

105 FUN ACTIVITIES FOR A HAPPY HEALTHY FAMILY

It's Great Eastern's 105th anniversary – let's celebrate life together with these 105 tips to keep fit and healthy.

HEALTH SERIES | ISSUE 08



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105 FUN ACTIVITIES FOR A HAPPY HEALTHY FAMILY: AN INTRODUCTION

There are so many great times to be had for the whole family, we almost don't know where to start. Whether you decide to play indoors, head out into nature, get active, impart some family wisdom – or just load up the car and go on vacation together – there is always something to do to make spending time with the family the most fun you can have.

BRAIN POWER

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THE GREAT OUTDOORS

GET UP AND GET OUT

21 tips for family fun in the sun

Why stay at home all day when the sun is shining outside? There is a whole world out there for you and your family to explore. We offer a few helpful tips on how to get everyone out of the house – and into the great outdoors:

1 PICK UP A RACQUET!

Racquet sports require running, jumping and tactical thinking, training both your brains and brawn! Also, it will only take you 12 minutes to burn 105 calories!



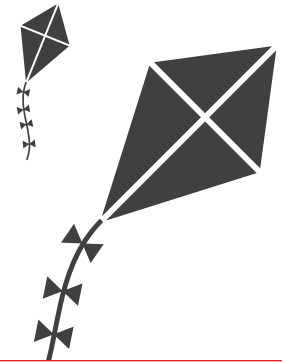
2 HIT THE BEACH

The sunshine will serve up vital doses of Vitamin D – when it's sunny, it's always a great day out!



3 GO KITE-FLYING!

It isn't just fun; it's a fantastic way to improve your hand-eye coordination. While you're at it, build your own kite!



4 GRAB A PICNIC!

Why does food always taste better outdoors? We're not sure, but it really does – so grab a picnic and enjoy a family feast.



5 PLAY BALL!

Put the family into teams and kick a ball around the park. You get fresh air, exercise, family bonding and a whole lot of fun.



6 GO RAMBLING

Studies say that getting kids out in the countryside lowers their stress levels and gives them longer attention spans.



7 GO BIRD WATCHING

Peering at parrots and flapping with flamingos is not only educational, but is also a great way to spend a day in a beautiful outdoor setting!



8 CLIMB SOMETHING!

Climb a tree or some rocks! Climbing is a great way for kids to develop balance, coordination and agility.



9 GET ON YOUR BIKE!

It's a great form of exercise and will also improve your motor skills, confidence, overall physical development and awareness of the environment.



10 HIT THE ZOO!

Did you know that connecting with animals actually increases your empathy for others? So go to a petting zoo – or feed some ducks.



11 DO SOME GARDENING!

Do you want your kids to eat their greens? Get them out in the garden. Growing vegetables is fun and instructional – but best of all, kids will want to eat the veggies they grow too.



12 GO FISHING!

It is a great stress-reliever and a good way to train your patience.



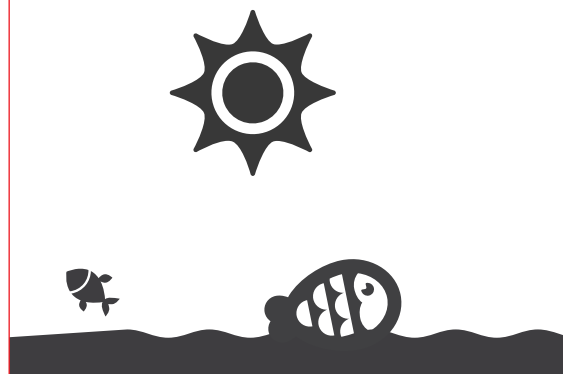
13 JUMP IN THE POOL!

Research has shown that getting your kids in the water early means they find it easier to develop all kinds of other skills later on in life.



14 STROLL BY THE SEA

The shoreline is brimming with interesting marine life, and you can all go for a swim if it gets too hot.



15 JUMP ONTO A RAFT!

Want the ultimate team-building experience? Try whitewater rafting to boost self-confidence – and your kudos. Just remember to hang on!



16 PICK BERRIES

Do your kids know where their food comes from (clue: it's not the supermarket)? Go out and pick berries in the sunshine so that they do.



17 GO CAMPING

It's a great way to get out in nature – it's not surprising that research shows campers are happier folk in general.



18 HIT THE PLAYGROUND!

Do you remember how much fun it was to run around the playground when you were a kid? You do? Then take your family there – and enjoy the swings with them.



