Yummy Buddies comic

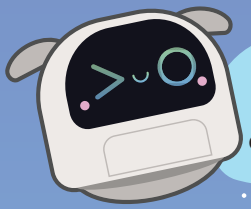


Cyber Wellness

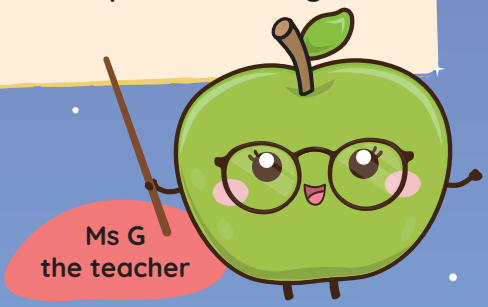
Building Healthy Screen Habits

Technology is a big part of everyday life.

These comics explore how we can make smart choices and build habits that help us use technology in healthy and responsible ways.



Poodle the A.I dogbot



Ms G the teacher

Meet the Yummy Buddies!



Merry the watermelon



Bouncy the fishball



Flip the roti prata



Wata the water bottle



Coco the choco stick



Pok Pok the curry puff

Inside this booklet:

- Taking breaks from screens
- Balancing online and offline activities
- Healthy bedtime routines
- Responsible device use

Use See-Think-Wonder to encourage your child to think about these situations

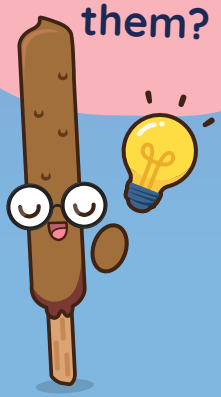
See

What happened in the comics?



Think

How did the characters' choices affect them?



Wonder

What healthy habits can we build together?



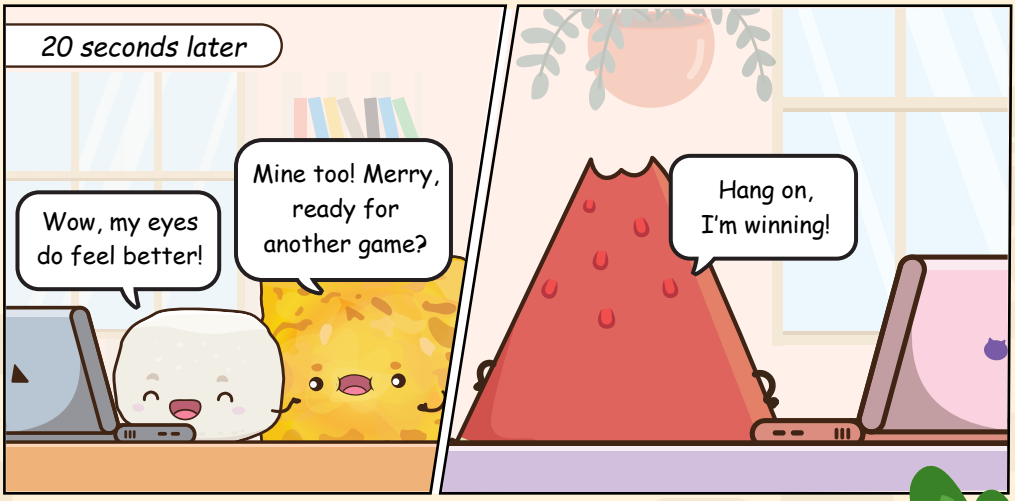
20-20-20 Rule


Take that, you guys!
~piu piu~
~boomz~
Ah, she got us!
20 minutes later
You okay, Merry?
~rub rub~
Maybe we should stop for a while...
But I'm winning, I don't want to stop!
Your eyes are turning red.
I'm a watermelon, they're always red!
Come on, time for a 20-20-20 eye break. Look out the window at something far away!

Spending a lot of time on your device can hurt your eyes. Practising the 20-20-20 rule can help protect them!

