



The

*anti-negative  
thoughts*

Bowling Alley

# Background: Negative words associated with labelling those with mental health in teens



TODAY file photo

- An article research found that the use of negative words were associated with mental health amongst teens.

“While these positive findings are encouraging, there is room for improving mental health knowledge and reducing stigma among youths — possibly with the help of campaigns targeted towards youth that are age- and culture-appropriate,” wrote the researchers.

<https://www.todayonline.com/singapore/crazy-weird-scary-survey-unveils-negative-labels-youths-associate-mental-illness>

# Therefore, it is important to inculcate positivity



**especially in using the right, positive terms and reducing use of negative words amongst children**



# Our Approach: Through GAME, of course!

Why?

- keeps users engaged
- bridge the digital generation divide
- let users learn from their mistakes



# “Playing should be fun!”

*In our great eagerness to teach our children we studiously look for "educational" toys, games with built-in lessons, books with a "message." Often these "tools" are less interesting and stimulating than the child's natural curiosity and playfulness. Play is by its very nature educational. And it should be pleasurable. When the fun goes out of play, most often so does the learning."*

- Joanne E. Oppenheim (*Kids and Play*, ch. 1, 1984)



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## Target Audience:

Primary 3 - 4 (ages 9 - 10)

## The Idea

Bowling Game

(Objective is to use bowling game to make the game fun yet meaningful and effective)

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Overall, bowling is great stress reliever. While we all have our off nights, the physical exercise and socialization associated with bowling far outweighs the benefits to your body than the frustration of the odd gutter ball. So, next time you're at the lanes, remember: it's not just fun. It's good for you.



<https://capitol-bowl.com/mental-and-physical-health-benefits-of-bowling/>

# Prototype

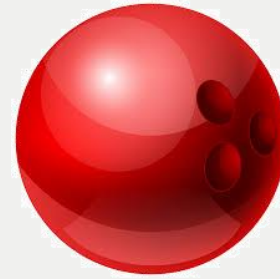




## How to play

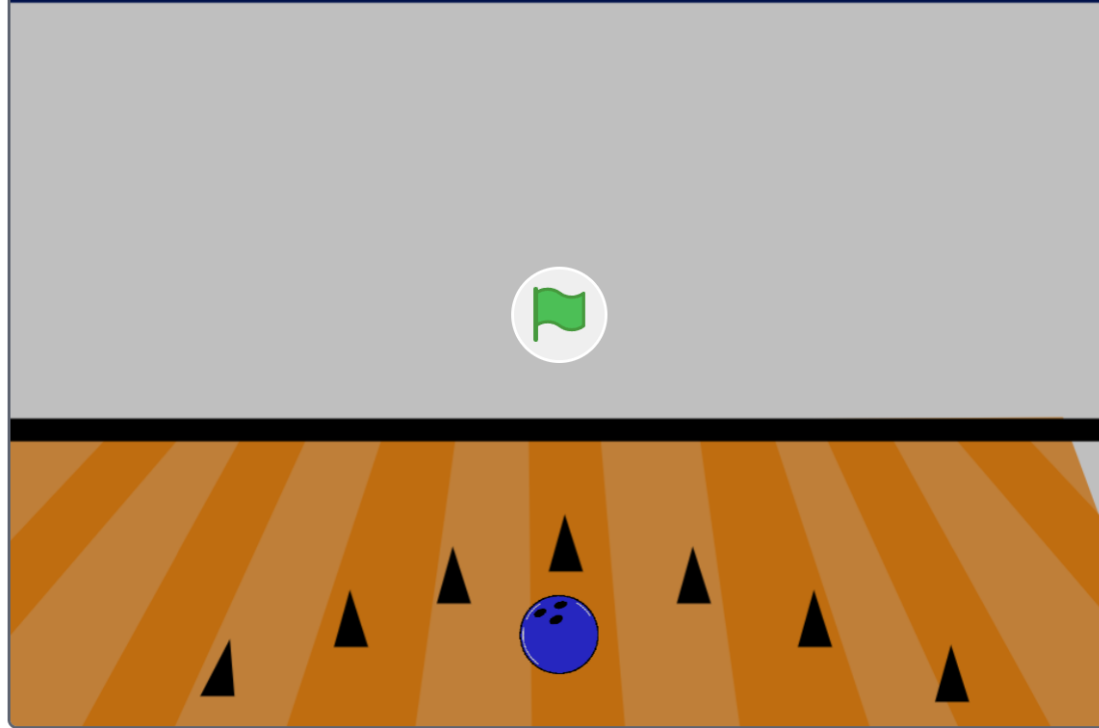


Negative & positive words are stated on the bowling pins



Players to use a bowling ball to crush only the negative words.

## *The anti-negative thoughts bowling alley*



<https://scratch.mit.edu/projects/879336675>

This bowling game is just to illustrate the actual physical prototype.

# The Team

WHITE SANDS PRIMARY SCHOOL

Team 1

BASIL IMAAN (4A)

ONG PIN JIE, AUSTIN (4A)

CHANG XIN KAI, BOBBY (4C)

MOK MENG HIN (4F)