

My body matters



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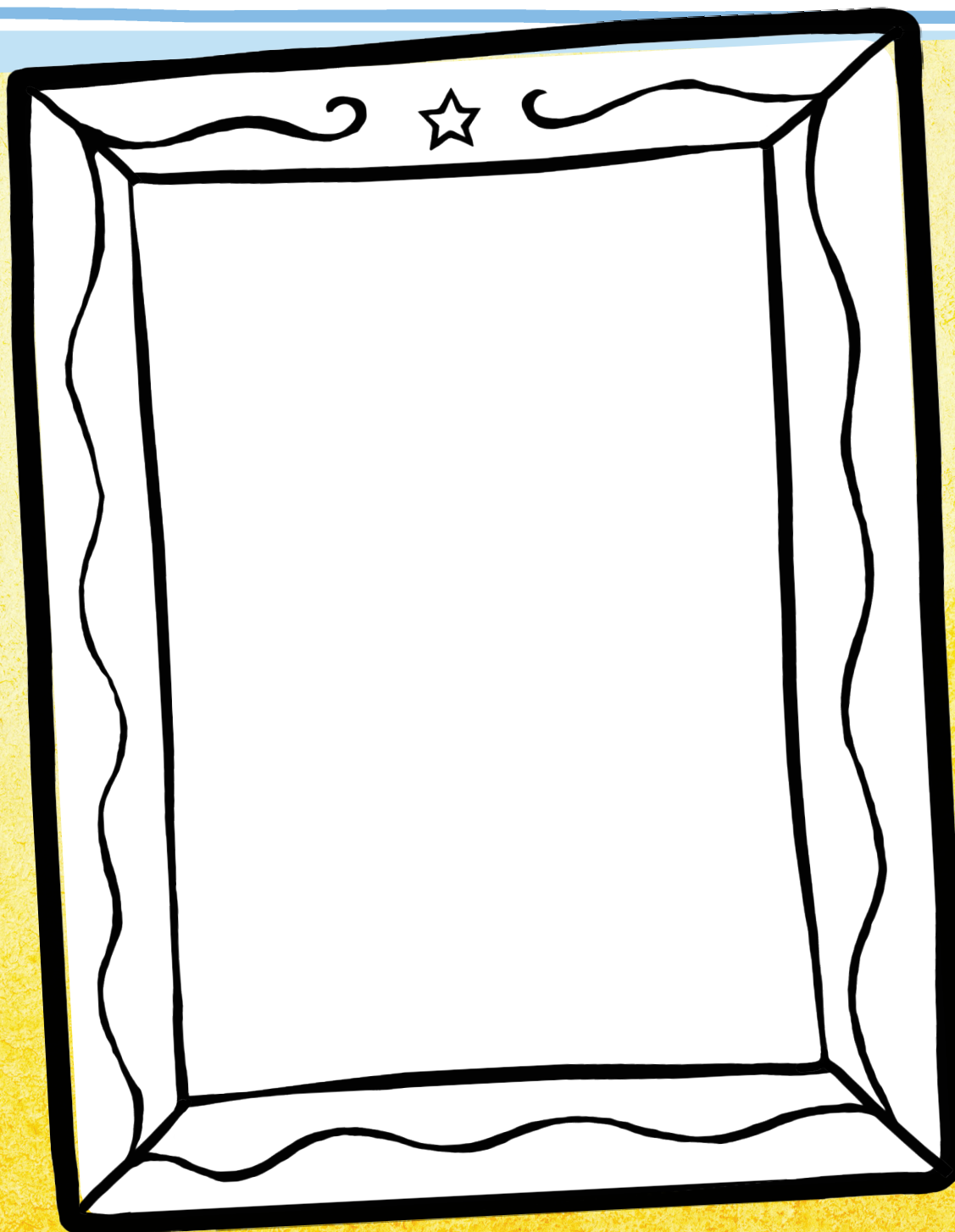
Me

My name is

I am years old.

My favourite healthy breakfast is

.....



Draw your own healthy breakfast.



What does a healthy body need?

Write or draw what a healthy body needs.



