



STAY HEALTHY. STAY STRONG

Wealthdojo Care Pack

COVID19 Survival Kit

By: Chengkok Oh



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Introduction

It's 1st May 2020 when I created this care pack.

We are living in a world is currently fighting the Corona Virus or COVID-19 and the World Health Organization has declared this virus as a pandemic.

I created this care pack because the people around me are facing various difficulties during this circuit breaker period. Some of them are facing financial difficulties, some managing their work at home with children and others slipping into depression.

That is why I have decided to make this care pack for you so that you can prepared for various difficulties. Unlike other care packs, I have shortlisted the best if not the best few in each category.

Wishing you the best from now and beyond.

Take care.

Chengkok Oh

Tips on how to Work From Home with children



This is certainly not an easy task. I have compiled some suggestions which worked for my clients and they have agreed to share it with you.

- **Communicate a family plan. Create a daily plan** for the entire family that includes work and school schedules, and make it easily visible to everyone. **Agree on the daily plan** that might involve having breakfast, lunch and dinner at the same time daily, exercise breaks, playing time, etc. Set the expectation of what the day will look like. Note: it is okay to re-create the daily plan as you go along.
- **Swap in and out with your spouse.** Too much multi-tasking will reduce a person's ability to focus. If both parents are working, divide up the day into blocks that give one parent space away from the children at a time. (Eg, husband will be tend to the child in the morning while the wife will tend to the child in the afternoon)
- **Be kind to yourself.** Don't measure yourself for the amount of things you can do per day with work tasks. Clearly, this has changed. Be kind to yourself.

Here are other solutions which I think is good. Check out these links.

- [7 practical solutions to work from home around your kids](#)
- [Survival Guides to WFH with children](#)

Grocery Shopping



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- For parents who needs help, here are some help for grocery shopping.
 - [Amazon.sg](https://www.amazon.sg) (Free delivery if order above \$40)
 - [NTUC](https://www.ntuc.sg) (Free delivery if order above \$59)
 - [Cold Storage](https://www.coldstorage.sg) (Free delivery if order above \$59)
 - [Mynikmart](https://www.mynikmart.com) (Halal Groceries)

Buka Puasa



For my Malay friends, here are some ideas for buka puasa. I have verified they have halal certifications.

- [Nasi Ambeng Nenek Leng](#) ([Halal Muslim Owned](#))
- [JW Korean Food Story](#) ([Halal Muslim Owned](#))

Happy Ramadan!!

Cakes (For Birthdays in April/May)

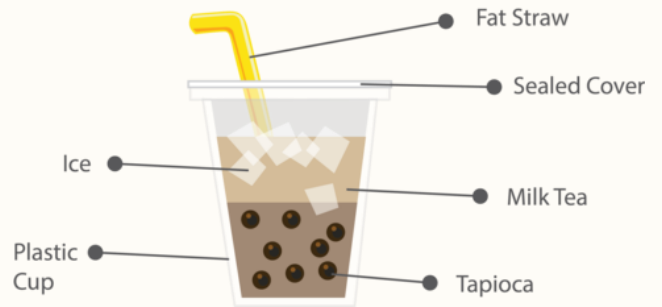


[Kura.sg](https://kura.sg) (Orders above \$60 will be Delivered free island wide)

Call me bias. I just like their cakes and service.
Strongly recommending Kura to everyone.

[Cat & the Fiddle](#). ([Halal cake choice](#)) (Free For Orders Above \$90)

Bubble Tea



For bubble tea lovers, here are some that offers island wide delivery.

- [Chicha San Chen](#) (Recommend if you are ordering \$20 and above to be “worth it”)
- [Liho Tea](#) (Recommended if you are ordering \$30 and above)
- [Xin Fu Tang](#) (Must include a mains)

Online Games

DEDUCTION GAMES

Wavelength

[Longwave.web.app](https://longwave.web.app). (2+) Share a link, no sign up involved. Allows free play or team games. gjeuken.github.io/telewave/ and [HereToThere.app](https://here.to.there.app) doesn't involve connecting, would need to screen share or take screen shots.