Look at something 20 feet (approximately 6 metres) away for 20 seconds after having 20 minutes of screen time.

Of course, get your parents' permission first before using your device!

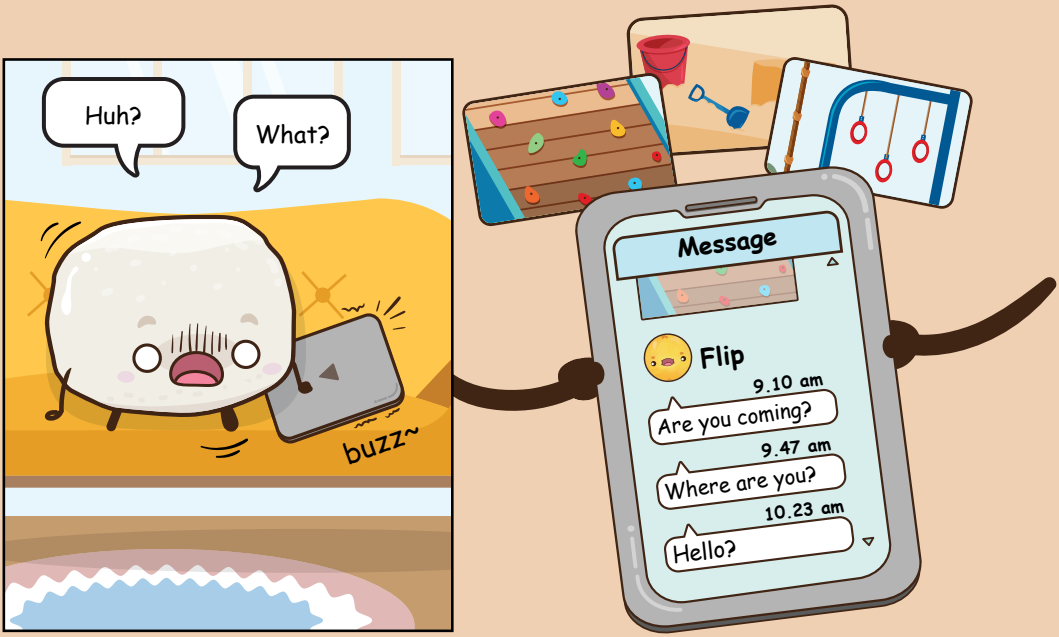




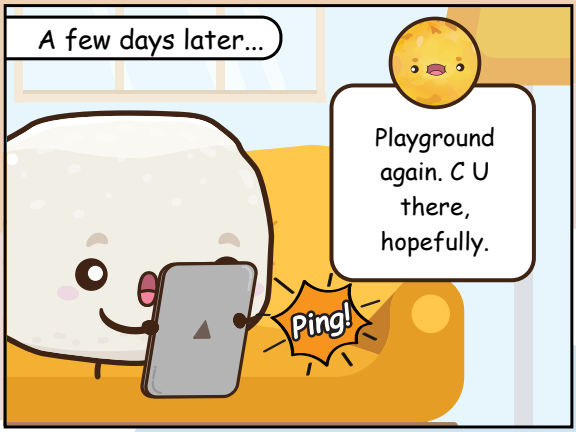


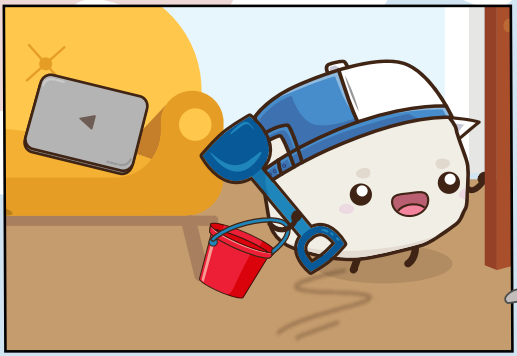
Balancing online & offline time





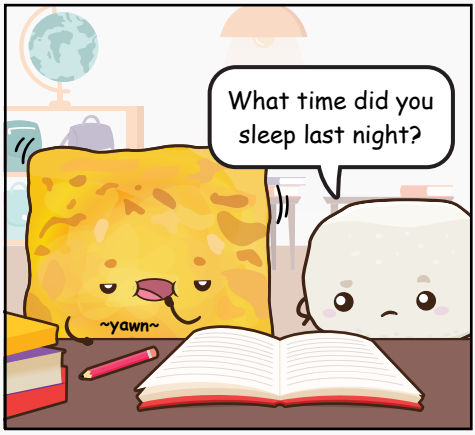




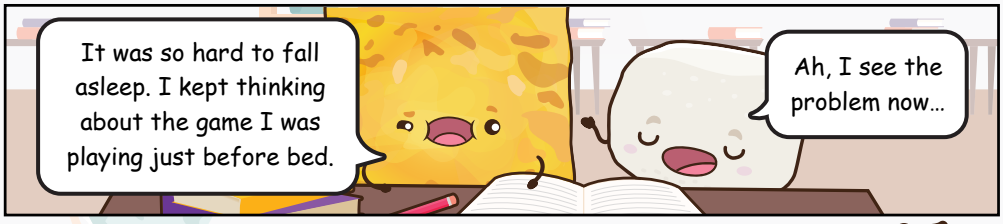


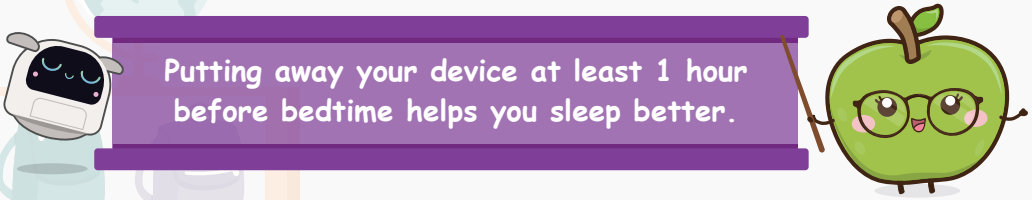
Managing the time spent on your device is important. Ensure that you balance the time spent online and offline. Set aside time to spend with your family and friends.

