

you've g♥t this!

Health Activity Playbook

A treasure trove of fun, health-promoting activities that educators, parents and Parent Support Groups can introduce to children.

PRIMARY SCHOOL EDITION

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Your Guide to Health Activities

HPB encourages **schools, parents and Parent Support Groups (PSGs)** to use this resource to organise **health-promoting activities** in schools and at home. Fostering **healthy habits** in young children begins at home and is reinforced in schools. PSGs partner the **school and parent community** in supporting the holistic development of students.

By engaging schools, PSGs, and parents on health-promoting initiatives, HPB aims to create a **supportive environment** that nurtures the well-being of our children and addresses the **health challenges** that they face.

This resource provides valuable **information** and practical **tips** covering essential health domains, along with **simple activities** that can be incorporated into **lesson time**.

Teachers and PSGs can jointly organise these school activities or pick activities that suit their needs.



Prevalent health issues affecting children today.

OBESITY RATES¹

IN STUDENTS UNDER 18



2017
13%



2021
16%

SCREEN TIME, SLEEP, AND INACTIVITY²

FOR CHILDREN 5 TO 14



43%
did not do any
vigorous physical
activity



32%
did not engage
in any moderate
activity



25%
spent over 10
waking hours per
day seated for
prolonged periods



20%
clocked over
4 hours of
screentime
per day

80% of parents are concerned
about screen addiction, poor sleep
and access to inappropriate content³

60% of parents are concerned
about screentime's impact on
eyesight and physical activity³

¹ [Obesity among children on the rise in Singapore, but fat-shaming is not the answer | Channel NewsAsia](#)

² [Singapore launches 24-hour activity guideline to improve the health of children and teens | The Straits Times](#)

³ [Evidence review of screen use in childhood | NUS Saw Swee Hock School of Public Health](#)

Healthy Eating

OVERVIEW

Good nutrition for children is important in helping them achieve good health. Children who eat healthy are more likely to continue doing so as adults.



DID YOU KNOW?

Eating coloured vegetables provides a spectrum of vitamins and minerals.

- Orange carrots provide carotenoids, which are essential for eye health.
- Red vegetables like tomatoes have lycopene, which is a strong antioxidant that protects the body from free radical stress.
- Green vegetables are high in folate and iron.



LOWER PRIMARY

Name of Activity

My Healthy Plate – Have a Rainbow Day!

Create awareness on eating healthy and consuming different coloured food

During recess

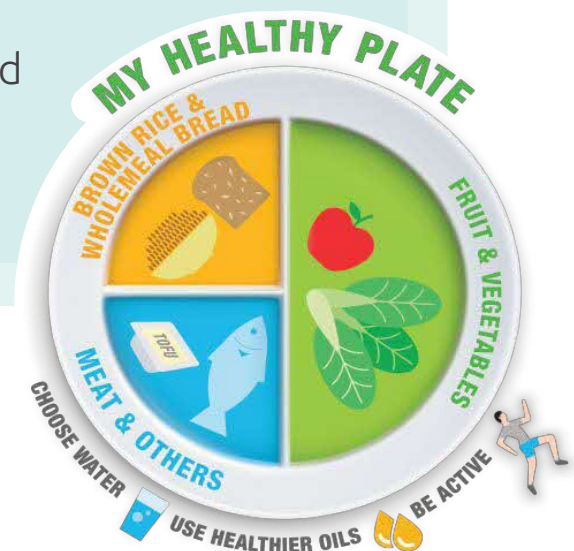


How

Run a 'Fruits and Veggies' week, supported by classroom sessions.

- 1 Play this [Quarter, Quarter, Half](#) video and get your students to dance along!
- 2 Print two [posters](#) and [food item cutouts](#). Let students drop the cutouts onto the poster to look like '[My Healthy Plate](#)'*.
- 3 Get students to bring different coloured fruit and vegetables for 'show and tell'.

