

# Health Education Sessions

FOR PRE-SCHOOLS



## I Can Be the Best Me

(4 – 6 years olds)

Meet Colin and friends in this interactive puppet show! Colin is a boy who likes to smile and children will learn how to be positive like him. Low Moe the sea turtle is shy and feels conscious about his shell. Can the children assure him that he's special in his own way? Ronny the rabbit is friendly and will share tips with the children on how to be good friends to others. Children will get to interact with the puppets and have a photo-taking session with them.

**Duration: 1 hour workshop + 1 hour self-exploratory tour of HealthZone**  
**Programme fee: \$2 per child**

## The Healthy Plate Families

(4 – 6 years olds)

Through storytelling, children will be taught how to choose a variety of food at each meal, using the My Healthy Plate as a guide. During the session, they will get creative as they take part in activities to help Charlie include fruit and vegetables in his meals. The session will end with a sing-a-long song to remind children to eat fruits and vegetables every day.

**Duration: 1 hour workshop + 1 hour self-exploratory tour of HealthZone**  
**Programme fee: \$2 per child**



## Fun Dance Workout

(4 – 6 year olds)

A highly-charged dance aerobic workout, this workshop is sure to excite the little ones and encourage them to be physically active. They will learn easy and safe but dynamic dance moves as well as how to warm up and cool down before and after exercise. Who says exercise can't be fun?

**Duration: 1 hour workshop + 1 hour self-exploratory tour of HealthZone**  
**Programme fee: \$2 per child**



## Exploring Our Five Senses

(4 – 6 years olds)

Let the little ones learn about sensory awareness through fun & music. This hour-long workshop teaches pre-schoolers about the use of their five senses and how to take good care of them. Kids will leave with new-found appreciation for their sensory organs through interactive activities.

Get ready to be wowed by this sense-sational workshop!

**Duration: 1 hour workshop + 1 hour self-exploratory tour of HealthZone**  
**Programme fee: \$2 per child**



## Grow Healthy with Food!

(3 – 4 year olds) [Starts in May 2017]

Through hands-on activity, Grow Healthy with Food educates nursery school-going children on the 4 different food groups to include on their plate at a mealtime. Children are also introduced to foods that are wholegrains and the importance of eating a variety of coloured fruits and vegetables via game play. The children will get to bring back their own 'My Healthy Plate' craftwork too!

**Duration: 1 hour workshop + 1 hour self-exploratory tour of HealthZone**  
**Programme fee: \$2 per child**

