

The Game of Healthy Habits!

PARENT TIP: Build healthier screen time habits by setting and reinforcing screen time limits as a family. Don't forget to lead by example and put your devices away during mealtimes and bedtimes too.

ACTIVITY

Disconnect to connect! Gather the family for good, screen-free fun and conversations about healthy screen time through this board game.

HOW TO PLAY:

1. Place your tokens on 'START'.
The youngest player may go first.
2. Roll the dice and move your token forward according to the number shown on the dice.
(e.g. if you roll a 3, move 3 spaces forward on the board.)
3. Complete the activity or answer the question on the tile where your token lands.
4. If your token lands at the bottom of a ladder, move your token to the tile at the top.
5. If your token lands on a slide, move your token to the tile at the bottom.
6. The first player to reach 'FINISH' wins the game!



Scan here to download
more activity sheets!

<https://go.gov.sg/first-influencer-act4>

Scan here to submit
your feedback!

<https://go.gov.sg/first-influencer-fbf-4>



you've got this!



How to assemble the game:

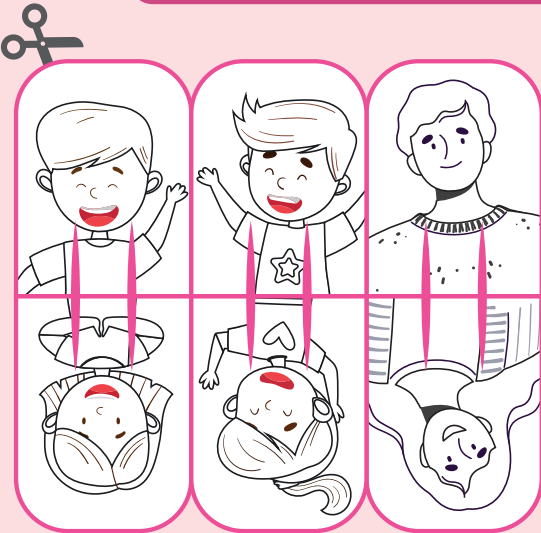
1. Print the board game pages.
2. Print, cut and assemble the paper dice and tokens below.



READY
TO ROLL!

DICE

CUT ALONG THE
PINK LINES AND
FOLD ALONG THE
DOTTED ONES!
GLUE THE TABS TO
FORM YOUR DICE!

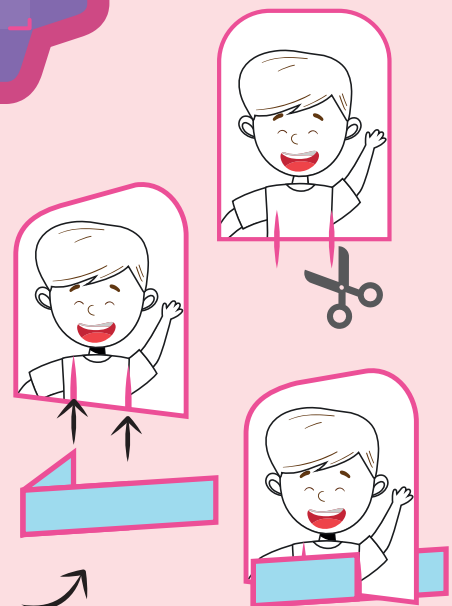
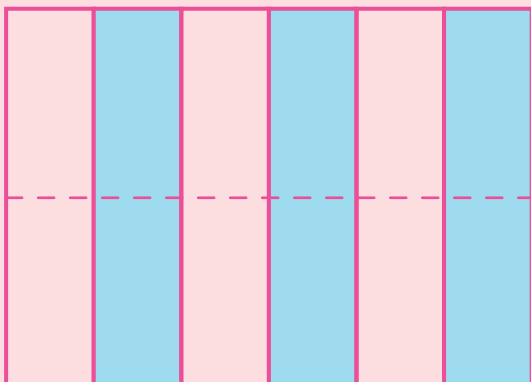


TOKEN

COLOUR THESE CHARACTERS
AND MAKE THEM YOUR OWN!
CUT ALONG ALL THE PINK
LINES, INCLUDING THE SLITS
IN THE MIDDLE.

TOKEN STANDS

CUT ALONG THE PINK LINES AND
FOLD ALONG THE DOTTED ONES!
INSERT THE STANDS INTO THE
SLITS FOUND ON YOUR
CHARACTER TOKENS.





FINISH

PRO TIP!
You should take
a 5 minute
break for every
30 minutes of
screen time.

Name 1 new
activity you
would like to try.

Who do you
look up to?

DID YOU KNOW?
Having screen
time during
meals can result
in overeating.

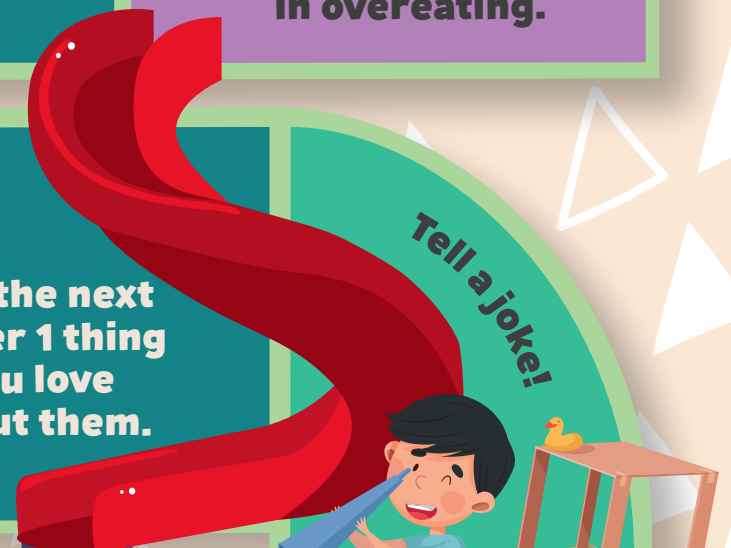
Who do
you wish
to spend
more time
with?

Select a place at
home (e.g. dining
table) to make
into a screen-free
zone.

Who did
you help
recently?

Tell the next
player 1 thing
you love
about them.

Tell a joke!



PRO TIP!
Switch off your devices 30 minutes before bed to have a good night's sleep.

What is your favourite book and what do you like about it?

DID YOU KNOW?
Having screen time before bed can affect your sleep.

Take 3 deep breaths.

What are you grateful for today?

Give 1 player a **BIG HUG** for 30 seconds.

Make your silliest face!

DID YOU KNOW?
Too much screen time can affect your health.

Name 1 place you would like to visit with your family.

DID YOU KNOW?
Children need 2-3 hours of outdoor play per day.

Sing and dance to your favourite song.

Do 10 sit-ups.

Who do you speak to when you have problems?

What is your favourite animal and why?

START