19 GO SNORKELLING

It's win-win no matter how many fish or coral you see: exposure to the sea spray alone will boost your endorphin and serotonin levels.



20 GO ON A SCAVENGER HUNT!

A scavenger hunt will bring out the most intrepid explorers – and you may actually find something useful.



21 LOOK AT THE STARS

Budding astronomers in the family will love a night-time trip to look at the stars. Best of all, that late-night fresh air will guarantee kids sleep soundly afterwards.



FUN AND GAMES

GET ACTIVE, FEEL GREAT

21 tips to getting everyone involved and feeling great

Sports don't always have to be serious. Take a dash of teamwork, a healthy dose of competition and a whole lot of fun, and you've got the ingredients for family entertainment, any time.

22 BE IN IT TO WIN IT

Add incentive to your team games by saying... first to 105 points wins!



23 TRY NEW GAMES

Choose unusual sports the family has never tried before – like sepak takraw, the volleyball-like game where you kick a rattan ball over a net.



24 RACE TO THE CAR!

Sometimes, impromptu competitions are the best. Is it a long walk to the car park after a trip to the cinema? First person to reach the car wins!



25 PLAY DARTS!

Throw several darts at a map. Each family member has to research and prepare a local-themed sport from wherever their dart lands.



26 GO ROLLERBLADING!

Or better yet, rollerblade to the seaside so you can jump straight into the water after a good sweat. Don't forget your helmet and pads!



27 THROW AND CATCH

Get to 105 catches without anyone dropping the ball, and whoever is holding it has to name a sport!



28 INVENT A FAMILY GAME!

In this way, you ensure what you play is tailored to everyone's taste.



29 COMBINE MENTAL ACTIVITIES WITH PHYSICAL

Some cross-country running races include stages with challenges like chess, or riddles.



30 RAINY DAY?

Choose an indoor sport. Monsoon season doesn't mean sports are a no-go – just come up with indoor events! Who can do the most jumping jacks in 105 seconds?



31 ADD CRAZY RULES

Spice up normal racquet sports by having a non-playing family member throw an extra ball in at some point in the game.



32 GET YOUR SKATES ON!

Too hot outside? Cool down at the nearest ice skating rink.



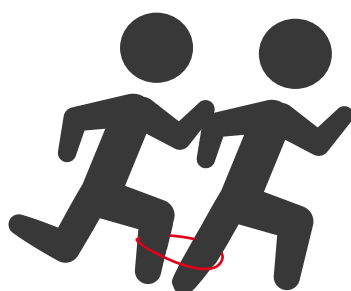
33 MAKE 'FUN' A GOAL

Too much competition can be a bad thing. Counter that with a family pillow fight – whoever has the most fun wins!



34 THREE-LEGGED RACE

Tie yourself together and see which pair is fastest to the finish line.



35 TRY SLOW-MOTION

Encourage your kids – and a sense of hilarity – by doing slow-motion replays of funny movie scenes of your choice!



36 BUILD EXCITEMENT

If certain family members don't like exercise, start slow. Create team names, choose mascots and compose cheers.



37 PLAY HIDE AND SEEK

This classic game never gets old! Just make sure to get everyone to rendezvous at a certain time.



38 PLAY TAG!

Whoever gets tagged the most, needs to eat a double portion of veggies.



39 PLAY MUSICAL STATUES

Jump around till the music stops! Then no one can move till the music plays again...



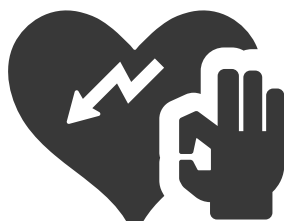
40 EVEN THE ODDS

If mum is way too good at badminton, for example, have her play with a kid's racquet, or use her weak hand.



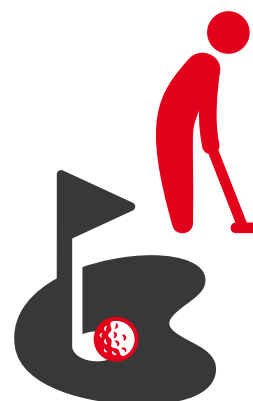
41 COOL DOWN

Even seemingly low-energy games, like throwing a water balloon around in the swimming pool, are a great way to burn calories.



42 PLAY MINI-GOLF

Whoever gets a hole-in-one gets to choose where to go for lunch.



