

MY HEALTH PLAN



Name: _____

Class: _____

Dear Parents,

In this year's School Health Service visit, your child learnt the power of SNAP.

-  **S**leep 10 hours
-  **N**ot too much screens
-  **A**ctive for 1 hour
-  **P**late with fruit and greens

Reinforce the habits with the activities in this booklet!

We hope this booklet will support you in helping your child work towards his / her **Health Goals**. Find them on Page 1.



*Remember to also review your child's **Health Plan** on HealthHub via the QR code below.



go.gov.sg/nhublogin

Me & My Plan!

My favourite activities



Playing catch



Playing at the playground



Cycling



Scotering



Playing ball games



Dancing

My Health Goals:

My Exercise Goals

- Exercise at a moderate intensity with my favourite activities for ___ days ___ minutes each day!
Moderate intensity: A level where I can talk in phrases but cannot sing

My Screen Use Plan

- Reduce screen use by _____ minutes each day I use screens!
- Avoid screen use 1 hour before bedtime.
- Avoid screen use during meals.

Yay! I'm doing a good job!

- Continue to exercise for at least 1 hour a day!

Yay! I'm doing a good job!

- Continue to keep screen use under 1 hour a day, and avoid screens during meals and 1 hour before bed!

We had so much fun finding all the gems that power Happyland.
Now it's your turn to be the hero at home!



This book is full of games to help you SNAP
your way to better health!

Are you ready? Let's go!

IN TWINKLE COVE

Damien sleeps 10 hours to grow tall. He brushes his teeth before going to bed too!



IN HOPPITY ISLAND

Adam exercises for 1 hour a day. This gives him energy and makes him smile!



paste the correct stickers

SNAP

to help them with their healthy habits

No screen zone!

IN BREAKTIME SPRINGS

Nisha limits her screen use. Less than 1 hour a day keeps her eyes and mind strong!



Let's turn off our screens!



Let's eat our vegetables!

IN TASTY TOWN

Xiao Lin has a plate with fruit and greens. Her body stays strong and fights germs!

Now that you've learnt the SNAP habits, let's put them into action!

SLEEP 10 HOURS

Good sleep helps us grow tall, strong, and happy!
10 hours each night helps us get ready for a fun day ahead.

It all starts with a good sleep plan

1		No screen use 1 hour before bedtime
2		Relax with a warm shower
3		Brush your teeth Count to 10 for each tooth
4		Read a bedtime story

Turn off the lights and say goodnight!



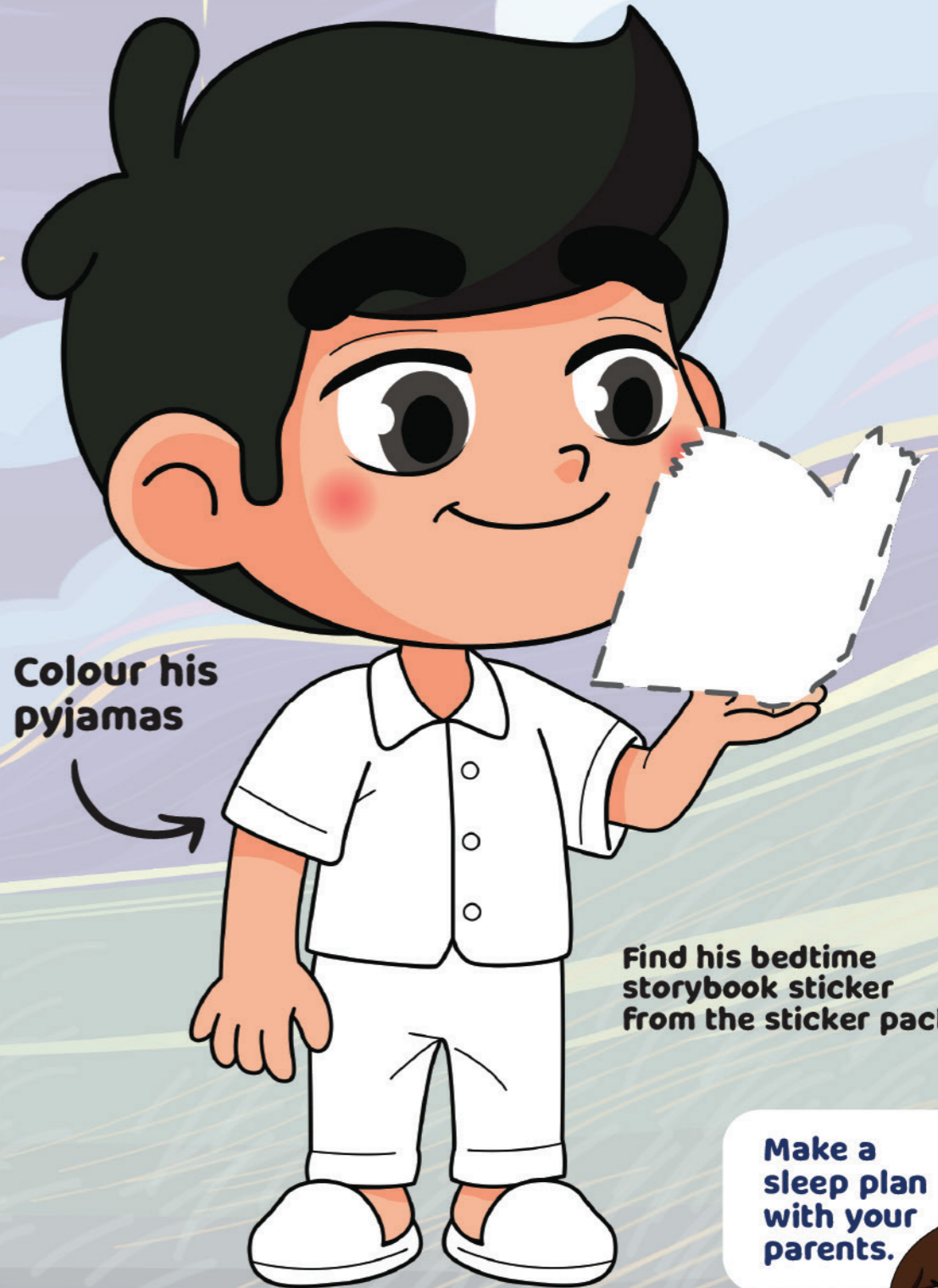
Sleep 10 hours!



