Health and Wellness: Promoting a Healthy Lifestyle in Singapore

Objective:

Learners will use AI tools such as ChatGPT, Text to Image AI, Text to Video AI, Text to Presentation, and Text to Song to research, analyze, brainstorm, and develop innovative solutions for promoting a healthy lifestyle in Singapore.

Duration:

2 hours

Tools:

- ChatGPT
- Text to Image AI
- Text to Video AI
- Text to Presentation AI
- Text to Song AI

1. **Research & Analysis**
   - **ChatGPT for Research:** Each group uses ChatGPT to gather information on current health and wellness challenges in Singapore. They should focus on areas such as nutrition, physical activity, mental health, preventive healthcare, and community wellness programs.
   - **Analysis:** Groups discuss and analyze the gathered information to identify key problems and potential innovative solutions for promoting a healthy lifestyle.
2. **Brainstorming & Idea Development**
   - **Brainstorming:** Groups brainstorm various solutions and innovative ideas using ChatGPT to facilitate the process. They should aim to generate a comprehensive plan that addresses multiple aspects of health and wellness.
   - **Idea Refinement:** Using ChatGPT, groups refine their ideas, ensuring feasibility and innovation. They should prioritize solutions that are sustainable, technologically advanced, and practical for Singapore's context.
3. **Content Creation**
   - **Text to Image AI:** Create visuals to represent key aspects of their health and wellness solutions. This includes diagrams of fitness programs, nutrition plans, mental health support systems, and community wellness initiatives.
   - **Text to Video AI:** Develop a short video that illustrates the main features and benefits of their health and wellness solutions. This video should highlight the practical application of their ideas.

- ○ **Text to Presentation AI:** Compile their research, analysis, ideas, and visuals into a cohesive presentation. This presentation should tell a compelling story about their solutions and their benefits to promoting a healthy lifestyle in Singapore.
  - ○ **Text to Song AI (Optional):** Create a theme song for their project that embodies its spirit and vision. This can be used as an engaging element in their presentation.

4. **Presentation Preparation**
   - ○ **Presentation Rehearsal:** Groups rehearse their presentation, ensuring each member knows their part. They should practice transitioning smoothly between slides and multimedia elements.
   - ○ **Final Touches:** Add any final touches to their visuals, video, and presentation to ensure everything is polished and professional.

5. **Presentations**
   - ○ **Group Presentations:** Each group presents their health and wellness solutions to the class. Presentations should be 5-7 minutes long, including the use of visuals, videos, and songs.
   - ○ **Q&A:** After each presentation, there is a brief Q&A session where other learners can ask questions and provide feedback.

6. **Wrap-Up**
   - ○ **Reflection:** Groups reflect on their experience, discussing what they learned about using AI tools for creative problem-solving and presentation.