Create a Safety Puzzle

and share with a friend

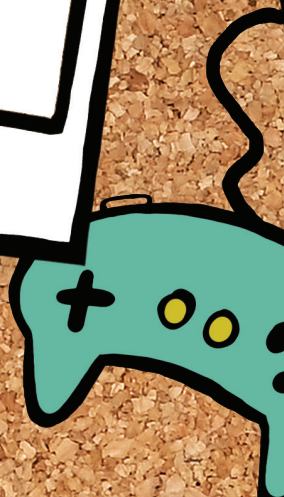
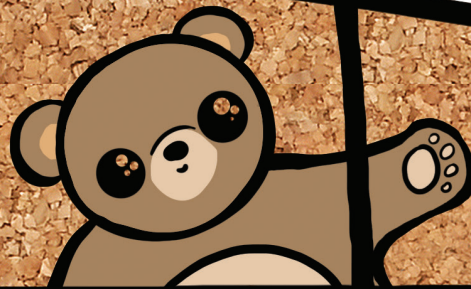
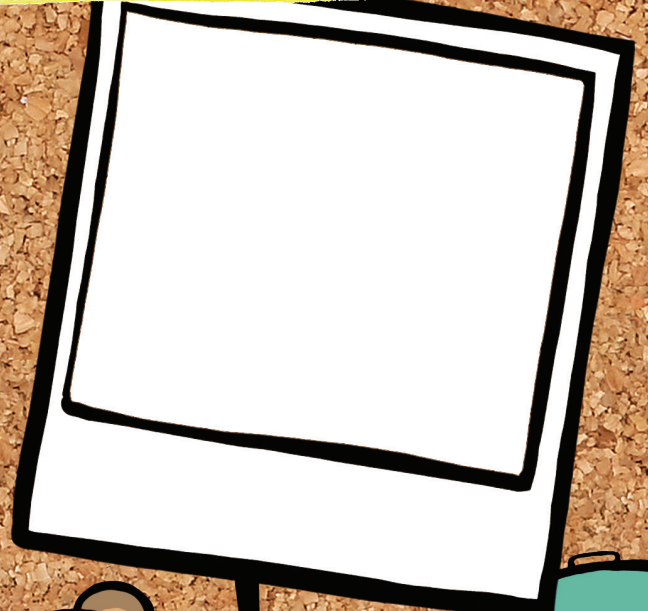
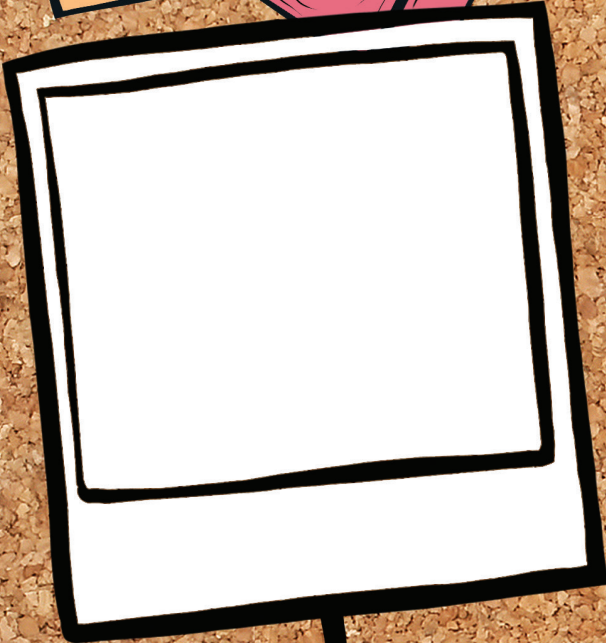
Swap your puzzle with a friend and both try and complete each other's.

- Get an A4 piece of paper.
- Fold that piece of paper in half.
- And then in half again.
- And in half again.
- Open up the paper.
You should have 8 squares.

- Now, think of a time you felt safe or behaved in a way that made you or others safe.
- Draw what you were thinking of on your piece of paper. You can colour it, or use stickers. Make it as beautiful as you can.
- Along the folds you created cut your paper.
- You will have 8 squares.
- You now have a safety puzzle that you can share with a friend.



