



An initiative of



RESOURCES

Curated collection of posters, storybooks and classroom resources designed to nurture healthy habits. Do weave these resources into your curriculum as you see fit.

Good Sleep

Poster

Parent Resource / Sticker Sheet

Storybook: Sweet Dreams Naga

Good Sleep Activity (1) / (2)

Healthy Eating

Poster

Parent Resource

Healthier Choice Hunt Activity Sheet

Snacks & Ladder Activity Sheet / Inserts

Storybook: Tasty Town Picnic Adventure*

Mental Wellbeing

Poster

Parent Resource

Storybook: Ethan and the Feelings Storm*

Storybook: Ethan's Big Day at School*

Oral Health

Poster

Parent Resource

Happyland Tooth Train Worksheet

Happyland Tooth Train Activity Poster

Physical Activity

Poster

Parent Resource

Movement Cards

Screen Use

Poster

SNAP Cards

Parent Resource / Sticker Sheet

Other Resource

Educator's Guide Resource

For **Captain Happy Adventure Boardgame**
and **storybooks*** please email HPB_mailbox@hpb.gov.sg
for the digital copy of the resource.