HAPPY AT HOME

FUN TIMES INSIDE

21 tips for a healthy, happy home

Living great is more than just about leading a healthy lifestyle. Sometimes, little things like spending time with your family on a Sunday afternoon matter just as much. So, if the weather outside is frightful, inside can be delightful with our simple family-based fun.

43 HIDE THINGS AROUND THE HOUSE

Make a map and start a treasure hunt. Set a 105-minute timer and watch them go!



44 PLAY A BOARD GAME

Card games or board games, it doesn't matter. Tabletop activities are effective at bringing the whole family together.



45 TURN EVERYTHING YOU SEE INTO FAMILY FUN!

Recycle old newspaper and make some paper mache!



46 BAKE A CAKE

Even if no one is celebrating a birthday. It's something the whole family can get involved in - and who doesn't like drawing with icing?



47 PLANT FRUITS

It's educational, and you get delicious and healthy food in a few months' time.



48 CLEAN THE CAR

Instead of driving the car to a car wash, why not enlist the help of the kids? Besides, a water hose battle never hurt anybody.



49 PLAY TABLE TENNIS!

Video games with multiplayer modes are perfect for the family. A game of table tennis injects fun into living room workouts.



50 SING YOUR HEART OUT!

How about some karaoke? No one needs to be a pro singer!



51 CATCH SOME CREEPY-CRAWLIES

Bring a jar out to the garden with your children and catch some creepy-crawlies. Just don't get bitten!



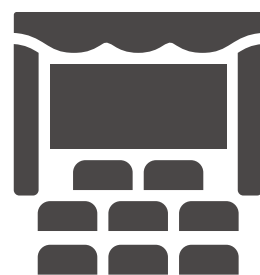
52 ENCOURAGE YOUR MINI-ARTISTS

If a wall is in need of a fresh coat of paint, let the kids get creative with their paintbrushes first.



53 PICK A MOVIE

Choose a family-friendly film, pop some popcorn and let the movie marathon begin!



54 BUILD BLANKET TENTS

Tell campfire stories around a lamp. Steer clear of ghost stories if the kids can't take it.



55 PLAY A GAME OF TABOO HULLABALOO

Games like charades or Taboo allow players to get vocal and physical at the same time. Sounds like an evening of fun!



56 TELL CRAZY STORIES!

The adults can physically act out the craziest, most out-of-this-world stories created by your child's imagination.



57 DIRECT A FAMILY MOVIE

Get the creative juice flowing and create your own family movie, complete with a fake alien invasion and plastic phaser guns.



58 PICK A MEMENTO

Which they can part with for a few years, then bury the items in the garden as a time capsule.



59 START A FAMILY BOOK CLUB

And act out key scenes in the living room! It can be a novel or a comic book, it doesn't matter.



60 WRITE A SONG!

For musically talented parents, write a song based on your kids' nonsensical lyrics.



61 START A FOAM GUN BATTLE AT HOME

Use sofas as barricades. The last man standing gets to go to bed later than everybody else.



62 MAKE ICE CREAM

Learn how to make it together! Throwing things into liquid nitrogen is always a good pastime.



63 ROLE PLAY

Act out your favourite plays, films or TV shows. Lights, camera, action!



TRAVEL AND LIVING GREAT

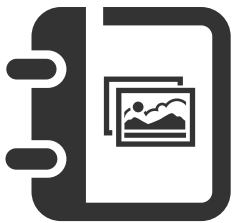
GOOD TIMES ON THE MOVE

21 ways to make any journey more fun

Vacations make fantastic family memories, and the train ride, car trip or flight is part of the experience. Small, insignificant details while travelling to your destination can make a world of a difference to having a great time, so live great and make it an unforgettable holiday.

64 PLAN A FAMILY VACATION

Get everyone involved in the process – each person comes up with five attractions they want to visit and resolve to visit at least 10 of them!



65 PACK A SNACK BOX

Featuring the kids' favourite treats before setting off, but don't let them polish it off in one go!



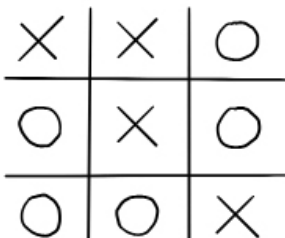
66 PICK A TUNE

To be played during a long drive. Everyone gets to choose their own favourite sing-along song!



67 PLAY TIC-TAC-TOE

If you pack a whiteboard and markers, or even just pen and paper, you can play simple games like tic-tac-toe, or help your toddler with their letters.



68 DITCH THE GADGETS AND PLAY A GAME

Perhaps 'I Spy with my little eye'? It's hours of endless fun on a road trip!