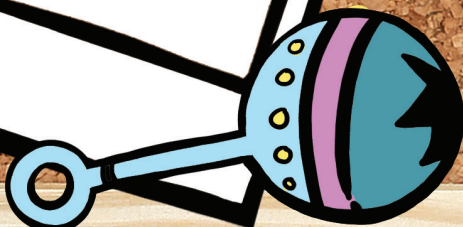
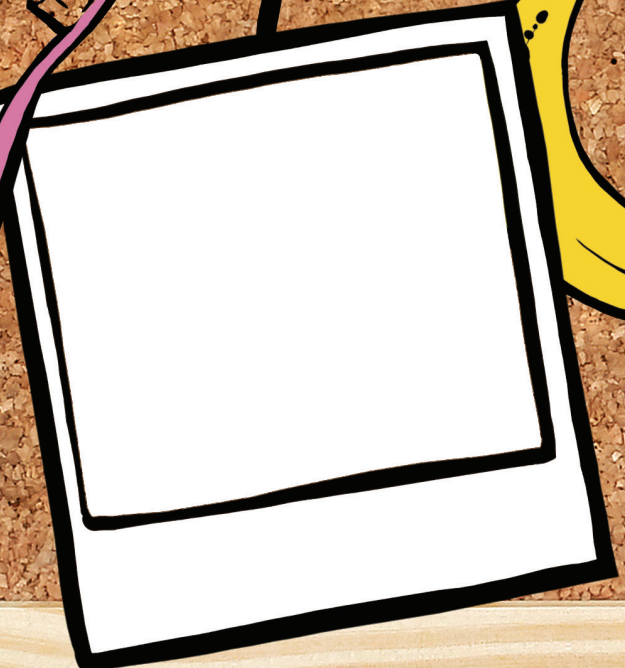
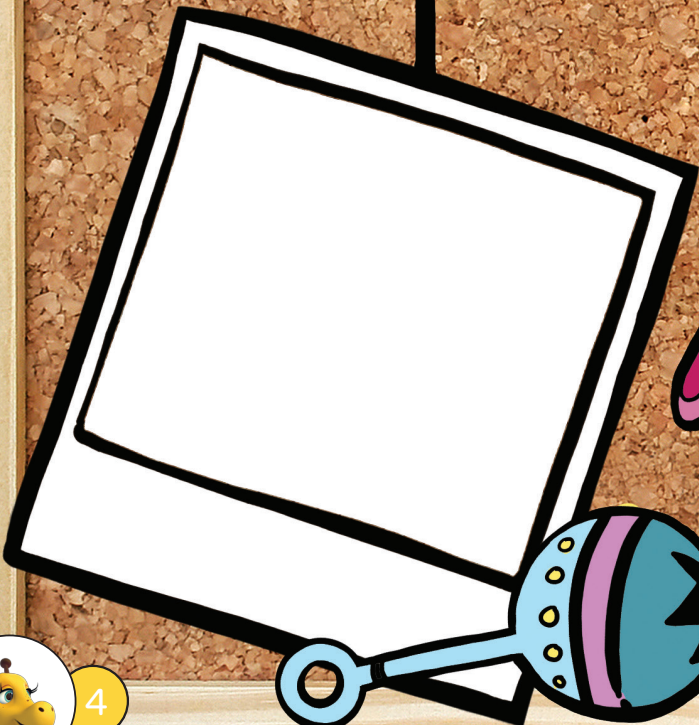
How do we move and grow?