*Note: *Corn is a starchy vegetable rich in carbohydrates. It is not to be included in the fruit and vegetables portion of the plate.*



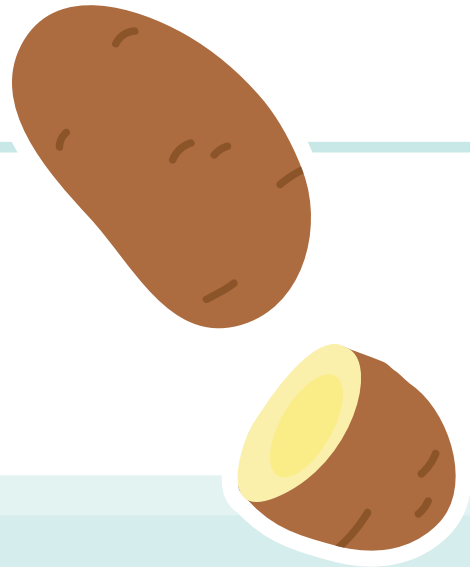
UPPER PRIMARY

Name of Activity

Salty Potato Experiment

Educate students on limiting their salt intake

During term time



How

Run a 'Sodium Awareness' week in classroom sessions.

What you need:

2 small bowls with 100ml of water each, 1 potato, 1 marker, 3 teaspoons of salt

- 1 Add salt into one bowl of water. Label the bowls 'Salty' and 'Plain'.
- 2 Halve the potato and place each half in each bowl with the flat side (cut side) facing down.
- 3 Observe and measure the potatoes after 30 minutes. The potato in the salty solution would shrivel as the salty water draws water out of it.

Too much salt makes us overly thirsty, just like how the potato loses water when put in a salty solution.



FOR PARENTS

Name of Activity

Cooking with Your Child and Grocery Shopping

Get your child to identify healthier items



How

- 1 Choose one of the recipes from ['Let's cook yummy food'](#) and make a grocery list.
- 2 Use this [Info guide](#) to identify the Healthier Choice Symbol* and Nutri-Grade* mark together with your child.
- 3 Let your child identify and pick the Healthier Choice items.
- 4 Bring home the Healthier Choice ingredients and have a cooking session with your child.



Click here for more tips:

My Healthy Plate - super food, super me

Balanced Diet - healthy meals for a healthy child

**Healthier Choice Symbol*

**Nutri-Grade mark*



BONUS TIP!
Ask the Experts
– Nutrition

ACTIVATION EXAMPLES

CHIJ (Katong) Primary School

From Central Parent Council

The “Wellness@IJ” programme organised by the PSG and parent volunteers promotes healthy eating and lifestyle, focusing on physical and mental well-being, as well as strengthening peer support.

Students earn stamps for consuming fruit and vegetables during recess, and redeem them for prizes. Parent volunteers also conduct games, simple workouts and quizzes on health and wellness.

“

I love 'Wellness@IJ' week! I make sure mummy buys lots of fruit so that I can also bring some for recess. I'm excited to collect stamps to redeem the cute gifts.

Isabelle, Student

”



A parent volunteer leading the girls through stretching exercises during recess.



Students get to redeem fun prizes with the stamps they earn from participating in “Wellness@IJ”.

ACTIVATION EXAMPLES

West View Primary School

From Mr Tan Leng Khoon (HOD, PE & CCAs)

The Fruiti-Veggie Programme in West View Primary School instils healthy eating habits among students, while rewarding positive behaviour.

Reward cards are obtained when a student purchases fruits, vegetables, water, and wholesome snacks during recess.

They deposit the reward cards to earn points at the Fruiti-Veggie corner. Parent volunteers tally the cards weekly, and classes amassing the most points win the Model Class Award.

“Our Fruiti-Veggie Programme has been such a success that the school’s obesity level dropped significantly since its inception!”

*Mr Tan Leng Khoon
(HOD, PE & CCAs)*

Fruiti-Veggie Corner



Why should we eat fruit and vegetables?

- They are naturally low in fat, calories and sodium.
- They boast a range of essential vitamins and minerals.
- They keep us in tip-top shape!

Let's contribute points to your Model Class Award!
Collect a Fruiti-Veggie Card when you:

- ask for an **extra serving** of vegetables or fruits
- buy a Fruit Cup
- buy a bottle of Mineral Water

Must consume them!

