
- This will help you observe how much time you actually spend with your family during holidays.

Section 1: Demographics

1. Age: _____

2. Relationship to family members (son/daughter/parents): _____

Section 2: Daily Activities (For 7 Days)

Please estimate the time you spend on the following activities each day.

Day	Family	Screen	Sleeping	Breakfast	Lunch	Dinner	Outdoor	time
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	time (hrs)	time (hrs)	(hrs)	(mins)	(mins)	(mins)	walk / Play / Talk (mins)	spent with family. (fun, boring or happy)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Section 3: Weekly Activities

Please estimate the total time you spend on these in a week:

1. Family outings/picnics: _____ hours/week
2. Screen time : _____ hours/day
3. Study/homework: _____ hours/day

Section 4: Evaluation (Open-Ended Questions)

1. What activities do you enjoy with your family?
2. How do you think family time can be improved?
3. Is there something you wish your family would do more often together?
4. Do you feel heard and supported by your family members? Why or why not?
5. What is your favorite family memory from the past year?

6. Do you prefer quiet time or active time with your family? Why?

7. If you could plan a family day, what would it include?

Thank You!

Your responses will help us understand family habits and dynamics.

More specific life skills are on the way.