

you've got 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



[Click here to access the Playbook](#)

## What is this Playbook

- ✓ A comprehensive one-stop digital guidebook designed for schools to independently organise health initiatives.
- ✓ Health activities for teachers and parents to do with students/children.

## Highlights of the Playbook



Reducing Screen time



Incorporation of traditional childhood games (e.g. matching card games, snakes, and ladders) with focus on screen time.



Improving Sleep



Tools for promoting healthy sleep habits, such as sleep calculators, sleep contracts and diaries.



Physical Activity



Suggestions for daily movement breaks during lessons.



Best Practices



Successful implementations of health activities by PSGs from Westview Primary School and CHIJ Katong Primary.