BABY

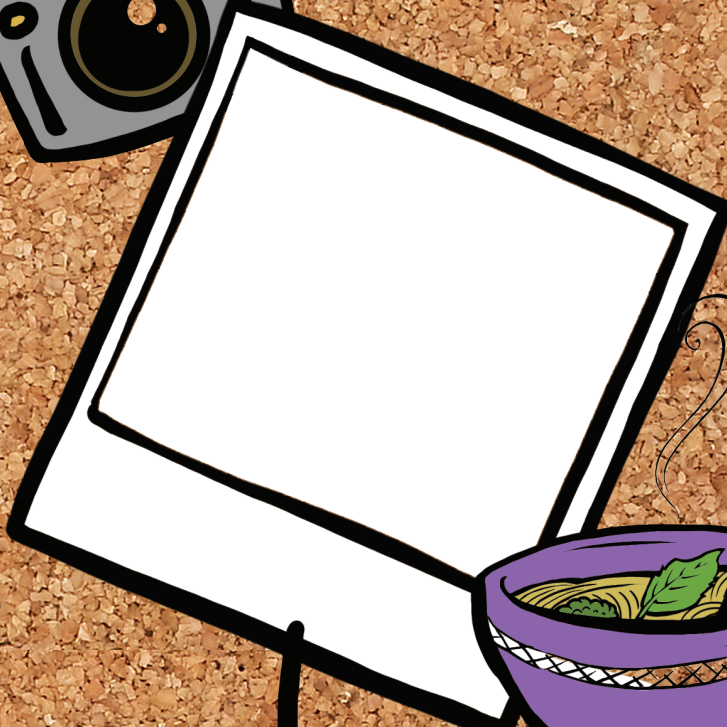
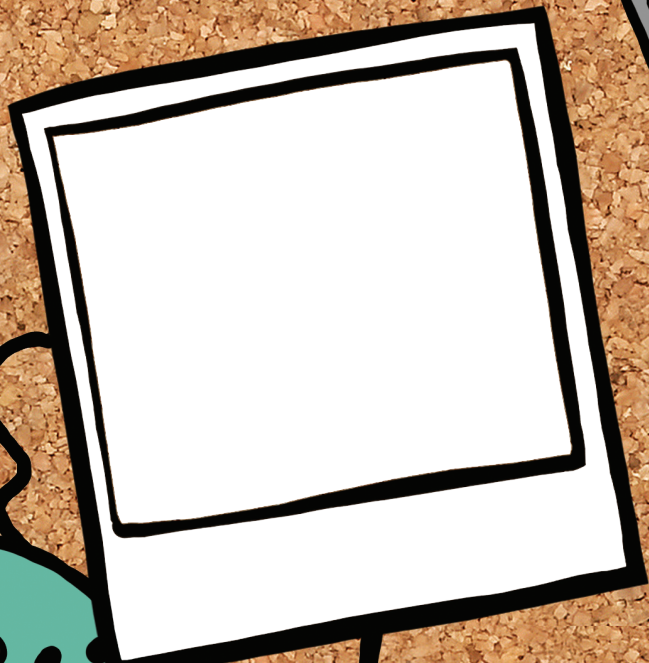
CHILD

1



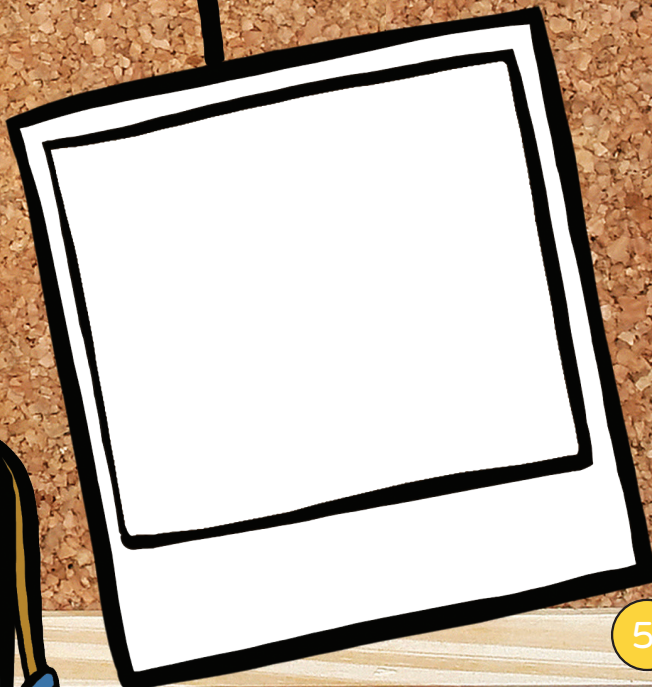
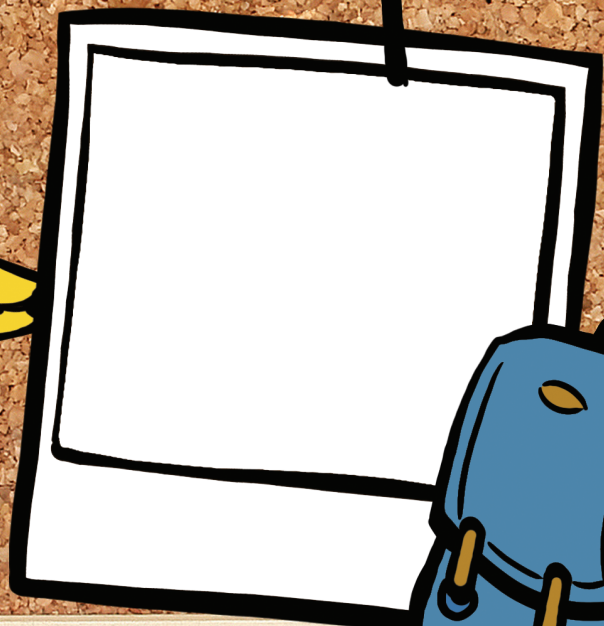
Draw people at different ages.

