

The Healthy Harold Early Years Learning Program supports children's learning and development to live a safe and healthy life. The play-based incursion is fun, interactive and designed to help build healthy, safe and mentally resilient little people. The program is designed for children aged 3-5 years.



Physical Health

Harold's Healthy Day is one of Life Ed's modules supporting preschool children to develop and build skills that encourage a healthy lifestyle. The program focuses on nutrition, hygiene, physical activity, the importance of sleep, rest and connections.



Social and Emotional Wellbeing

Harold's Big Feelings is one of Life Ed's modules supporting preschool children to build social and emotional wellbeing skills and knowledge. The program focuses on emotional literacy, emotional regulation, friendship, connection and seeking help.



Safety

Super Safe Harold is one of Life Ed's modules covering all areas of safety. It teaches children about the idea of connections, including people who keep us safe and building help seeking skills, developing children's agency to ensure the safety of themselves and others.



Teacher & Parent Resources

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

Children will also go home with a post-lesson learning artefact which they can complete with their parents to reinforce the learning at home.

SCAN TO ACCESS RESOURCES

