



## National Family Festival 2026 Family Carnival: Free EXPO Weekend Guide

### Description

National Family Festival 2026 starts this weekend with a free Family Carnival at Singapore EXPO Hall 3 on 30 and 31 May. For families planning the first weekend of the June school holidays, the timing is useful: both days run from 10am to 7pm.

The festival theme is Family Begins With Me. The EXPO stop gathers bonding activities, sports try-outs, hands-on booths and Parent Hub's Grow Well SG area into one indoor trip, before the wider islandwide programme continues through June.

### What Is Happening At EXPO

HealthHub lists the activity for parents and children aged 2 to 18, with bonding activities and sports try-outs. Families for Life positions the wider festival around everyday family moments, while CapitaLand's mall pages list follow-up community stops in June.

The carnival is a good fit for multi-generational groups because the programme is not built around one fixed showtime. Families can move between activity zones, rest, eat and return to the floor without planning the day around a single performance.

- Dates: 30 and 31 May 2026.
- Time: 10am to 7pm.
- Venue: Singapore EXPO Hall 3.
- Admission: free entry for the Family Carnival.



Parent Hub lists the National Family Festival EXPO activity for parents and children aged 2 to 18.

## How To Plan The Visit

Go earlier if you want to clear popular hands-on activities before the lunch crowd. The EXPO location also makes it easy to pair the carnival with nearby meals at Changi City Point or other events in the halls.

For parents who are tracking child wellness resources, the Grow Well SG area is the practical stop. Use it as a quick check-in on healthier routines, play and bonding, then let younger children choose the activity flow.

- Main festival page: [Families for Life National Family Festival 2026](#).
- Parent Hub listing: [National Family Festival 2026 on HealthHub](#).
- Related reads: [Parenting & Family](#).



Grow Well SG activities are part of the Parent Hub family bonding area.



CapitaLand malls are part of the islandwide National Family Festival 2026 line-up.

## Location Notes

- [Singapore EXPO Hall 3](#)

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