

19 April 2020

Sunday Supplement

National Council for the Far East

Health

Ramadan Happy, Healthy, Social Distanced!

Now is a good time to
reflect & reconnect

Education

Let's Learn English!

Small Steps to help you
succeed

Youth & Sports

Lets Play Bingo!

Stay Home & Stay Fit
With your Family and
Friends!

National Council/ ITREB

Green Creation

Protect the environment by
using recycled materials
for useful crafts.

Ramadan

Happy, Healthy & Socially Distanced!



Ramadan, the ninth month of the Islamic calendar, begins on 23 April.

Usually a time spent on fasting, prayers, spiritual reflection, charity, and bonding as a community, this Ramadan may feel a bit different compared to most.

Here are **5 tips** we would like to share to ensure everyone has a healthy and meaningful Ramadan:



Maintain Social Distancing

As much as it would be nice to eat with outside friends and family, don't break fast or have meals with those not residing in your home. Limit all trips outdoors to only those that are necessary (going to the pharmacy, supermarket, etc.).



Practice Good Hygiene

Always wash your hands with soap and water, especially after going to the supermarket, etc. When cooking, rinse all produce thoroughly.



Bond with Family You Reside With

Use the extra time spent indoors to bond with the kids, parents, or spouses you may reside with. Get creative with activities: cook together, enjoy a movie night, play board games, practice yoga and meditation, and even pray as a family!



Make Use of Online & Video Chatting Tools

Living alone and being away from family and friends during a celebratory time like Ramadan can be difficult. Make use of apps and online platforms like FaceTime, WhatsApp Video, and even Zoom to keep in touch with family and friends around the world!



Practice Good Deeds, Self-Reflection, & Goal Setting

In honor of Ramadan, maintain positive mindsets and carry out small acts of kindness. While it may seem like this period of self-isolation will never end, keep working towards plans for the future and maintain both actionable short- and long-term goals!

Let's Learn English!



Be it for work, personal communication, school or student life, social networking, sports or any other aspect, you cannot do without being proficient in English language.

Why English?

E English is a global language primarily spoken in more than 53 countries around the world!

N New words are constantly being added to the vocabulary and are being introduced to other languages.

G Gives you the opportunity of new learning experiences.

L Language of the internet, social media and digital industries.

I Increases job opportunities and widens your business prospects.

S Satisfaction to study all over the world to improve your education.

H Have access to multiple cultures.

Useful links to learn English

- ❖ Improve your English Communication skills
[Coursera](#)
- ❖ Upgrade your English skills
[Udemy](#)
- ❖ Get tips and some course material to help you prepare for [ILETS](#)
- ❖ Learn English with the experts.
[British Council](#)

Take small steps

[English at home](#) offers you a basic course including all critical elements and some interesting tasks by the facilitator.

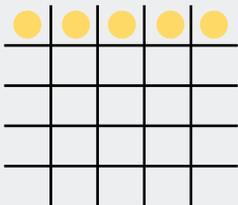
[English grammar](#) is a self paced navigation to choose from a variety of resources under each category for different levels.

STAY HOME AND STAY FIT

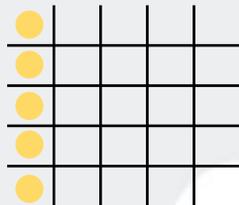
FAMILY ACTIVITY

	Did 10 sit-ups	Drank 8 glasses of water	Did 20 squats	Phoned a friend to say hello
Meditate for 5 minutes		Did 10 push-ups	Participated in a charity	Planked for 30 seconds
Did 10 squats	Made someone Smile		Did 10 Jumping Jacks	Participated in a Green Initiative
Create and share a joke	Planked for 60 seconds	Read 5 pages of a book		Did 20 sit ups
Did 20 push-Ups	Washed your hands at least 10 times in a day	Did 20 Jumping Jacks	Made a difference to someone	

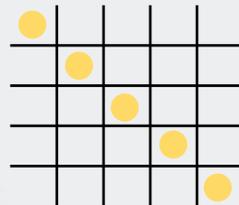
Horizontal



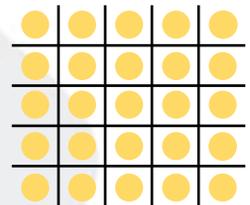
Vertical



Diagonal



Full House



Cross off each box after completing an activity.

Share with family and friends to see who is the first to reach **BINGO!**

[PRESS HERE TO DOWNLOAD](#)

HIGH INTENSITY

[PRESS HERE TO DOWNLOAD](#)

LOW INTENSITY



STAY HOME AND STAY FIT

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Ate a well-balanced diet meal	Did 10 sit-ups	Drank 8 glasses of water	Did 20 squats	Phoned a friend to say hello
Meditate for 5 minutes	Watered the plants	Did 10 push-ups	Participated in a charity	Planked for 30 seconds
Did 10 squats	Made someone Smile	Cooked a meal	Did 10 Jumping Jacks	Participated in a Green Initiative
Create and share a joke	Planked for 60 seconds	Read 15 pages of a book	Drew a picture	Did 20 sit ups
Did 20 push-Ups	Washed your hands at least 10 times in a day	Did 20 Jumping Jacks	Self reflected for 5 minutes	Meditate for 10 minutes

First One To Cross Off 5 Items In One Line Is The Winner !



STAY HOME AND STAY FIT

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Ate a well-balanced diet meal	Phoned a friend outside the Far East	Drank 8 glasses of water	Watched a TV Show/ Movie	Phoned a friend to say hello
Meditate for 10 minutes	Watered the plants	Watched a video on YouTube	Participated in a charity	Sang a song
Danced like no one was watching	Made someone Smile	Cooked a meal	Exercised for 10 minutes	Participated in a Green Initiative
Create and share a joke	Pampered yourself	Read 15 pages of a book	Drew a picture	Doing a kind gesture for your loved ones
Exercised for 15 minutes	Washed your hands at least 10 times in a day	Baked a cake/ cookie	Connected with people on 'Zoom'	Meditate for 20 minutes

First One To Cross Off 5 Items In One Line Is The Winner !



GREEN CREATIONS

PROTECT THE ENVIRONMENT BY CREATING USEFUL CRAFTS FROM RECYCLED ITEMS



RECYCLE EVERYTHING

Learn how to make useful crafts by recycling different materials e.g. plastic bottles, cartons, cans, etc



CREATIVE RECYCLING

Creative recycling is superior for the environment and helps reduce waste, saves money, and can form the basis of an enjoyable and engaging hobby.

STARTING SOON ON
27TH APRIL 2020

Far East Council