GROW



TEENAGER

ADULT





Red



Boots

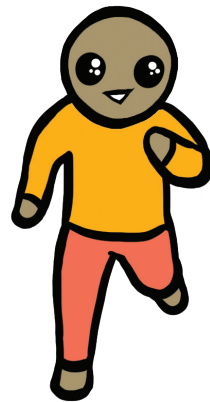


Harold

Your child has been learning about their health and wellbeing at school.
You can continue their learning at home by visiting lifeeducation.org.au

Your fitness routine

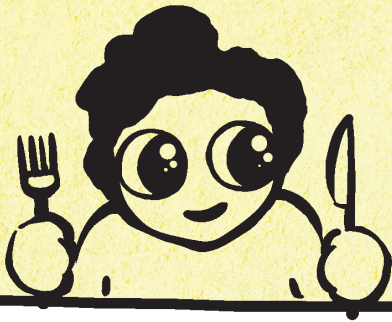
Draw your routine into these boxes and try it out.



Design your own fitness routine and share it with friends. Try out each other's routines.

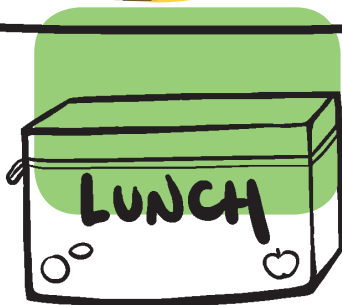
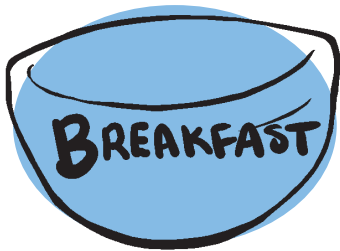
Your food day

Keep a record of the food you have eaten today.