Awarded points are as follows:
More than 100 tokens - extra 100 points
Between 75 and 99 tokens - extra 50 points
Between 50 and 74 tokens - extra 30 points

Eat a rainbow of fruit and vegetables
Fruit and vegetables offer unique health benefits, including protection from diseases like heart disease or cancer. Treat yourself to the full spectrum of nature's bounty for maximum benefits.

FRUIT		VEGETABLES	
Red	Watermelon Cherries	Red	Red peppers Tomatoes
Orange	Papaya Oranges Rock melon	Orange	Carrots Pumpkin Yellow peppers
Green	Kiwi Honeydew melon	Green	Green leafy vegetables Broccoli
White	Dragon fruit Bananas	White	Cabbage Cauliflower
Purple	Plums Purple grapes	Purple	Eggplant Purple cabbage

“Bank of P.R.I.D.E.” where pupils deposit their reward cards.



Pupils getting ready to deposit their reward cards.

We would love to hear from and feature you!
Fill in **this 'form'** and share your Playbook experience with us.

Mental Health and Well-Being

OVERVIEW

All emotions have their functions – experiencing them adds meaning to our lives and helps us to handle challenges.

Sometimes, our children/students may struggle to articulate their feelings, triggering various emotions in them.

As parents/educators, we can acquire skills to assist our children in navigating their emotions more effectively.



DID YOU KNOW?

Children may struggle with managing their emotions as the prefrontal cortex*, which manages emotions, only develops in their 20s!

** Front part of the brain*



LOWER PRIMARY

School Activity

Name of Activity

How Are You Feeling Today?

Help students to be more aware of and express their emotions

During Form Teacher Guidance Period (FTGP)



How

- 1 Provide this [Feelings tracker](#) print-out and encourage students to write their names, mark out their emotions and answer the queries. Print-outs can be pasted in classrooms. Students can also be encouraged to write words of encouragement for one another.
- 2 Explore HPB's [How are you feeling today](#) with students. It helps detail their feelings and how to cope with stressors.



UPPER PRIMARY

School Activity

Name of Activity

Listening Buddy

Help students be good listeners and support to their friends



During

- World Mental Health week in October
- Form Teacher Guidance Period (FTGP)
- Counselling sessions with students and School Counsellors



How

- Curate materials from [How to better support others](#) to give a short lesson on being a good listener and supportive towards friends.
- Get students to do one of these activities:
 - 1 Have a healthy meal and a hearty chat with your friend during recess.
 - 2 Have a heart-to-heart talk with your family members.
 - 3 Write a card to tell your friends and family that they are important to you.



FOR PARENTS

Parent-Child Activity

Name of Activity

Be Your Child's Listening Ear

Establish an emotional connection with your child



How

- 1 [Help your child manage emotions](#) and teach them emotion words.
- 2 Make time to bond as a family regularly by doing physical exercises and fun activities, for e.g., one-to-one meals, art jamming, flying a kite, etc.
- 3 Print [our little talks](#) and do this simple activity with your kid. Use these cards to start conversations and get to know your child.
- 4 Click [here](#) for the latest Mental Well-Being workshops.



Click here for more tips:

Managing your child's stress

How to boost your child's mental well-being

9 ways to look out for your loved ones



Sleep

OVERVIEW

Sleep – or the lack of it – is a common concern for parents. Children without enough sleep can have trouble paying attention and experience mood swings, behavioural and learning problems.



DID YOU KNOW?

- 9 to 11 hours of sleep per day is recommended for children aged 6 to 13 years old.
- 8 to 10 hours of sleep per day is recommended for children aged 14 to 17 years old.
- Blue light* can make it harder to have a good night's sleep – avoid screentime at least one hour before going to sleep!

** Blue light is part of the visible light spectrum (shortest wavelength and highest energy) of what the human eye can see.*



LOWER PRIMARY

Name of Activity

Are You Sleeping Enough?

Help students understand the importance of sleep

During 'World Sleep Day' in March



How

- 1 Print this [Sleep calculator/Bedtime routine](#) for students to work out their bedtime.
- 2 Print this [Sleep rewards chart](#) for them to bring home and use with their parents.
- 3 Print this [Captain Sleep DIY prop](#) for art and craft in class.
- 4 Storytelling – go through these 3 stories:
 - [Captain Sleep and Teddy's Magic Pyjamas](#)
 - [Captain Sleep and the Toothbrush Fairy](#)
 - [Captain Sleep and the Colourful Crayons](#)

You could also print them out for students to bring home. There's even a bedtime song!



