

# SHORT MASTER COURSES

ITOTA BY FUN COMMUNE



We believe that **children learn best through play** — where curiosity sparks, creativity flows, and connections grow. At **FUN Commune**, we listen and observe actively, speak with respect, and engage through hands-on, interactive experiences. Most importantly, *we have fun!*

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THE STORY BEHIND

# FUN COMMUNE & ITOTA



**F: FAIR**  
**U: UPLIFTING**  
**N: NURTURING**

ITOTA ('Important Things Other Than Academics') is part of **FUN Commune**, a student care and enrichment centre that focuses on courses that support the development of a whole and happy child. FUN Commune was set up in 2023 by a pair of sister duo who graduated with Masters of Education (Developmental Psychology) from National Institute of Education (NIE), Nanyang Technological University of Singapore (NTU). Having been born and educated in Singapore, both WanTing and Kei witnessed and experienced the benefits yet challenges of children and parents in Singapore.

The duo recognised that **the ingredients to raising a happy and confident child has to come from the fundamentals by developing strong sense of belongingness, growing a good set of soft skills, beyond simply understanding academics.** This recipe will certainly support children in becoming strong global citizens! Parental involvement and the community are highly crucial in the whole process, as Bronfenbrenner suggested in his Bio-Ecological Theory.

Alongside the research by developmental psychologists and theorists such as Piaget, Vygotsky, Carol Dweck, Deci & Ryan (and more!!), as well as MOE's latest 21st Century Competencies Framework<sup>1</sup>, **'Important Things Other Than Academics' (ITOTA®) was created.**

# OUR APPROACH

At FUN Commune, we believe that **children learn best through play, exploration, and guided discovery**. All classes offer by FUN Commune are designed to support child development holistically by integrating the following approaches:

## 01 PLAY-BASED LEARNING

- Allows children to learn in a safe, low-pressure setting
- Children are more invested in learning when it feels like an adventure than an obligation
- Play allows children to grasp concepts in a direct way.

## 02 SOCIAL-EMOTIONAL DEVELOPMENT

- Guides children how to accept, express and communicate emotions effectively.
- Promotes perspective taking, empathy, respect, and self-regulation.
- Creates a warm, inclusive classroom environment.

## 03 HANDS-ON EXPLORATION

- Stronger retention rate of concept
- Encourages critical thinking, and more willingness to try
- Allows children to be more relaxed while exploring the concepts.

## 04 STRONGLY TRAINED & DEDICATED TEAM

- Led by Co-founders, **Ms Soh Huang Ting** (MEd. Developmental Psychology, NIE and PCI-Certified Parent Coach, USA), and **Ms Soh Huang Chi** (MEd. Developmental Psychology, NIE)

## 05 PARENTAL INVOLVEMENT

- Recognises parents as the cornerstone of a child's growth and development, who will provide the affirmations children cherish most
- Encourages open and respectful communication between parents and ITOTA trainers.

# WHAT ITOTA BY FUN COMMUNE OFFERS

Under this arm of **FUN Commune**, we provide a series of workshops and enrichment programmes for children from 5 to 12 years old.

1

**Short Master  
Workshops**

2

**1-Day  
Workshops**

3

**Classic  
Courses**

4

**Customised  
Workshops**



The ingredients to raising a happy and confident child have to come from the fundamentals — developing a strong sense of belongingness, security, growing a good set of soft skills, beyond simply understanding academics.





Who I am is not solely dependent on nature (genetics), and I am capable of taking control in nurturing towards my best potential by shaping the way I think!

# "I CAN PROGRESS"

## GROWTH MINDSET WORKSHOP

Children with a growth mindset see challenges as opportunities to learn and grow, portraying resilience and determination even in the face of setbacks. They focus on the efforts as well as hard work, believing that these are part of progress and development. They are open to feedback and strongly understand the benefits of teamwork. Ultimately, children who adopt a growth mindset achieve more.

### Recommended to

- Develop a better understanding of a Growth Mindset and
- Confidently form Growth Mindset thoughts

### Recommended Duration

- 5 sessions of 90 mins each\*

### Recommended Class Size

- Groups of 6-8 Students\*

**This workshop focuses on the following key learning outcomes:**



Knowing what is and recognising the difference between having a growth and a fixed mindset



Gain awareness of growth mindset thoughts



Adopt and apply the growth mindset thoughts into daily activities



Emphasize the importance of effort and practice in learning



Set realistic and achievable goals





I am not angry, I am frustrated. These two feelings are different.

I am happy because I feel helpful.

# "I AM AWARE OF MY FEELINGS"

## SOCIAL-EMOTIONAL WORKSHOP

Children with strong social-emotional skills are able to exhibit empathy, and effectively manage their own emotions. They are able to understand the feelings and respond accordingly with ease. They tend to be more adaptable, resilient and capable of handling stress more appropriately. As a whole, they are more likely to handle life challenges more effectively.