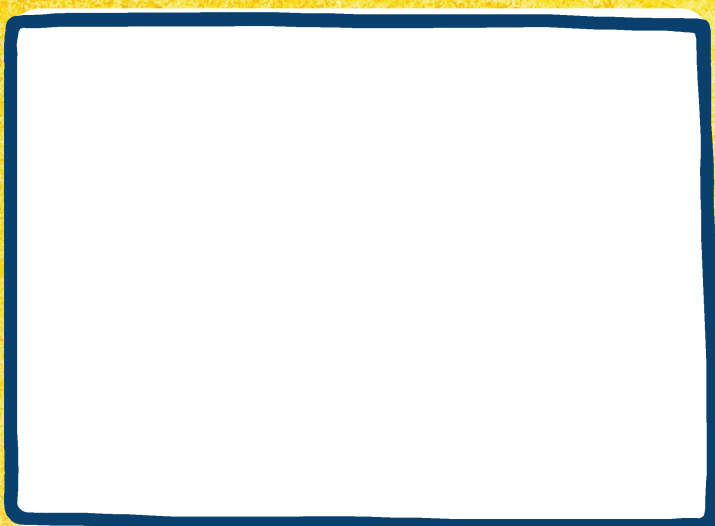
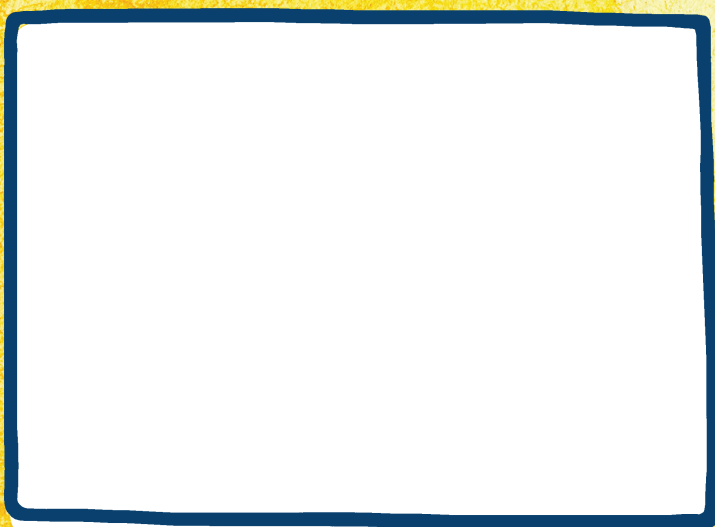
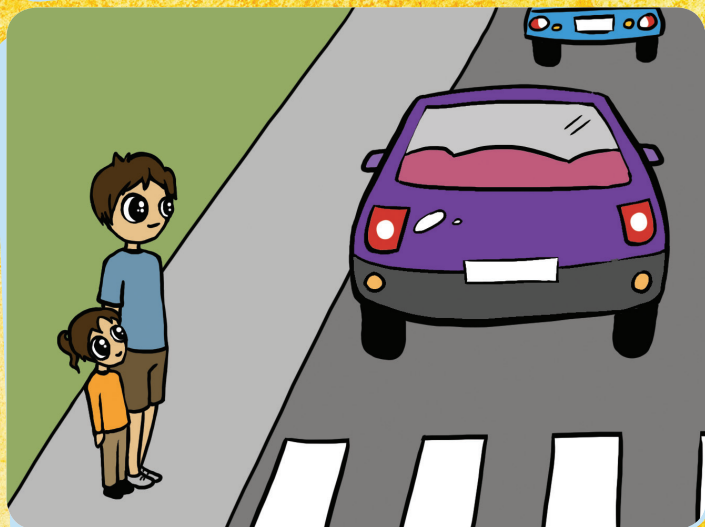
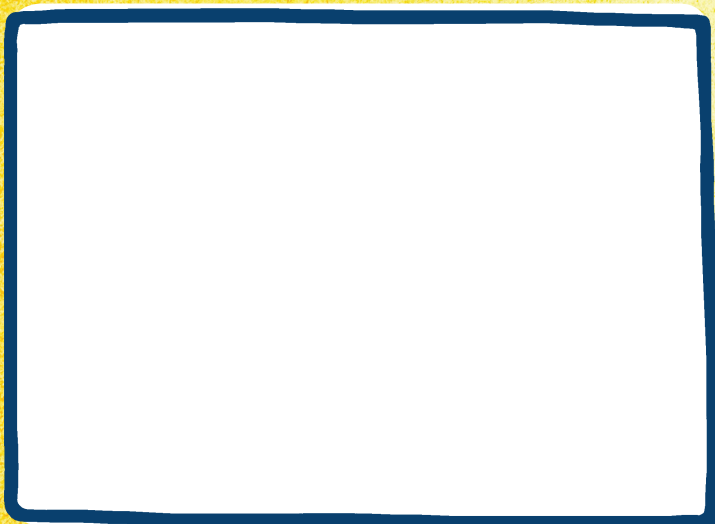
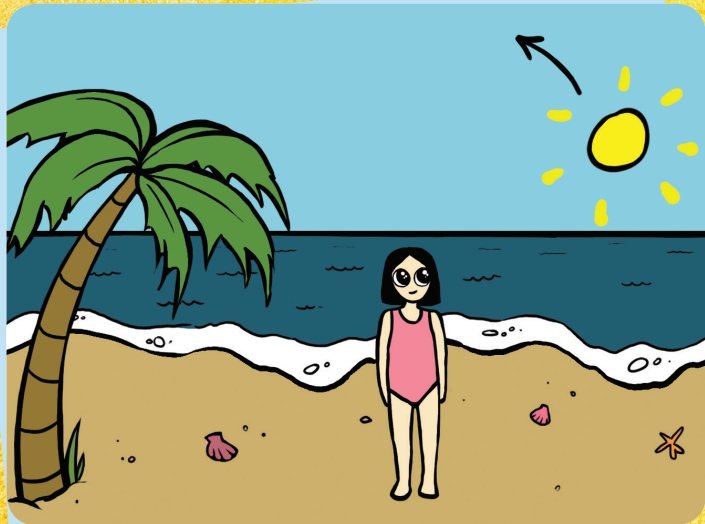
EVERYDAY
FOOD

