

# Spend the June term break with NLB's exciting and fun-filled online programmes and resources for children and students

28 May 2021

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NLB's talks, programmes and activities now available online

Please register for the below online programmes on NLB's GoLibrary website (<https://nlb-golibrary.eventbrite.sg>). The programmes will be conducted on the Zoom platform.

Programme	Date and time
<p><b><u>Toddler Songs and Rhymes</u></b></p> <p>Boost your tot's development through an enjoyable virtual session with songs and rhymes. This programme targets parents and toddlers 1-3 years old.</p>	<p>29 May 2021, 11am – 11.20am  4 June 2021, 2pm – 2.20pm  11 June 2021, 11am – 11.20am  15 June 2021, 4pm  25 June 2021, 11am</p>
<p><b><u>Baby Songs and Rhymes</u></b></p> <p>Songs and rhymes play an important role in stimulating babies' language development. In this virtual session, parents of babies 1 year old and below will be introduced to simple songs, action rhymes and finger play that they can use to interact and bond with their babies.</p>	<p>29 May 2021, 3.30pm – 3.50pm</p>
<p><b><u>[WordPlay] Classified: A Detective's Training Manual</u></b></p> <p>In order to be a good detective, you need to be an excellent observer and write up detailed case notes. Join AJ Low, the husband-and-wife team behind the bestselling Sherlock Sam mystery series, as they teach you how to investigate, record and write a story about a day-in-the-life of a super-organised super sleuth. Be warned: Your five senses will be put to the test!</p> <p>Suitable for children aged 9 to 12.</p>	<p>5 June 2021, 10am – 11.30am</p>
<p><b><u>The Link Between Food Allergy and Eczema in Young Children</u></b></p> <p>This talk on eczema will be hosted by National University of Singapore Professor and Senior Consultant and Head of Paediatric Allergy and Immunology at National University Hospital, Hugo Van Bever. Learn about the connection between food and eczema flare-ups in kids, and what impact they have on each other. We will also be dishing out tips on treatment and prevention.</p>	<p>5 June 2021, 11am – 12.30pm</p>

<p><b><u>Adventure with Smiley</u></b></p> <p>An interactive and engaging financial literacy programme tailored for children aged 4-8. Join us as Smiley, POSB's very own squirrel mascot, explains concepts such as the value of money, savings and banking to kids and teaches them about financial sustainability through short, interactive activities. With the custom-made learning materials and hands-on activities, kids can put their learning into practice at home.</p> <p>Suitable for children aged 4 to 8.</p>	<p>9 June 2021 and 26 June 2021, 10.30am – 11.30am</p>
<p><b><u>How to Go Safe Online (Secondary School edition)</u></b></p> <p>Learn about the different types of cyber threats lurking in your daily life; the importance of cybersecurity; and basic cyber hygiene tips to protect yourself from cyber criminals.</p> <p>Digitalisation, especially in the post-COVID-19 environment, has changed the way we live, work and play. Many young Internet users leverage online platforms and digital solutions for learning, playing games or shopping.</p> <p>It is thus timely to get up to speed with the potential pitfalls in cyberspace, from malicious software to online scams.</p> <p>Suitable for teens aged 13 to 17.</p>	<p>12 June 2021, 10am – 10.30am</p>

<p><b><u>How Do You Feel? - Storytelling, writing &amp; illustration workshop with Quek Hong Shin</u></b></p> <p>In this one-hour workshop, illustrator Quek Hong Shin will read his book Universe of Feelings, a picture book published by Superhero Me, a local community arts initiative.</p> <p>Participants will get to explore the many emotions that people experience, and how everyone expresses feelings in different ways. There will also be a segment called "Emotions Vocabulary", where children learn words that describe specific emotions under the broad umbrellas of Happy, Sad, Angry, Calm and Scared.</p> <p>Quek will also guide the children in drawing faces that express how they are feeling. Suitable for children aged 4 to 6.</p>	<p>12 June 2021, 10.30am – 11.30am</p>
<p><b><u>Storytime Saturday</u></b></p> <p>Besides sparking creativity and imagination, stories also enhance children's vocabulary and attention span. Join us for a session where the folks from the Storytelling Association (Singapore) spin yarns that will keep your children spellbound! Suitable for children aged 4 to 9.</p>	<p>12 June 2021, 11am - 11.30 am</p>

<p><b><u>How Sweet Should You Be?</u></b></p> <p>Almost everything you eat contains sugar, but how much is too much? This interactive talk pitched at youngsters aged 13 and up aims to help them be more sugar-smart.</p> <p>Topics include:</p> <ul style="list-style-type: none"> <li>• How excessive sugar intake can affect mood and academic performance and lead to chronic diseases</li> <li>• Guidelines for sugar intake</li> <li>• Sources of sugar</li> <li>• Sugar content in popular beverages</li> <li>• Ways to reduce sugar intake</li> </ul>	<p>12 June 2021, 2pm – 3pm</p>
<p><b><u>Nurturing with Nature</u></b></p> <p>Join us for this special talk by backtobackgroundzero, a local non-profit community group which advocates mindfulness for the planet, others and ourselves. Step into a magical world where mindfulness and environmental sustainability intertwine. Learn about eco-parenting and the importance of mindfulness in early education, get nifty tips on how to Nurture with Nature in sunny Singapore, and be ready to pepper the special Guest Parent with questions!</p>	<p>19 June 2021, 10am – 11am</p>
<p><b><u>Reading: Greek Mythology with BookOrators</u></b></p> <p>Get a crash course in Greek gods and myths in this fun and informative workshop for upper primary students.</p> <p>Find out what myths are and re-create your own based on the story of Prometheus – the god who (supposedly) brought fire to humanity. You will also learn and practise persuasive techniques, an important literary skill, through fun group activities.</p>	<p>20 June 2021, 10am – 11am</p>

<p><b><u>How to Go Safe Online (Primary School edition)</u></b></p> <p>Children are venturing online at an earlier age, especially in the post-COVID reality. Inoculate them against cyber threats with this session, which highlights the dangers to look out for and dispenses tips on good cyber hygiene habits.</p> <p>Suitable for children aged 7 to 12; parents are welcome to attend with their children.</p>	<p>26 June 2021, 10am – 10.30am</p>
<p><b><u>[WordPlay] Creating Impact: Greta Thunberg Style</u></b></p> <p>Most people – yes, even adults – dread it. But public speaking is an essential skill, whether it's a show-and-tell session in school or a make-or-break presentation at work. Join us as we explore the science behind climate change and use it as a springboard for participants to share their ideas – through mini presentations.</p> <p>Suitable for children aged 9 to 13.</p>	<p>26 June 2021, 2.30pm – 4pm</p>