69 ADOPT AN ACCENT

Each member of the family adopts a different accent, and speaks with it throughout the trip.



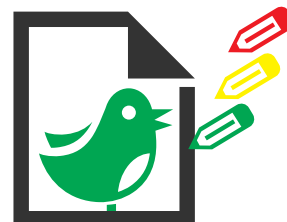
70 COOK UP BACK-STORIES FOR STRANGERS

Encourage the kids to let their imaginations run wild.



71 GET COLOURFUL!

Print out a map of your destination. Get the kids to tell you what they know about it, colour in or draw parts of it, and write a story about it.



72 TALK TO A STRANGER

Or another tourist family. You may just get some tips on where to go and what to do!



73 COMPETE WITH THE KIDS

While waiting for your train – keep count how many passengers hop on with a luggage or briefcase!



74 LIST NAMES FROM A CATEGORY

Starting with A and finishing with Z, such as animals or foods. For an added challenge for the kids, do it backwards!



75 PICK A FAMOUS PERSON

A fictional character or place are also good categories. Everyone gets to ask up to 20 'yes or no' questions. First to guess it right gets to pick dessert!



76 POINT OUT INTERESTING LANDMARKS

Then make a game of reciting the landmarks in order after you sit the kids next to a window with a colourful tourist map.



77 PLAY CAR BINGO!

Create bingo cards with different coloured cars, animals, objects and things – the first to tick off all their pictures wins!

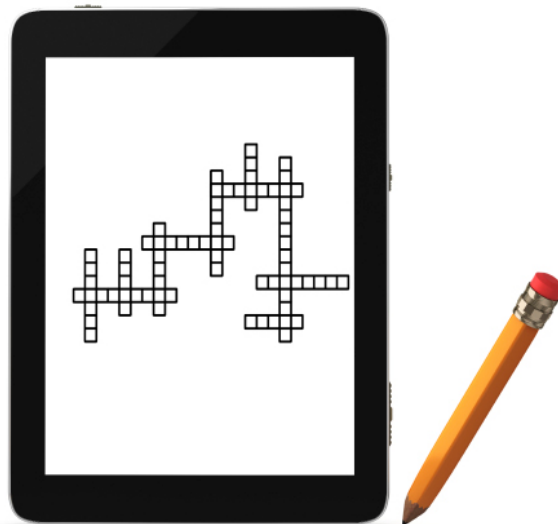


78 DEVISE A PULLEY SYSTEM FOR SNACKS

It'll make sharing snacks more fun! If you're going for a long drive, arrange for the pulley system to stretch along the hand-holds above the car doors.

79 PACK A CROSSWORD PUZZLE BOOK

Perfect for the plane or train – the kids won't be letting out a peep for a while.



80 START A TRAVEL JOURNAL

Collect souvenirs from every destination you visit, such as stubs and doodles, stick it into the diary and add a footnote!



81 ARM THE KIDS WITH A CAMERA

And task them with documenting the holiday! It's fun for the whole family to look back at the memories.



82 PICK UP A CLASSIC GAME

Uno, for example, hasn't lost its charm over time. It's easy enough for the tots to pick up and can help them learn their numbers!



83 PEDAL YOUR RIDE

Rent a bike instead of cabbing around! It's a novel experience that will delight the whole family.



84 LEARN A LANGUAGE!

Pick some simple words that the whole family can learn on the way to your destination.



BRAIN POWER

GET YOUR THINKING CAPS ON

21 mind-boggling brain-benders

The pursuit of human perfection starts with lifelong learning, so what better way to spend time with your family than by learning things together?

85 BUILD A MODEL

It's fun and rewarding for your kids, allowing them to figure things out on their own.



86 TAKE A WALK THROUGH HISTORY

There are plenty of preserved buildings and areas for your child to experience your childhood.



87 USE YOUR IMAGINATION!

Have your children write about a famous historical figure, and make up a back-story for each of them.



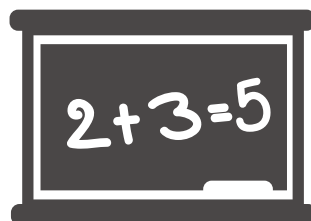
88 PAINT!

Get your hands dirty by trying to recreate the classics! Ask mum to pose like Mona Lisa!



89 NAME THAT NUMBER

Got a head for figures? Look at various pictures, each with a unique number. Memorise which picture goes with which number, then match numbers to pictures.



