



# ADVENTURE'S

Tips & Activities  
For A Great Start  
To Primary School  
(Revised)

SCHOOL BUS

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Your child's school will provide you with details on how to obtain this book.*

# How To Use This Book?

Primary school is an exciting  
time for all – not just for the kids,  
but for parents, too!

Personalise this book with your child's name, using the letter stickers  
at the back of this book. This marks the start of your child's very own,  
extra-special adventure.



In this book, you'll find **10 tips for parents** – to help you and your child  
adjust smoothly to primary-school life. Each tip includes activities which  
you can do together.

With your child, pick the activities that you'd like to do.  
Feel free to jump around this book. You don't have to do them all!



# TIP 1



## Get Ready For School!

**Preparing well at home makes for a smooth start to the day and a great time at school!**

It's not easy getting up so early, every day – for you and your kid. Getting your child ready might take longer than you'd think. The night before, prepare your child's bag and uniform together. Talk through your child's schedule for the next day. Make sure there's enough time for cleaning up, breakfast and the journey there, without rushing.

# Ready, Set, Go!

Discuss with your child how they can prepare for school.  
Talk about the order in which these tasks should be done.



Tick what you have done ✓

## The night before school, I should...

- Check my homework  
.....
- Pack my bag  
.....
- Pack my snack for school  
.....
- Lay out my uniform, socks and shoes  
.....
- Set my alarm clock  
.....
- Give my parents a hug before bed  
.....
- Sleep before \_\_\_\_\_ pm  
.....



Before I leave the house,  
I should...

What is the order of  
these activities?





# Sleepy Time...

To learn well, young children need enough sleep – between 9 – 11 hours. **Agree on a bedtime with your child** and ask them to try getting to bed on time for a week. When they succeed, award them this certificate and decorate it with stickers!



My bedtime is:



Zzzzzzzz...





**CONGRATULATIONS**

**Dear** \_\_\_\_\_,

**You have gone to bed at**

\_\_\_\_\_

<time>

**for one whole week!**

**Love,**

\_\_\_\_\_





## TIP 2



# Practise Routines

**Building good habits helps your child cope with the many new things they will encounter this year.**

School is a lot more structured than your child is used to. Lessons are longer and so is the school day. Buying food at recess is a new experience and they will need to go to the washroom on their own. After-school activities and homework might take some getting used to. Practising routines will help your child face the unfamiliar with a smile!

# What's In Your School Bag?

Help your child develop the good habit of packing their bag before school. Chat about what goes in each day and how to check that they have everything they need. When they are ready, let your child try packing their bag on their own.

Here are some questions you can ask:

What should you bring to school every day?

- My pencil case
- School Diary
- \_\_\_\_\_
- \_\_\_\_\_

Which books should you bring?

- Have you checked your timetable?

Anything else?

- Have you checked your School Diary?
- Have you packed your homework?
- Did your teacher give you any forms for me to read or sign?

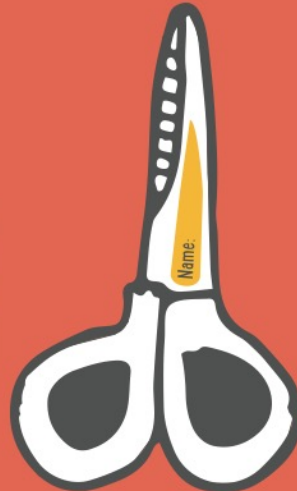




# My Pencil Box

Your child's pencil case is a treasure chest of prized stationery. Teach them to take good care of it.

Get the name stickers from the pocket at the back of the book, and guide your child to write his/her name on them. Stick the stickers onto their pencils, ruler etc.