UPPER PRIMARY

School Activity

Name of Activity

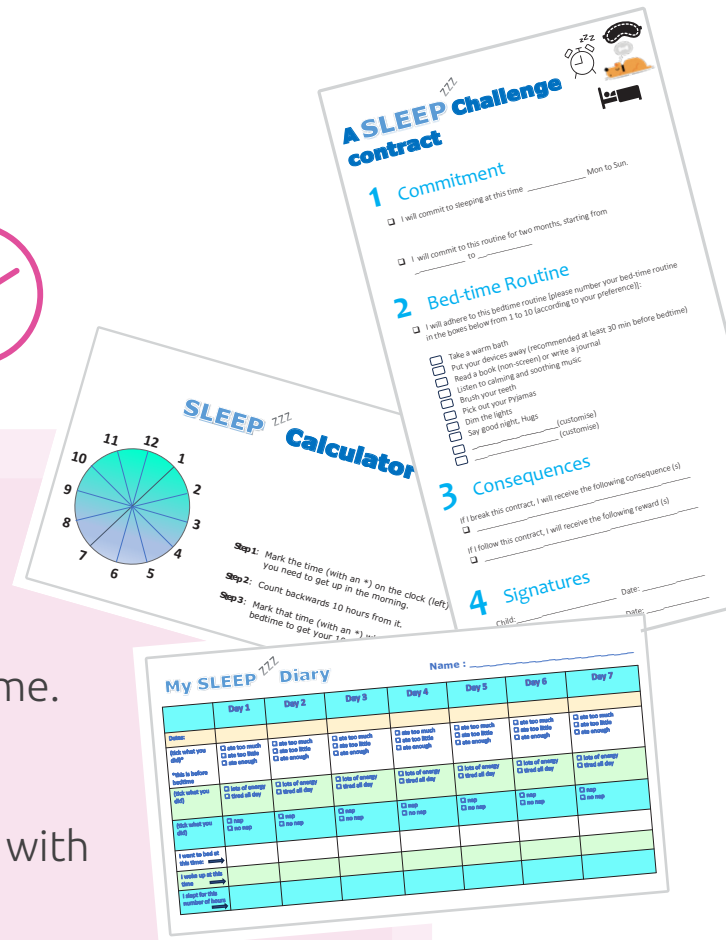
Sleep More, Feel Better!

During 'World Sleep Day' in March



How

- 1 Print this [Sleep calculator](#) for students to work out their bedtime.
- 2 Print this [Sleep contract](#) for students to bring home and sign with their parents.
- 3 Print this [Sleep diary](#) for students to record activities that affect their sleep and sleep schedule.



For Parent Support Groups

After 1 to 2 months of the above activities, PSGs can help teachers facilitate **reflection sessions** with students on their commitment to sleep.

PSGs may also organise a **creative writing competition** about a child who couldn't sleep. What are some things that happened as a result and what steps were taken to overcome them? Pick out a few stories and share them with the class.



FOR PARENTS

Sleep

Parent-Child Activity

Name of Activity

Good Sleep for Better Mood and Performance

Inculcate good sleeping habits in your child

How

- 1 Use this resources to curate your own bedtime routine with your child:
[Captain Sleep audiobooks](#)
- 2 Sleep Calculator and Bedtime Routine:
[Better sleep, healthier me](#)
[Captain Sleep rewards chart](#)



Click here for more tips:

Getting my teen to sleep well

Why is sleep important

6 tips for your family to get a good night's sleep



Screen time and Cyber Wellness

OVERVIEW

Developing healthy screentime habits is an important part of making the most of screentime. It is important that good eye habits are inculcated from young.

DID YOU KNOW?

- Dopamine is the hormone responsible for driving and reinforcing habits.
- Some online activities trigger a dopamine release that can result in changes in the brain similar to those that occur in substance addiction.