Remember to brush your teeth!

Go to bed and wake up at the same times each day for quality sleep.

Help Damien get ready for bed



Colour his pyjamas

Find his bedtime storybook sticker from the sticker pack

Make a sleep plan with your parents.



NOT TOO MUCH SCREENS

Aim for less than 1 hour of screen use every day!

Good screen habits keep your mind and body healthy

No screen use during meals



Turn off screens when no one is watching
(Background screen use can be harmful too)



No screen use 1 hour before bedtime



Use the sticker pack to help Nisha decide what she should do more or less of.

Hint: Put the  sticker next to activities she should limit!



Find the Blue Gem

Not too much screens!

Try other fun activities instead! Play outdoors or explore nature with your friends and family!

ACTIVE FOR 1 HOUR

Moving can be fun and helps keep your body strong.
Exercise for at least 1 hour every day,
in addition to your usual play!

Draw pictures of activities
for Adam to try!



Try different sports and games.



Choose active options.
Use the stairs instead of the lift



Be active with your family.
Go for a walk or ride bikes together

Make exercise fun! Run in the playground, dance to your favourite music, or do any movement activities you enjoy!



Find the Yellow Gem

Active for 1 hour!

PLATE WITH FRUIT AND GREENS

Keep meals balanced: Half a plate of fruit and vegetables, a quarter plate of protein and a quarter plate of wholegrains. Don't forget water – it keeps you healthy and ready to fight off illnesses!

Colour these fruit and vegetables to add to your rainbow plate!