SOMETIMES
FOOD



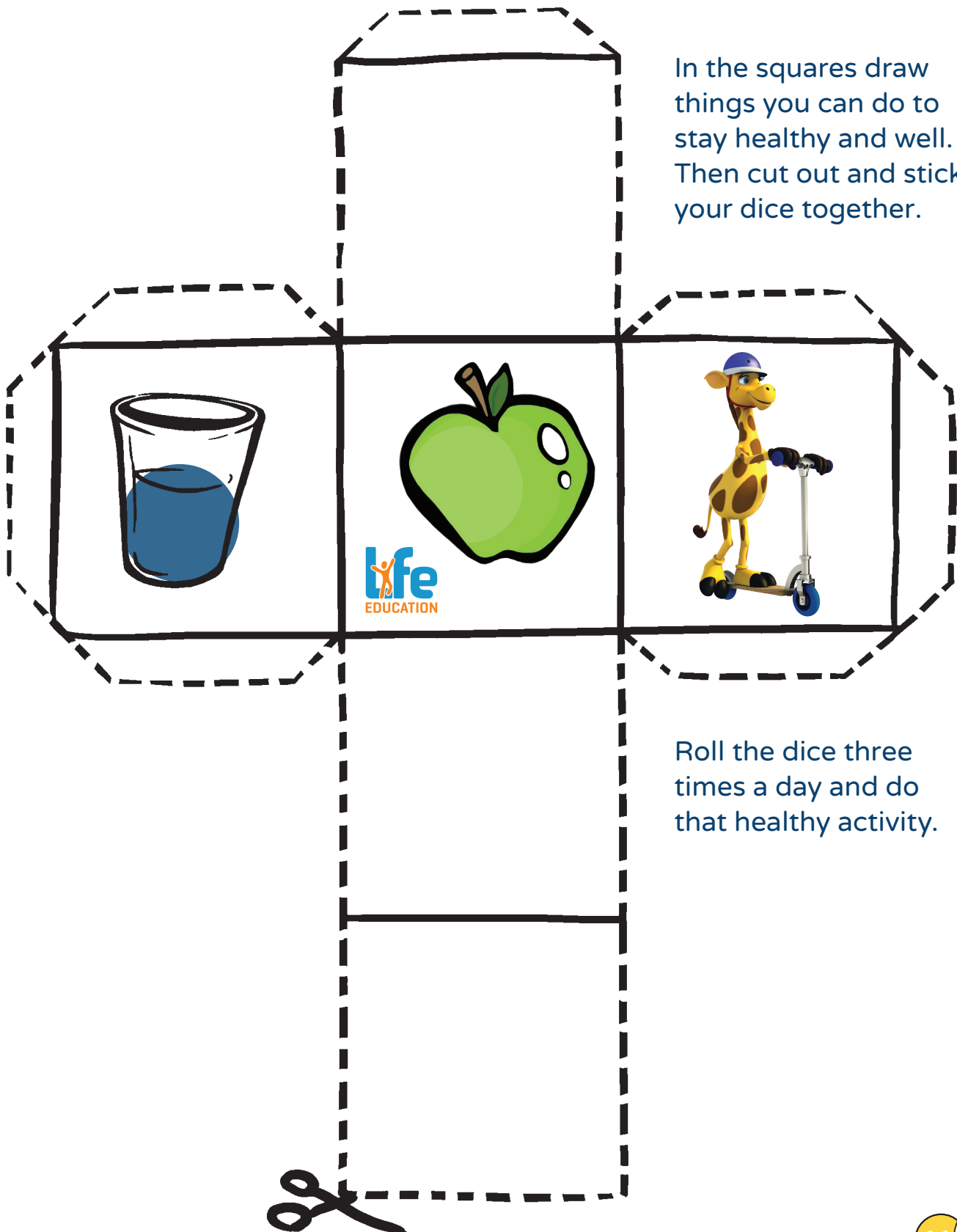
Dealing with unsafe situations

Draw how these pictures could be safer.



The Healthy Body Dice game

In the squares draw things you can do to stay healthy and well. Then cut out and stick your dice together.



Roll the dice three times a day and do that healthy activity.

