

Healthy Harold, Healthy Me



Life Education supports children's learning and development for a healthy lifestyle through the opportunity to engage in **Healthy Harold, Healthy Me**, a play-based, interactive learning experience related to health, safety and building relationships in their everyday lives.

This one-of-a-kind, innovative program embeds key components of the Early Years Learning Framework and incorporates the requirements of the National Quality Framework and National Quality Standards.

The following modules are available as a 30 minute session for Kindy and a 45 minute session for Pre-Primary.

BEING SAFE



Being safe – Harold's Summer Holiday

Harold takes a summer holiday and the children learn about the importance of road safety, sun safety, water safety and safety around medicines. The aim of this module is to help children transfer this knowledge to make informed choices and gain responsibility and knowledge about safety in their environments.

BECOMING HEALTHY



Becoming healthy – Harold's Healthy Play Day

In this module the children follow Harold throughout his healthy day and learn about the importance of healthy foods, hygiene sleep and exercise. The aim of this module is to further develop their awareness and take responsibility for their own personal health and hygiene.

BELONGING & CONNECTING



Belonging and connecting – Harold's Thankful Heart

Harold shows through everyday experiences the concepts of gratitude and thankfulness. Some examples include helping to build a sandcastle with a friend, sharing a swing at the park, caring for a lonely friend and asking others for help.

Each module in the program offers a variety of engaging learning experiences, catering for the interests and learning styles of all children.

Our Program Includes:

- Sessions delivered by trained Life Education Educators
- Animations / Big Book
- Puppetry with Healthy Harold
- Music & Movement
- Storytelling
- Interactive Play / Games
- *Healthy Harold, Healthy Me* App download

Life Education also provides Pre and Post Visit and Take Home Activities to support shared, ongoing education between educators, parents and students in both the classroom and home.