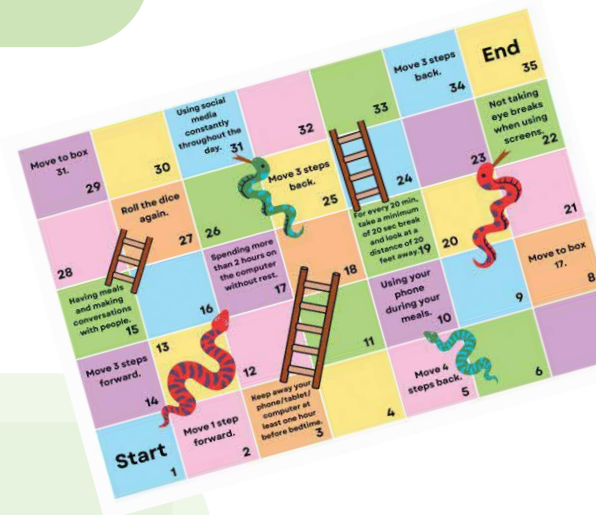
LOWER AND UPPER PRIMARY

Name of Activity

Snakes and Ladders / Matching Card Game with Health Messages on Screenshot

Play these fun games to explore and inculcate an interest in non-screen activities and educate students on the effects of screentime

During Cyber Wellness Week or Safer Internet Day in February



How

- 1 Print and play [Snakes and Ladders](#).
- 2 Print and play this [Matching Cards Game](#).



For more details, please refer to **Snakes and Ladders** and **Matching Cards Games** instructions.

FOR PARENTS

Parent-Child Activity

Name of Activity

Screen-Free Games and Cyber Wellness Workshops

Inculcate good screentime habits and do more screen-free activities with your child

How

- 1 [Take a pause on screentime](#) by setting some rules at home.
- 2 Have non-screentime activities such as playing [Screen-free Bingo](#) with your child.
- 3 Play [Spy Game](#) with your child.
- 4 Use these [book recommendations](#) and read with your child.
- 5 Click here for the latest HPB [Digital Resilience and Cyber Wellness workshops](#).



BONUS TIP!
Ask the Experts
– Screentime



Click here for more tips:

Help your child untangle from the web

What should you do if you are cyberbullied?

What every parent should know about screentime

Help your child deal with peer pressure and media influence



Physical Activity and Myopia Prevention

OVERVIEW

Children aged 7 to 12 should aim for at least 60 minutes of moderate-to-vigorous intensity physical activity, spread throughout the day.

They should also engage in vigorous aerobic activities and muscle- and bone-strengthening exercises at least 3 days a week.



DID YOU KNOW?

- Exercising releases mood-boosting endorphins and helps to relieve stress.
- Benefits of regular physical activity include better attention span, cognitive development, and social skills.



LOWER AND UPPER PRIMARY

Name of Activity

Let's Keep Active

Encourage students to lead a less sedentary lifestyle and be more physically active by introducing fun physical sports and games

Any time throughout the day



How

Activity 1

Move along to these workout [Videos](#):
Great things start when you MOVE IT!



Educators are encouraged to praise the child after the completion of an activity, like giving a 'high-five' or 'cheer'.



LOWER AND UPPER PRIMARY

During recess time
or after school



How

Activity 2 (Team game / challenge)

- 1 Organise various activity stations for students:
 - Bowling pins and balls
 - Tape or chalk to mark out [Hopscotch](#)
 - [Chaptehs](#), Hula Hoops, Small Beanbags, [Jumpscotch](#), [Tic-Tac Game](#), [Bola Team](#), etc.
- 2 Cards can be issued to students to collect stamps upon completion of each activity.
- 3 Upon completing a card, students can redeem rewards, such as through a 'Gachapon' machine* (students can be issued coins to redeem their rewards).
- 4 Create a leader board together as a class / team to record scores and tally at the end of the week or term.

** if the school owns one.*



LOWER AND UPPER PRIMARY

How

Activity 3

Schedule 5-minute movement breaks daily during lesson time with various movement challenges.