90 MAKE YOUR OWN ROCKET

Pop a few mints into a bottle of Diet Coke and watch it fly!



91 SOAK AN EGG!

Place a boiled egg in a jar of vinegar for a few days and watch the shell dissolve!



92 MAKE LAVA LAMPS!

Drip food colouring into a two-part oil, one-part water solution. Next, add in fizzing tablets to mix them up!



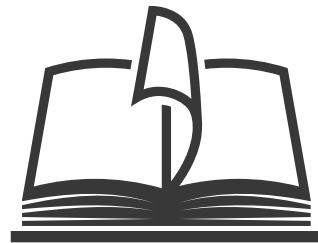
93 CREATE SOME ECO-ART!

Challenge your family to make art with only things found around the house!



94 TELL A STORY

Get your children interested in reading! Pick a book and bring it to life!



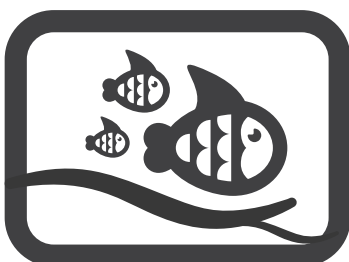
95 HIT A MUSEUM!

There are children's sections in many museums, complete with hands-on activities!



96 SPOT THE SHARKS!

Aquariums are great places to visit: your kids will be able to get up close and personal with fishes as they learn!



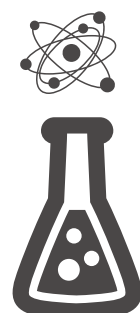
97 TRY OUT CHESS APPS

There are many apps out there that let you play a quick game of virtual chess, or even help you hone your game. Do you have a grand master in your family?



98 GO TO THE SCIENCE PARK!

Expand your minds with fun and educational exhibits.



99 STUDY THE NATURAL WORLD

Parks, gardens and nature reserves have lots of flora and fauna. See if you can identify the plants, trees and animals you see.



100 CREATE ART

Head down to an arts jam cafe for some quick fun with the family.



101 VISIT A HERITAGE SITE

Take a family trip to a famous site. Read about it online and make a fun quiz about the people and places.



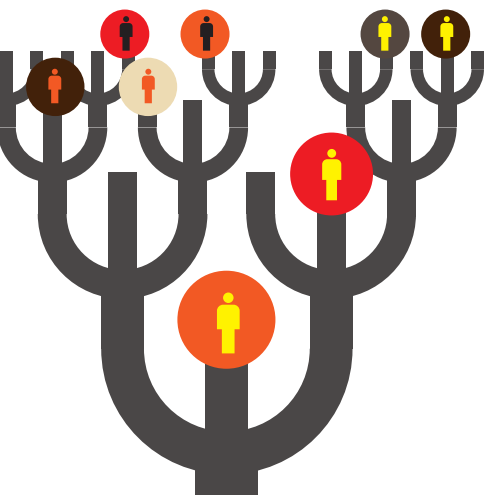
102 MAKE YOUR OWN INSTRUMENT!

Get your child interested in music by getting them involved! Create musical instruments out of everyday items!



103 CHART YOUR FAMILY TREE

Interview your family members, find out where you come from, and draw a family tree.



104 WRITE A POEM

To make it more challenging, do so using only the words in today's newspaper headlines.



105 READY, SET, REVISE!

Can't remember dates for the history exam? Set them to a rhyming song: "In 1492, Columbus sailed the ocean blue."



GREAT STARTS SMALL. LIVE GREAT.

Great, meaningful changes to our lives oftentimes have small beginnings. At Great Eastern, we are more than just a life insurance company – we are a LIFE company. We champion these little changes, which change life for the better. For a better, healthier you. We want to encourage you to live great, every day, and created this series of guides to help you do just that.

Want to view them all? Simply go to <https://www.greateasternlife.com/my/en/personal-insurance/live-great/live-great-articles/live-great-guides.html>

We're regularly growing the list of topics for you.

REAP THE BENEFITS

These guides are part of the Live Great programme, which was created to help you live and feel well. Join us at <https://www.greateasternlife.com/my/en/personal-insurance/live-great/overview.html> to find a host of wellness tools, handy mobile applications, health and wellness tips, invitations to expert talks and exclusive privileges to help you along your Live Great journey!

LET'S TALK ABOUT LIFE

Want to learn more about protection and retirement solutions from Great Eastern? Do get in touch with your Great Eastern Life Planning Advisor, or contact us at +603 4259 8888 or wecare-my@greateasternlife.com

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