

The #StayHome Bingo

For Families

Which of these have you done with your family?

Ask a family member - "What can I help you with today?"	Watch a movie.	Read your child's favourite storybook to him/her before bedtime.	Have a gotong-royong!	Snap a family photo and post it on social media. Tag #StayHome withFamily
Have a camp night in the living room.	"It's your time to shine!" Plan a talent show for your children.	"Shake it off, Shake it off!" Start your day with a fun workout.	Have a treasure hunt.	Share something positive from the news with your children.
Know each other's love language. Take the test: www.5love languages.com	Stick encouraging notes on the fridge for each other.	Duduk di rumah diam-diam.	Video call a close family friend or relative.	Start a new hobby.
Flip through a family photo album and share your favourite memory.	Play dress up by picking each other's #OOTD .	Make meaningful conversations. Visit family.org.my/downloads	For family tips, follow us on Facebook and Instagram!	Bake a dessert.
Get everyone to draw a fun family portrait and put it up on the wall.	Try out a new recipe for dinner.	Give each other a nice back rub/massage!	Make a list about why you love your family.	End the day by sharing what you appreciate about each other.