### Recommended to

- Grasp stronger ability in recognising their feelings more accurately

### Recommended Duration

- 3 sessions of 90 mins each\*

### Recommended Class Size

- Groups of 6-8 Students\*

**This workshop focuses on the following key learning outcomes:**



Introduction to recognising feelings beyond the 4 basic feelings through grasping a wider and more precise vocabulary bank, and recognizing facial expressions, body language, and tone of voice



Increasing awareness of their own emotions and how they affect their thoughts and behaviours, which is crucial for emotional regulation



Picking up strategies on managing their emotions to respond calmly and constructively in situations





My friend is sad, I feel for her and I wonder what can I do as a friend?

# "WE ARE KIND"

## EMPATHY WORKSHOP

Children who are empathetic have the ability to understand and share the feelings of others. They recognize their own emotions and others', and understand that these feelings are important and valid. They are also more accepting of diversity as they show appreciation and respect for differences, and show a willingness to understand others. Empathetic children are able to connect well with others on a deeper level.

### Recommended to

- Develop sense of empathy through valuing and respecting others

### Recommended Duration

- 5 sessions of 90 mins each\*

### Recommended Class Size

- Groups of 6-8 Students\*

### This workshop focuses on the following key learning outcomes:



Acquiring ability to build healthy and rewarding relationships with others through understanding and sharing the feelings of others



Developing perspective-taking and an inclusive attitude towards others



Building self-awareness to manage their reactions and respond to others empathetically



Picking up methods to resolve disagreements that considers everyone's feelings and needs



Gain ability to translate empathy into action by performing acts of kindness and helping others







I am able to be silent with myself. I can listen to my breath or be here in the very moment!

# "I AM PRESENT & JOYFUL"

## MINDFULNESS WORKSHOP

Mindfulness works on building one's awareness and attention and children who practice mindfulness are better able to manage their emotions, improve focus, and enhance overall well-being. Children are also able to focus and concentrate better on their tasks. They have a stronger sense of calmness and well-being, possessing a positive outlook on life.

### Recommended to

- Build on focus and attention
- Equip with coping mechanisms to manage academic pressures

### Recommended Duration

- 3 sessions of 90 mins each\*

### Recommended Class Size

- Groups of 5 Students\*

### This workshop focuses on the following key learning outcomes:



Develop coping strategies to handle challenges and setbacks more effectively



Help children stay present and attentive, improving their ability to concentrate on tasks



Recognize and manage emotions effectively, thereby reducing stress and anxiety





I may be just one of me, but I am also the star that can shine brightly by myself!

# "I CAN TAKE CARE OF MYSELF"

## P1 MENTAL READINESS WORKSHOP

Entering primary school is one of the key milestones for every child in Singapore. There are a lot of exciting challenges ahead for them to unfold. What makes one ready is his/her mindset. This chapter may appear to be exciting for most six-year-olds but yet also scary due to the uncertainties and unfamiliarity. We may not be able to name the exact challenge, but we can prepare their minds ahead!

### Recommended for

- K2 children entering Primary 1 in new academic year
- Primary 1 children in first quarter of academic year

### Recommended Duration

- 5 sessions of 90 mins each\*

### Recommended Class Size

- Groups of 6-8 Students\*

**This workshop focuses on the following key learning outcomes:**



**Supporting children to better understand and gauge possible expectations and requirements of their new school**



**Building awareness and vocabulary of our feelings word bank**



**Understanding physical and social boundaries**



**Empowering children to be more resilient and confident of themselves!**



# YOU MAY ASK...

At ITOTA, we believe that children thrive not just through academics, but through self-discovery, self-affirmation and connection. This FAQ answers common questions about class formats, ideal age groups, and how we involve parents.

## 01 WHAT IS THE FORMAT LIKE FOR A TYPICAL SESSION?

We know children naturally learn best through play. With that, our programmes are built around meaningful interactions. You can expect a lively mix of board-games, hands-on activities, thoughtful conversations, role-plays, and different ways to guide children in grasping the learning objective(s).

## 02 WHAT'S THE IDEAL AGE FOR EACH OF THE COURSES?

There are recommended age groups for each of the courses and workshops. However, we recognise that every child has different needs and learning paces. Please speak to us and we'll be happy to explore the best fit for your child.

## 03 HOW IS ATTENDING THESE COURSES AND WORKSHOPS DIFFERENT FROM RESEARCHING TIPS ONLINE AND TEACHING MY CHILD BY MYSELF?

Referencing (the process of learning from one another) is a key element in developing social-emotional skills. Through observations, processing information and practices of positive behaviours in class, children can then gain valuable exposure to group dynamics. What sets ITOTA apart is its **use of guided, intentional experiences in small group setting with trained facilitators** that will empower children to apply these skill sets confidently in school and in their day-to-day lives.

## 04 HOW CAN I SUPPORT MY CHILD AS HE/SHE ATTENDS THE COURSES AND/OR WORKSHOPS?

Parents will receive a tailored session update after each lesson/workshop to share what your child can do when they are at home. We strongly encourage looking out for opportunities for purposeful recaps of concepts/messages at home after the sessions, as this will help the child to be more confident of the choices.

For any other course-related questions,  
please drop us an email at [itota@funcommune.com](mailto:itota@funcommune.com)

# CONTACT US



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