

Health and Wellbeing Program

Life Ed offers a range of age-appropriate primary school sessions aligned to the Victorian curriculum. Designed to empower students by providing life skills to make safer and healthier decisions.



Each session covers a key area

Physical Health



Cyber Safety



Drugs and Alcohol



Respectful Relationships



Everything your body needs for a healthy day

Foundation | 60 mins

Harold and his friends want to look their best for photo day at school, but discover that things don't always go to plan. This module focuses on things students can do to keep themselves healthy including:

- the importance of personal hygiene
- choosing foods for a healthy balanced diet
- benefits of physical activity and sleep



Friendships, feelings and body clues

Foundation / Year 1 | 60 mins

After building a model spaceship at school, Harold and his friends Boots and Red, venture into an imaginary world in outer space. As the adventure unfolds students explore:

- how to build friendships and care for others
- feelings and emotions
- safe and unsafe situations, early warning signs and people to turn to for help



Be your social, emotional and physical best

Year 1 | 60 mins

Harold and his friends are ready for their big race at the school athletics carnival... or are they? When one member of their relay team doesn't show up, what will they do? This fun, engaging narrative provides students the opportunities to discover:

- safety strategies in different environments
- how our body reacts in new situations
- what our body needs to be healthy including a nutritious diet, water and sleep
- benefits of physical activity



Staying safe and seeking help

Years 1-2 | 60 mins

Harold and his friends have gone camping. When someone gets injured on a hiking expedition how will they look after each other and make it back to camp? This module helps students to problem solve and focuses on:

- recognising safe and unsafe environments
- how to care for others
- places and people who they can go to for help



Nurturing our bodies and friendships

Years 1-2 | 60 mins

Harold tries to figure out what to give his grandma for her birthday. His friends Boots and Red step in and offer some good ideas. This animated story takes us to familiar surroundings where students can:

- define who the "special people" are in our lives
- identify ways to make new friends and maintain healthy friendships
- explore how positive relationships benefit our health and wellbeing



Discovering a healthy active you

Years 3-4 | 90 mins

In this module students travel around inside the body to visit the body systems. Harold reports his findings along the way to help students learn how food is processed, the role of nutrients in our bodies, and how the heart and lungs oxygenate blood.

Students will learn:

- the benefits of healthy food for health and energy
- function of the body systems; digestive, respiratory, circulatory and others
- factors that influence physical health, such as nutrition, exercise and medicines

Health and Wellbeing Program

Years 3-4 | 90 mins



This module focuses on being a good friend. The concepts of; asking consent, having tricky conversations with friends, and feelings associated with big changes are also explored. Students will learn about:

- identifying and practising assertive communications skills
- practising emotional regulation skills such as mindful breathing
- broadening and developing emotional literacy

Years 3-6 | 90 mins



This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline. The students explore how technology and the online world can be positive, but also the risks that can be involved. Students will build a range of strategies to stay safe online around:

- keeping personal information safe online
- responsible and respectful behaviour when using communication technology
- how to report inappropriate behaviour and how to get support
- safe/unsafe people to engage with online
- ways to manage bullying and cyberbullying

Years 5-6 | 90 mins



Students investigate the issues around vaping and smoking. Students are encouraged to stop and "take a breath", ask questions, seek answers, and exercise critical thinking skills before making a decision.

- What are vapes and cigarettes?
- Physical, social, financial & health effects of cigarettes, e-cigarettes and nicotine
- The comparisons and connections between e-cigarettes/vaping and the history of smoking
- Strategies & responses that model assertiveness and resilience in challenging situations

Years 5-6 | 90 mins



This module tackles the topic of alcohol through age appropriate content and activities. Students explore the short and long term impacts alcohol can have on individuals and their communities. Through collaborative activities students will learn how being under the influence of alcohol can affect a person's thoughts and emotions, laws relating to its sale and reasons why people choose not to consume alcohol. They will also learn:

- the effects of alcohol on the body
- physical, social & legal consequences of alcohol use
- myths and facts surrounding the use of alcohol
- strategies for responding to encouragement or pressure to drink
- strategies to reduce harmful effects of alcohol on self and others

Years 5-6 | 90 mins



This module offers a choice of content on legal drugs or legal and illegal drugs and encourages students to make informed and positive decisions for themselves. Students explore the decision making process and improve decision making skills by looking at choices, consequences, responsibilities, facts, and influences. Students will explore:

- what drugs are and how they are classified
- the effects of drugs on the body
- influences on decision making – family, peers, media, culture, financial, legal
- misinformation surrounding drugs and how accurate information supports decision making
- strategies to manage peer pressure and skills to be safe

Years 5-6 | 90 mins



A unique, contemporary module that explores building positive, safe and respectful relationships. Presented via a series of fictitious vlogs that resonate with young people moving through middle, upper primary school and beyond this module focuses on:

- understanding how and why it's important to respect ourselves and others
- exploring the impact of disrespectful behaviours
- identifying characteristics of positive relationships and strategies to maintain them
- strategies to respond to unsafe or disrespectful situations online and offline
- strategies for emotional regulation and avenues to seek support when needed

Health and Wellbeing Program



Healthy Harold Live!

Whole School | 15 mins

This experience is complimentary with a Health and Wellbeing Program booking

Part of our 5 Step Learning Journey is, life-Sized (yep, that's right LIFE-SIZED) Harold and his Facilitator visit your school assembly so students have the opportunity to mingle and dance with Healthy Harold for a memorable experience they won't forget.

**subject to availability*



Teacher & Parent Resources

We also offer pre- and post-visit resources for teachers so they can make the most out of our visit.

Students will also receive a learning artefact which they can complete in class and reinforces the learning.

Additional Programs

These additional programs are to be booked separately



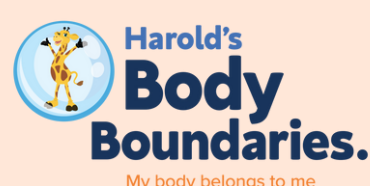
Relationships & Sexuality (10 modules)

Foundation - Year 6

'Talk About It' helps kids navigate puberty, sexual health and relationships. It's designed to help support students explore the concept of identity, develop safe and respectful relationships, and understand and manage the physical and emotional changes that occur during puberty.

This program is a sensitive and age-appropriate personal development program for students in primary school that focuses on:

- Identity
- Diversity and inclusivity
- Puberty changes
- Consent
- Protective behaviours and hygiene
- Managing peer pressure
- Building and maintaining healthy relationships



Early Years Learning

Preschoolers

Four play-based incursions that embed healthy habits in children from an early age. Our Early Years Learning program covers health, safety, building relationships and consent. These are high-quality play-based learning for 3 - 5 year olds can:

- strengthen neural pathways associated with learning
- enhance well-being
- improve memory and organisational abilities
- teach children self-regulation and problem-solving skills
- encourage creativity and critical thinking

For more information on all our programs head to:
www.lifeedvic.org.au/schools