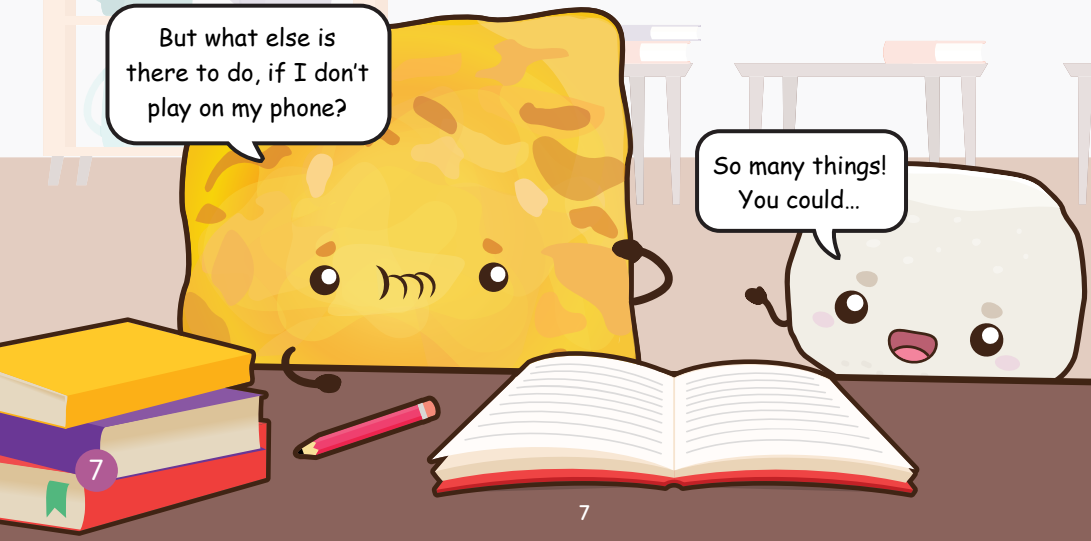
Bedtime routine















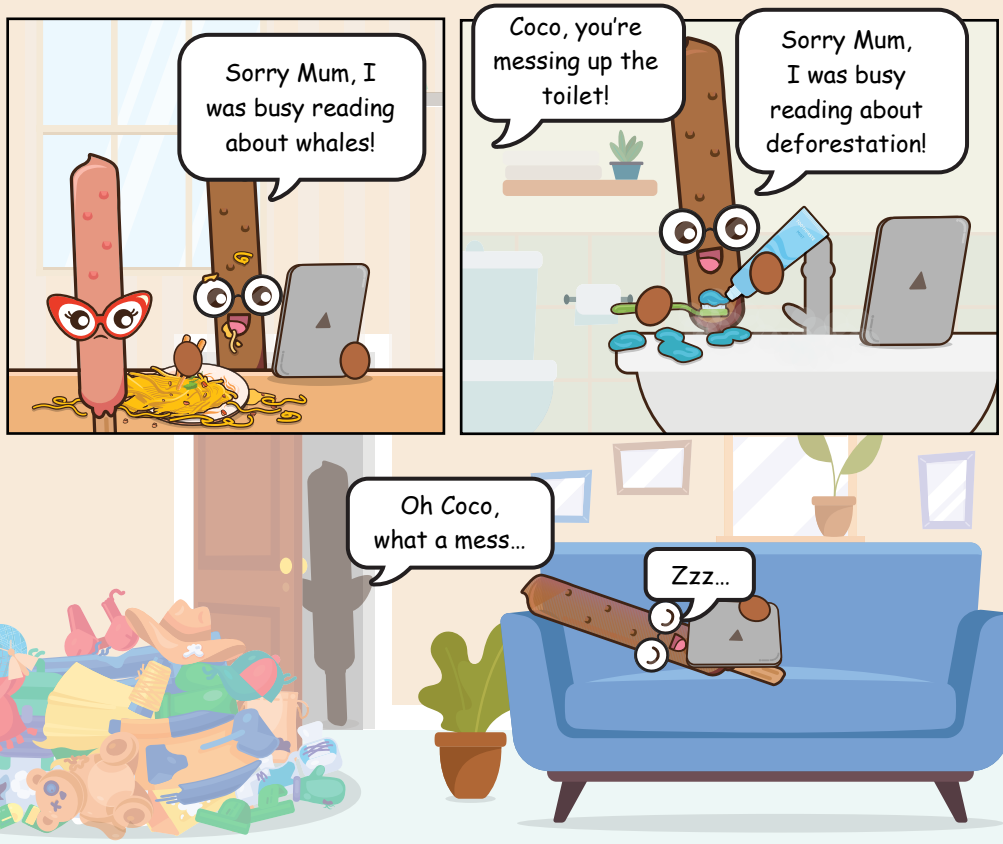


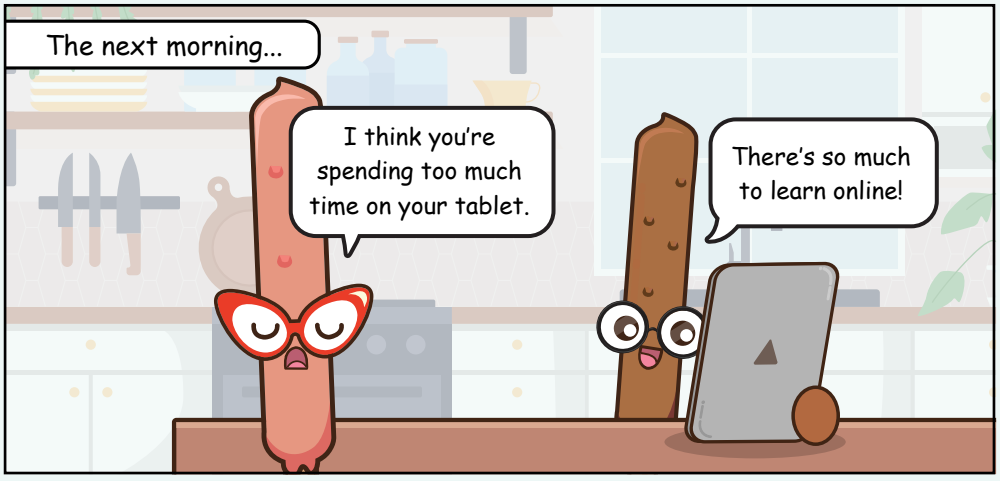
A relaxing bedtime routine will help you sleep better at night. It's also a good idea to sleep and wake up at the same time every day. This will give you the energy you need to have fun when you wake up!