Skull

[Skull.games](https://skull.games). (3-6) Just enter room, no sign up involved.

Liar's Dice

[Cyberspaces.app/liarsdice](https://cyberspaces.app/liarsdice). (2-8) Just share link. Features video chat. [FunNode.com](https://funnode.com) has up to 10 players, join game via lobby, don't have to sign up.



Codenames

[CodeWordsGame.com](https://codewordsgame.com) (4+) is the best. Share link. [Cyberspaces.app](https://cyberspaces.app) has video chat for 8 people. Likes of [Codewords.tv](https://codewords.tv) and [HorsePaste.com](https://horsepaste.com) are even simpler, but allow easy cheating by seeing the code master's view. [Codewords.tv](https://codewords.tv) allow custom words.



[CodenamesGreen.com](https://codenamesgreen.com). (2+) Just share a link. This game ISN'T STANDARD CODENAMES. Read the rules, it's more like "cooperative codenames" each team is both the code master and guesser.

Decrypto

whoawhoa.github.io/decrypto/. (3-8) No connecting, only gives new codes. Screen share and digitally note take elsewhere.



DRAWING GAMES

Pictionary

[Skribbl.io](https://skribbl.io). (2-12) Create room, share a link, no sign up involved. Similar include [Sketchful.io](https://sketchful.io) (2-64) and [Drawasaurus.org](https://drawasaurus.org) (2-20). Sketchful and Skribbl can have custom words, Drawasaurus has other slightly unique settings.



Fake Artist Goes to New York

[kc-fakeArtistOnline.herokuapp.com](https://kc-fakeartistonline.herokuapp.com). (3-10) Share game code. No sign up involved.



Telestrations

[DrawPhone.tannerkrewson.com](https://drawphone.tannerkrewson.com). (4+) Simplest and best, just share game code. Can adjust timer, can't draw in colour. [BrokenPicturePhone.com](https://brokenpicturephone.com). Simple, share room code. No timer, people's "books" visibly backlog. [Cosel.io](https://cosel.io). Simple, share a link. 90 sec timer. [Drawception.com](https://drawception.com). (6, 12, 15) Sign up first. Create private games and share a link. Can only have 10 min or 90 sec turns, can't have simultaneous goes. This site is good for displaying drawings.



WORD GAMES

Boggle

[eWordChallenge.ScienceOnTheWeb.net](https://ewordchallenge.scienceontheweb.net). (2+) Sign up for a name. Refresh and join game. Easy-to-join ongoing public games are at [Weboggle.info](https://weboggle.info) and [SerpentineGame.com](https://serpentinegame.com). [Cyberspaces.app/wordmine](https://cyberspaces.app/wordmine) features video chat for 8 people, join easily with shared link.



Just One

[OneWord.games](https://oneword.games). (3+) Share room name. Don't have to sign up.



Fishbowl / The Hat Game

[Fishbowl-Game.com](https://fishbowl-game.com). (4+) Share game code. No sign up involved.

Taboo

[PlayTaboo.com](https://playtaboo.com). (2+) Everyone visits same site, no connecting. Just generates new words.



Bananagrams

[Anagrams.JonMarkGo.com](https://anagrams.jonmarkgo.com). (2-8) Not really bananagrams, close enough. Create room and share link, sign up to have a name.



Scrabble

isc.ro. (2-4) Sign up, send game invites. There's many options for online scrabble!



Scatagories

[ScattergoriesOnline.net](https://scattergoriesonline.net). (2-20) Share link. Sign up for extra categories. [Keiranking.com/Gary/](https://keiranking.com/gary/) is a simple alternative with no connecting, just generates new cards.



Out of Context

[OutOfContext.party](https://outofcontext.party). (2+). Features various "Build the Story" type games (read the rules for each one). Share game code, no sign up involved.



Home Exercise



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- [Heather Robertson](#) (HIIT)
 - [HASfit](#) (Various)

Stay Healthy
Stay Strong



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