

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 sessions 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.



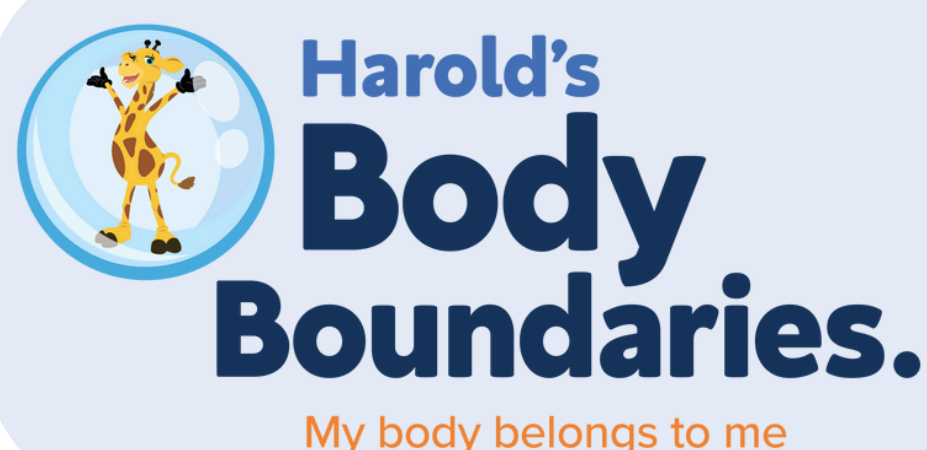
Social and Emotional Wellbeing

Harold's Big Feelings is one of Life Ed's sessions 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 sessions 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.



Personal Space and Consent

Body Boundaries introduces the early learners to the concept of consent and that my body belongs to me. Harold uses examples that the early learners can easily understand and relate to. We discuss personal space, anatomical names for private body parts and identify trusted adults they can turn to for help.



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