RED



ORANGE



GREEN



YELLOW



BLUE



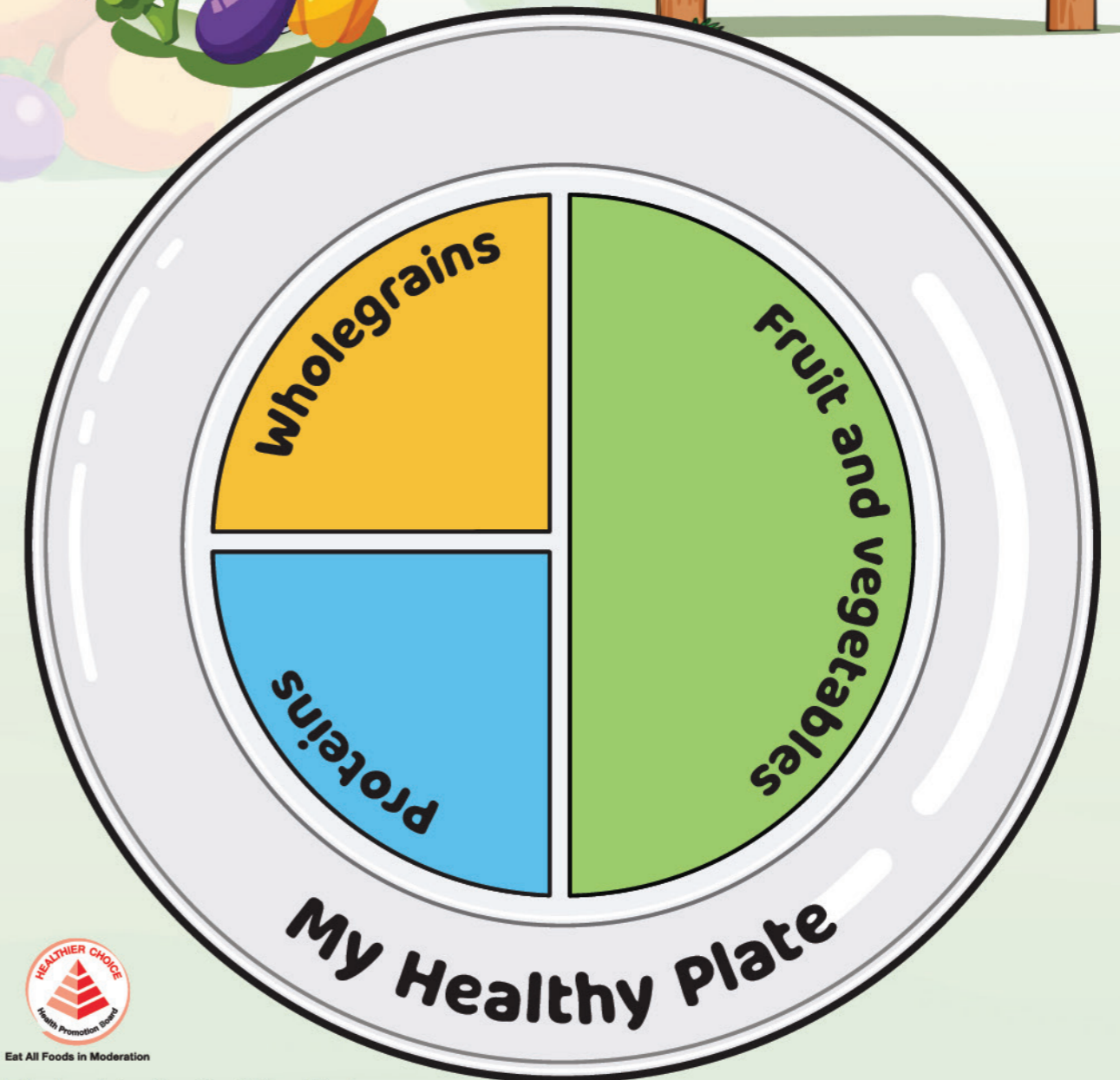
PURPLE

Help Xiao Lin put together a healthy meal using the stickers from the sticker pack.



Tips

- Choose a rainbow of fruit and vegetables!
- Eat meals as a family and choose healthy foods together!
- Shop with your family and find healthier options!