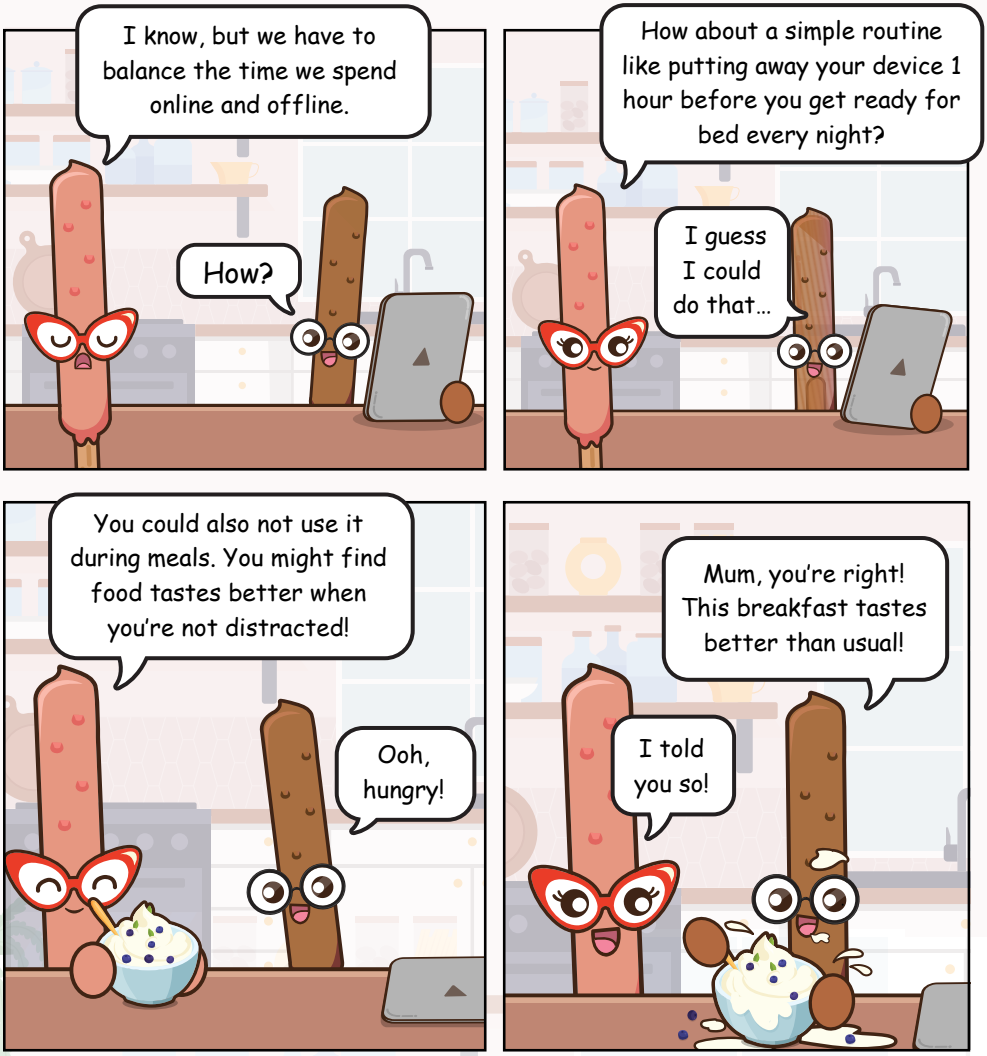




Routine for device usage

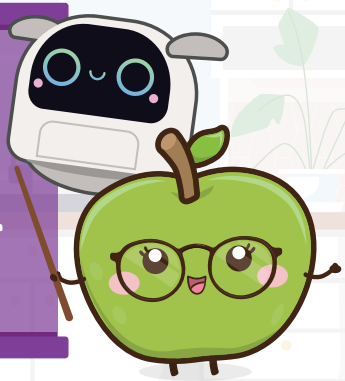


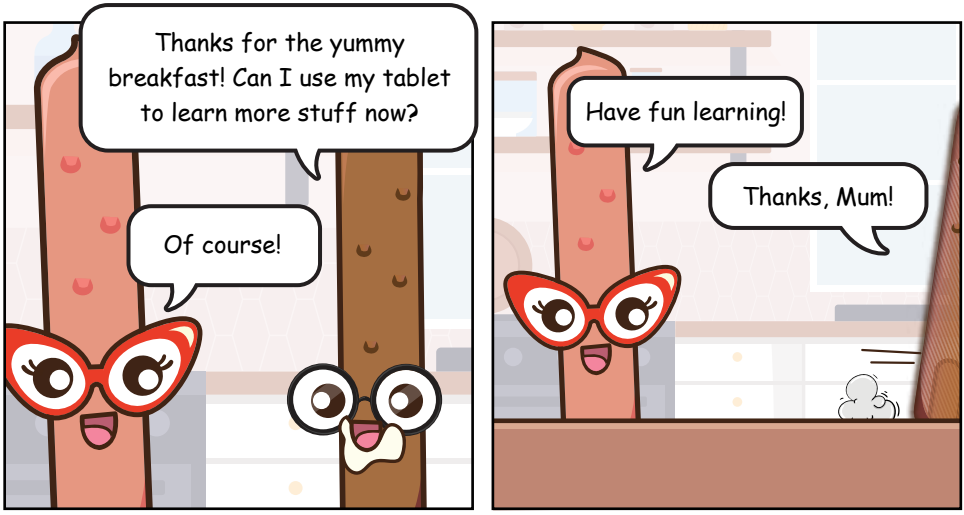




Set up a routine for yourself. You can:

- ✅ **Put your device away during mealtimes.**
- ✅ **Commit to cutting off screen time 1 hour before bedtime to help you sleep better.**

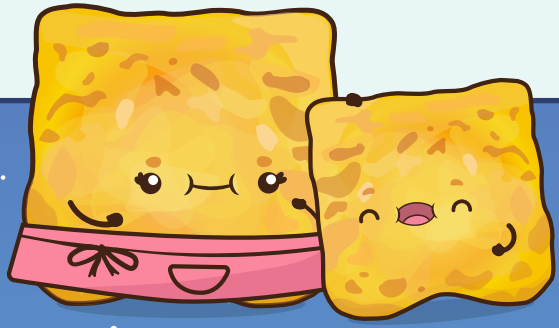




Have a chat with your child

After reading the comics, ask your child:

- How do you know when it is time to take a break from a screen?
- What activities do you enjoy besides using digital devices?
- What healthy screen habits would you like to practise?
- What family rules could help us use digital devices responsibly?





yummybuddies.sg

Educational Technology Division
Ministry of Education

Ministry of Education
SINGAPORE

In collaboration with:

INFOCOMM MEDIA DEVELOPMENT AUTHORITY

DIGITAL FOR LIFE