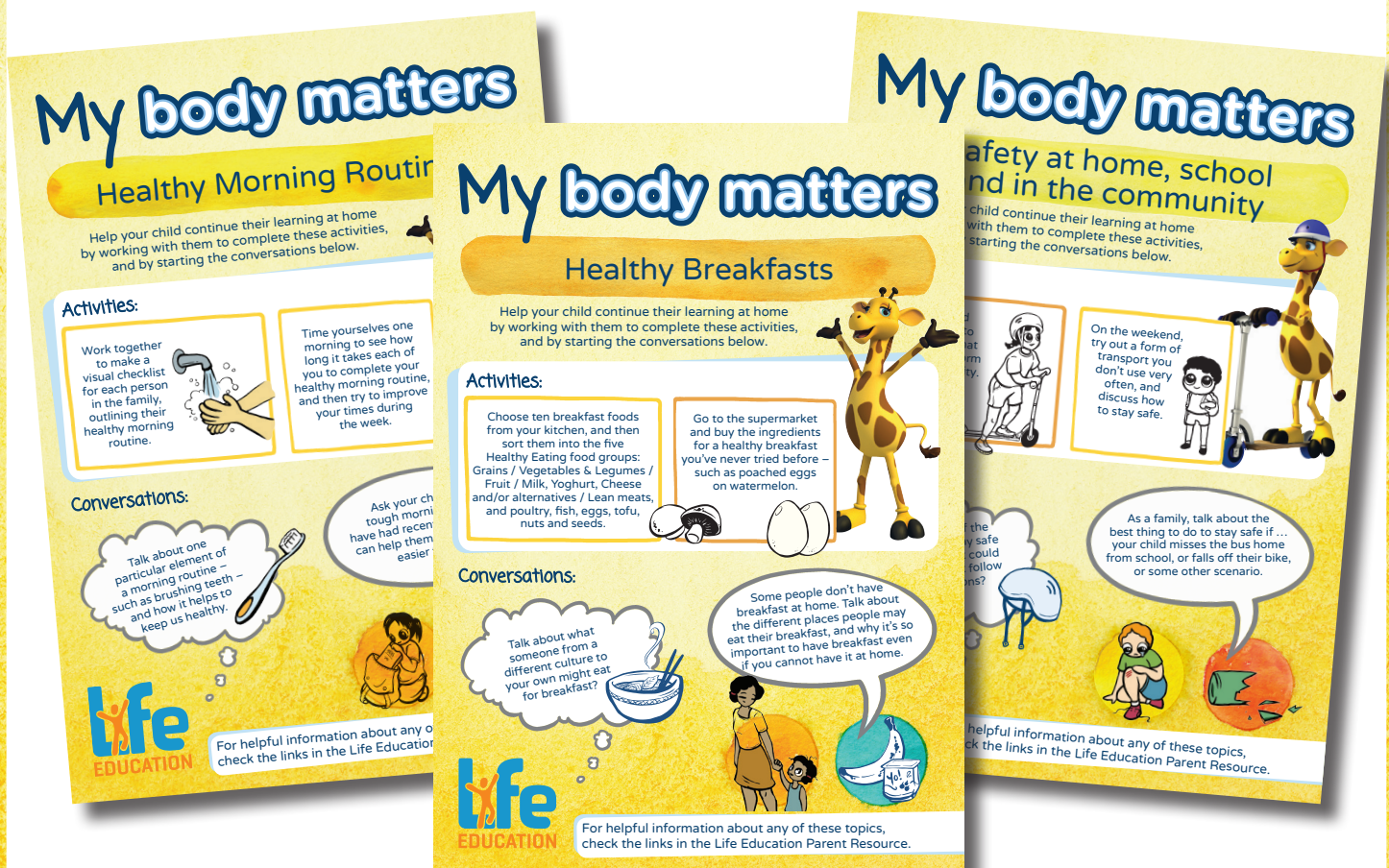


Dear Parents/Carers,

Your child has participated in the Life Education program – a fun interactive learning experience that aims to empower children to make safer and healthier choices.

Help them extend their learning at home, using our informative parent resources.

Find these and more at lifeeducation.org.au



Proudly supported by



LIFE EDUCATION AUSTRALIA

Phone: 1300 HAROLD

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**Empowering our children and young
people to make safer and healthier
choices through education**