LOWER PRIMARY

- Balancing Flamingo – students to balance on alternate legs
- Star jumps
- Wave their hands in the air
- Be a bird and fly around the classroom for a minute
- Simple dance movements
- Bend forward and touch their toes while standing
- 'Simon Says'

UPPER PRIMARY

- Favourite K-pop Dance moves
- Stretching exercises
- Do the twist and shake your body
- Touch finger to toes and reach up to the ceiling

Try team sports like Captain's Ball, Soccer, Basketball, Pickleball or racquet games, etc.



Make sure there is enough safe space between children. Do take necessary safety precautions and ensure the movement area is free of obstructions (pillars, bags, belongings on the floor, desks, chairs, etc.).

LOWER AND UPPER PRIMARY

Myopia Prevention

School Activity

Name of Activity

Eye-Spy and Scavenger Hunt

- Take frequent breaks from near-work (such as reading) and look at things in the distance
- Develop their observation and communication skills
- At least 2 hours of outdoor play a day keeps myopia away

How

Play 'Eye-spy' with students outdoors. This will help encourage them to look at things afar. For older children, try adapting this activity into a scavenger hunt.

- 1 Arrange students into groups.
- 2 Give each group some letters. Groups are to spot and draw things beginning with those letters. For example, they can point out and draw grass if they have the letter G, or butterflies for the letter B, etc.
- 3 Students can also act out what they drew for the class to guess. For example, they can flap their arms like a butterfly.

Remember to ensure sufficient sun protection and discourage students from looking at the sun directly.

FOR PARENTS

Parent-Child Activity

Name of Activity

Outdoor Games and Sports

To cultivate a habit of daily outdoor play with your child



How

- 1 Spend 30 minutes to 1 hour at the playground or fitness corners.
- 2 Take walks together before/after meals.
- 3 Spend time outdoors at the park or community spaces to play a sport/game.
- 4 Play [Eye-spy](#) and 'Simon Says' with your children.
- 5 Participate in weekly family physical activity programmes such as [Active Family Programmes](#) that are conducted island-wide.
- 6 For more ideas on [Physical Activity](#), check out '[Who's the Active Winner?](#)'.

Outdoor play will not only improve your fitness levels and your quality time together, the sunlight will also protect against myopia.



Click here for more tips:

[Singapore Physical Activity Outdoor activities for kids](#)

BONUS TIP!
Ask the Experts –
Physical Activity



Vaping and Smoking

OVERVIEW

Vaping, or using e-cigarettes, is increasingly rampant among youth.



DID YOU KNOW?

- Purchase, Use and Possession (PUP) of vapes is illegal in Singapore.
- Vapes contain harmful substances that can negatively impact brain development.



Source: HSA

LOWER PRIMARY

Name of Activity

Smoke-Free World

Educate children on the effects of smoking

How

- 1 Transfer these questions to PowerPoint and play [Smoke-Free World](#) as a quiz.
- 2 Answers:
Q1: (1), Q2: (2), Q3: (2), Q4: (2), Q5: (2)



UPPER PRIMARY

Name of Activity

Vape, the Toxic Friend You Don't Need

Educate children on the harms of vaping

How

- 1 Play this video in the foyer or canteen:
[Vape, the toxic friend you don't need](#)
- 2 Use the [questions](#) here to have a quiz with your students.



Click here for more tips:

[For more resources on vaping](#)



FOR PARENTS

Name of Activity

'Conversations with Your Teens' Workshops

- 1 'Conversations with your Teens' is a gameshow for parents to learn on sensitive topics, including substance abuse and sexual health.
- 2 Parents or PSGs can submit your interest [here](#) to gain access to the resources.
- 3 Play this [video](#) at PSG/parent meets and workshops.



Click here for more tips:

How to prevent teenage smoking

Have a minute? Talk to your kids about smoking

Let's get real about vaping – 8 reasons why you shouldn't start

How vaping is bad for your health

Smoke-free environment

Conclusion

Our children and youth are our future, and we have a huge part to play in helping them realise their aspirations.

To do this, we should strive to provide a conducive environment for their healthy growth. Parents, schools and PSGs play an important part in achieving this.