Eat All Foods in Moderation

Tip: Look for the Healthier Choice Symbol when eating out



Plate with fruit and greens

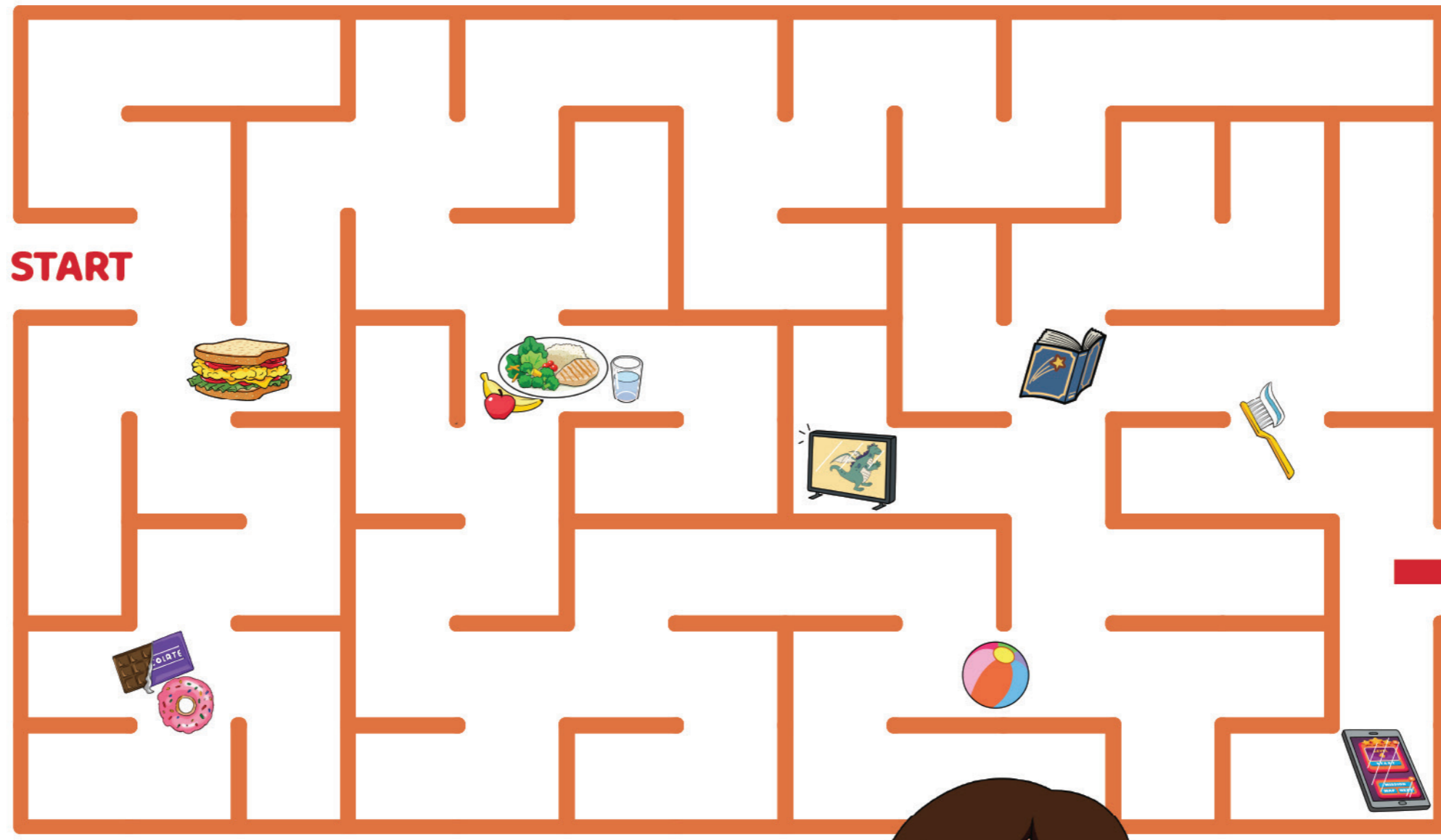


PLAN A HEALTHY DAY

Find your way through the maze by choosing healthier habits



START



Remember to start and end your day by brushing your teeth!



S

Sleep 10 hours



N

Not too much screens

No screen zone!



A

Active for 1 hour



P

Plate with fruit and greens



Good work!
Keep practising the
habits in this book,
and **SNAP** your way
to better health!



Stay Happy and Healthy with a SNAP and a TAP!

S is for Sleep, all night long,
helps you grow and keeps you strong

N is Not too much screen use, take a break,
keep your mind fresh for your health's sake

A is for Active, move every day,
jump, run, play in your own fun way

P is for Plate with fruit and greens, keeps
you fit so you can live your dreams!

SNAP SNAP SNAP

It's as easy as that,
healthy and happy with a SNAP and a TAP!



T is for Teeth, brush twice a day
A says Avoid snacks, just say no way and
P is for Plain water, it's the best
Just think TAP, there's no need to guess!

SNAP SNAP SNAP

it's as easy as that,
healthy and happy with a SNAP and a TAP!

Scan to sing along!



FAQS

for parents



? What is the Health Plan?

Each year, HPB conducts health screenings in preschools.

During the screening, your child will undergo health checks and will be prescribed personalised Health Goals. Find these on HealthHub after the screening.

? What are Health Goals?

Health Goals are personalised recommendations designed to help your child improve their current lifestyle.

These goals are tailored based on your responses to your child's lifestyle questionnaire and their expressed interests.

To engage them in their journey, your child has also been given this Health Plan booklet with interactive activities on each health domain!

? How can I support my child?

You are your child's first influencer! You play an important role in shaping his or her health habits and choices.

- **Ensure your child attends follow-up medical appointments** if he or she receives any referral letters.
- **Engage them with the activities** in this book as they improve their habits.
- **As your child goes through health topics in school, you may be given home activities.** Complete them and reinforce health messages at home.
- **Make every healthy moment a family moment!** Add your child's profile to the Healthy 365 app for free fun activities and resources customised to your child.

Scan to find out more on Parent Hub



<https://go.gov.sg/parenthub>

? What are my child's recommended guidelines?

Sleep

- Aim for at least 10 HOURS each night (9 HOURS if your child has reached 6 years old)

Screen use

- Limit screen use to less than 1 HOUR a day
- Avoid use 1 hour before sleep and during meals

Activity

- Aim to do a variety of physical activities for at least 3 HOURS each day, of which at least 1 HOUR should be moderate-to-vigorous intensity activities

Nutrition

- Have at least 1 SERVING of fruit and vegetables a day
- Limit unhealthy food, such as sweet drinks, fried food and packaged snacks

Every small action adds up to make a **big difference.**
You've got this! 99





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