



Munch Box

A game that eats up
screen time

Place your phone here

Keep it screen smart! Set a simple screen-use plan by balancing screens with other activities or using parental controls.



go.gov.sg/gwsg

SMALL steps
BIG difference

Hello Munchlings!

STEP 1: FEED ME YOUR PHONES

Put your phones on silent and place them within the dotted lines.

STEP 2: SHUFFLE AND DRAW

Shuffle the cards, then draw 1 card each and flip them face-up.

STEP 3: GET CREATIVE

Invent as many fun activities as you can using the objects on the cards drawn.

STEP 4: SHARE

Share your ideas. Whoever comes up with the most activities wins!

STEP 5: PLAY

Write out these fun ideas and try them out together!

Cut along the dotted lines.



Ball



Ball of String



Broccoli



Chair



Cardboard Box



Masking Tape

Cut along the dotted lines.



Umbrella



Blanket



Paper



Torchlight



Spoon



Soft Toy

Cut along the dotted lines.



Fruit Basket



Orange



Water Bottle



Storybook



Pillow



Broom

Get creative and make your own cards!