Additional HPB resources for your reference:

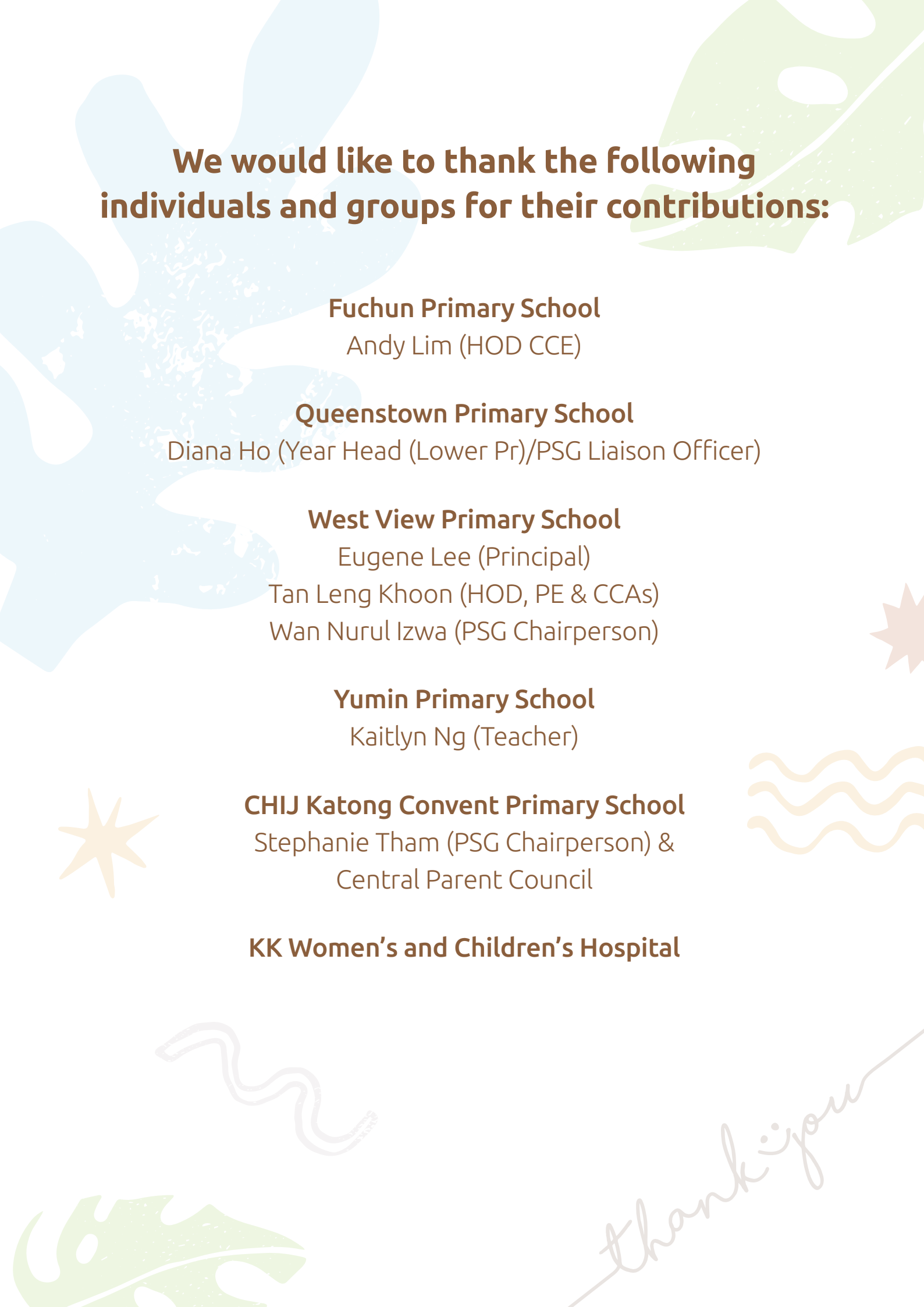
Parent Newsletter 1

Parent Newsletter 2

Parent Newsletter 3

Happy and healthy parents and children

For more information on how to support your child in achieving his/her maximum potential, visit **Parent Hub**.



**We would like to thank the following
individuals and groups for their contributions:**

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thank you

you've g  t this!

go.gov.sg/parenthub