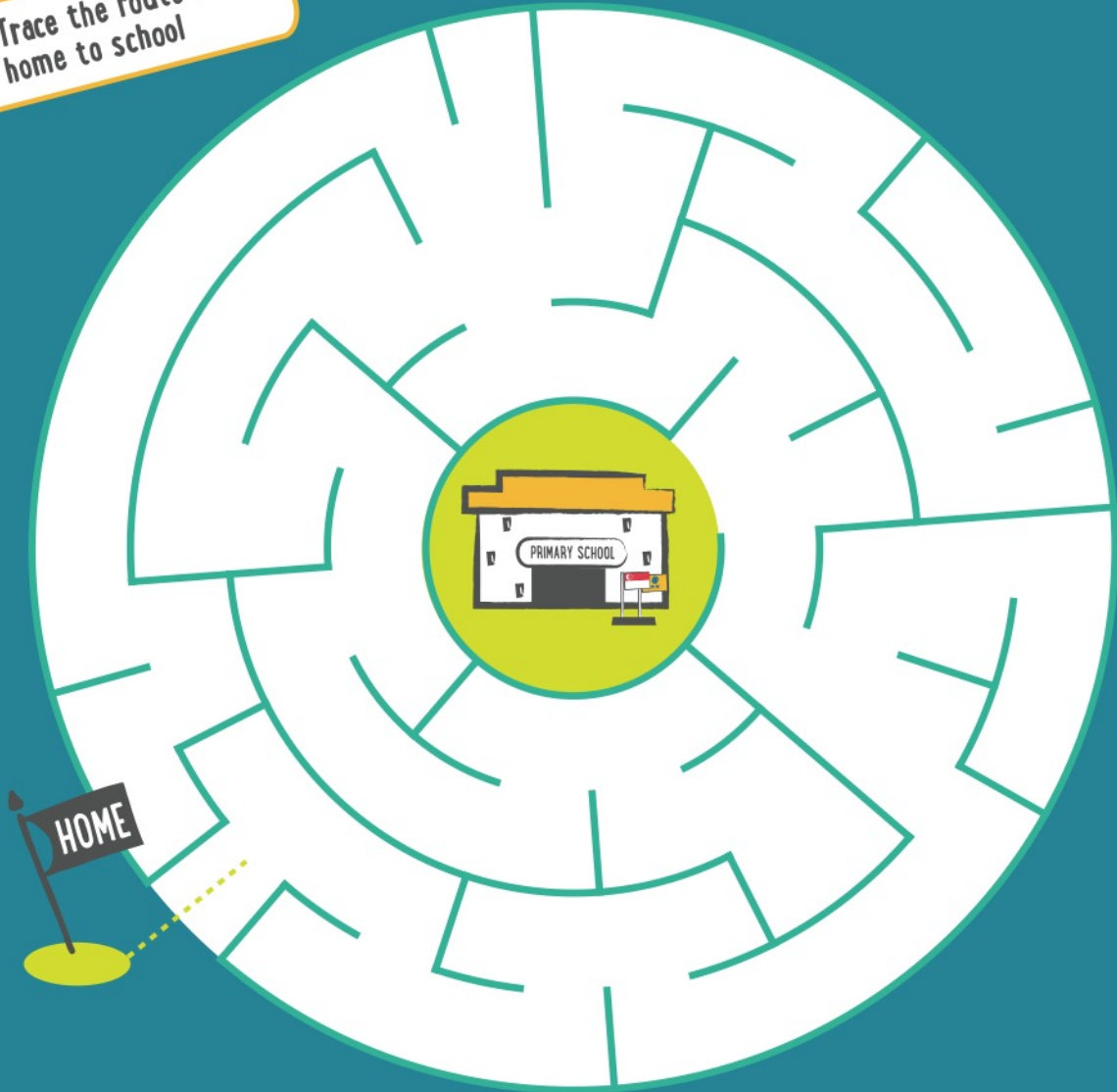


# Travel Tips!

Show-and-Tell\*



Trace the route from  
home to school



How will your child travel between school and home?  
Talk through the steps with your child, so they know  
where to wait and who will be taking them.



How will your child travel *between home and school?*

## Walk

- Who will take you to school?
- Where should you wait to be fetched?
- How will you go to school if it's raining?
- How do we cross the road safely at zebra crossings and traffic lights?



## School Bus

- Where should you wait for the bus in the mornings?
- Where should you wait for the bus after school?
- How do you know which one is your bus?
- What will you say to the driver when you board and get off the bus?



# Public Transport

- Who will go with you?
- How do you get to the bus stop/ train station?
- Which bus/ train will you take?
- Where will you get off?
- Where will you keep your EZ-Link card safely?
- How do you use the EZ-Link card?
- What do you do if your EZ-Link card runs out of money?

# Car

- Where should you sit in the car?
- Where does your school bag go?
- Who will take you to school?
- Where should you wait to be fetched?
- Who should you call if the car hasn't arrived?

**Do a practice run before school starts!**



# Let's Buy Food

Your child will need to buy food at the school canteen. Practising this at home will help your child feel more confident during recess.

Try out this dialogue, with you and your child switching roles. You may wish to take on the "student" role first, to role-model the interaction.

Use real money to play it out.



Make sure to collect  
the right change!

# FOODSTALL



chicken rice



fishball noodles



chicken burger



fruit



packet Milo



sandwich



Remember to eat your fruit  
- it's full of nutrients and  
tastes good!



## TIP 3



# New Places, New Faces

**Your child is getting to know a whole new world – and picking up values like resilience and responsibility along the way.**

Primary school is a far bigger world than pre-school, with far more rooms and children. Give your child lots of chances to talk about the places they've been in school, and the people they've met. It'll let you get a sense of what school is like, through their eyes.



# Making Friends Is Fun!

Show your child how to say hi to a new friend at school.

Ask your child to pretend they are meeting you for the first time and practise introducing themselves.



## TIP 4



# We Can Do This, Together

**With your encouragement, your child will learn that they can achieve success in their own ways.**

Your child is now learning more and more quickly than they might be used to. Celebrate their efforts, not just their achievements! If your child is struggling to catch up or finds lessons hard to “get”, let them know you are listening.

You can help them create a quiet space to work, break their task down to smaller tasks that are easy to achieve, and give lots of hugs.



# A Space Of My Own

Create a comfortable space at home for your child to do work quietly. Praise your child when you notice him or her using this space to complete work on their own.

Your child can use the space below to design their study spot.

