

# Ready, steady, go!



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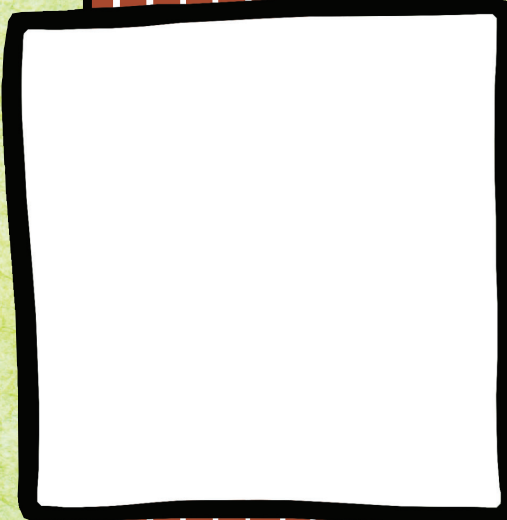
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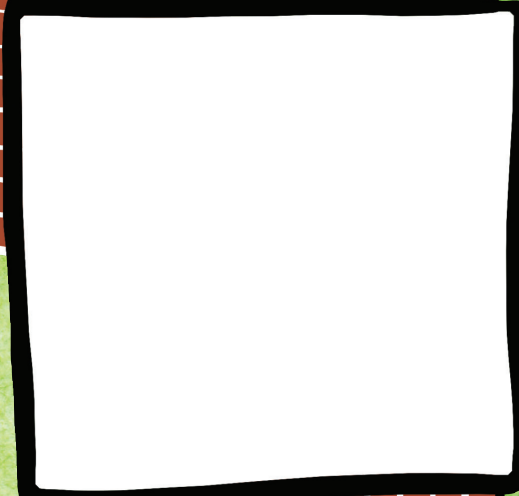
Me

# Healthy relay racing


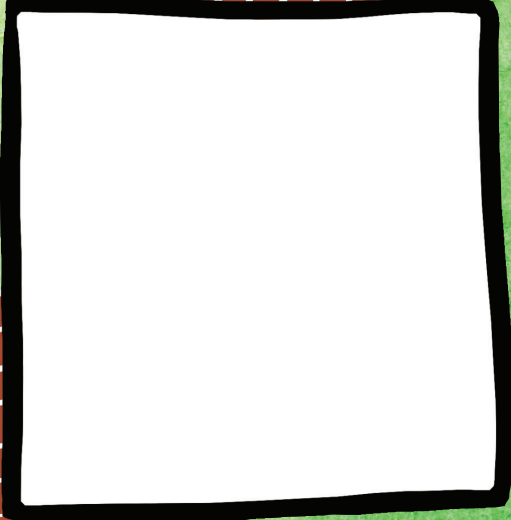
Name .....



Who do I like spending time with?



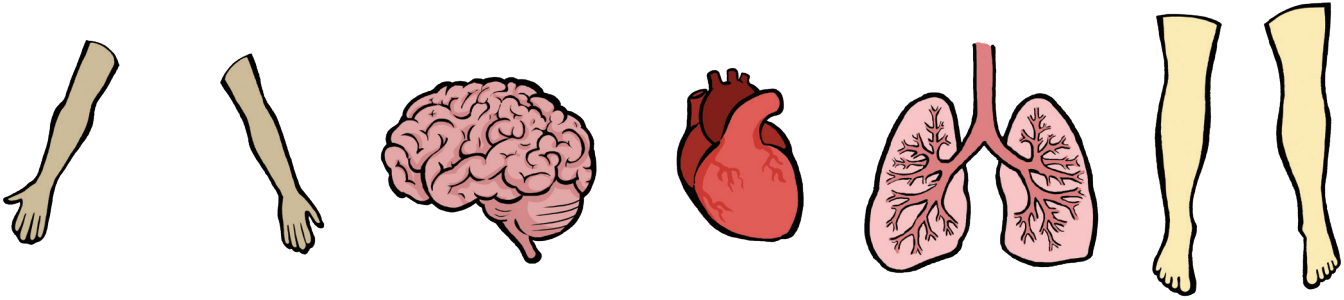
How do I move to stay healthy?



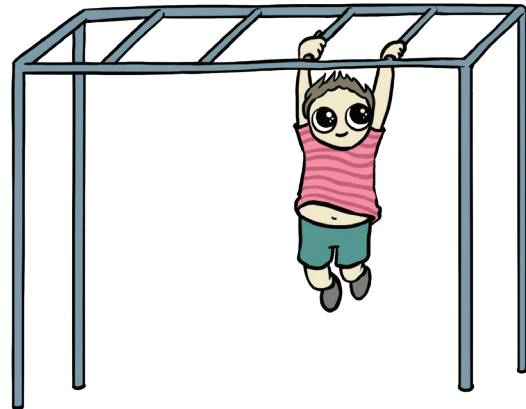
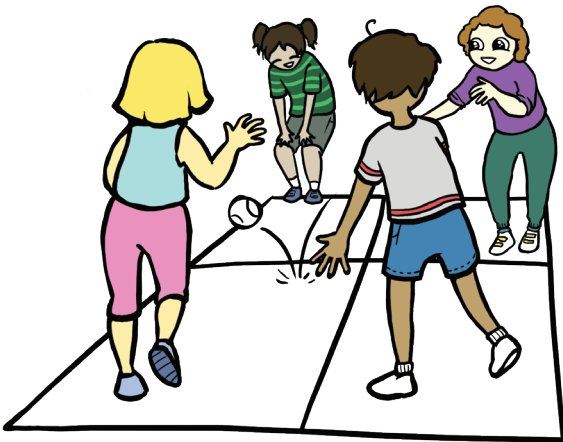
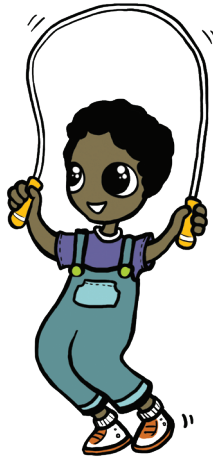
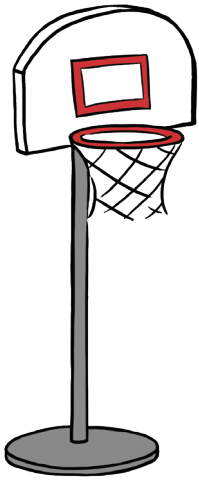
What makes me feel safe?



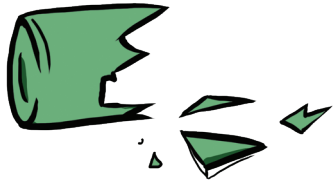
# My body helps me



How do these body parts help you do the activities shown here?



# Design a safety sign to take home

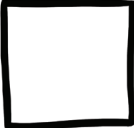
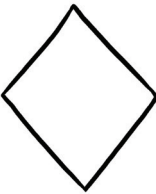

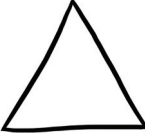


Plan your sign by circling as you go.

Where: **Kitchen**    **Garden**    **Pool/Dam**    **Bathroom**

What is the message?.....

What Colour:      

What Shape?    

How Big? **Small**    **Medium**    **Large**

Once you have finished planning, create your safety sign.

Examples:



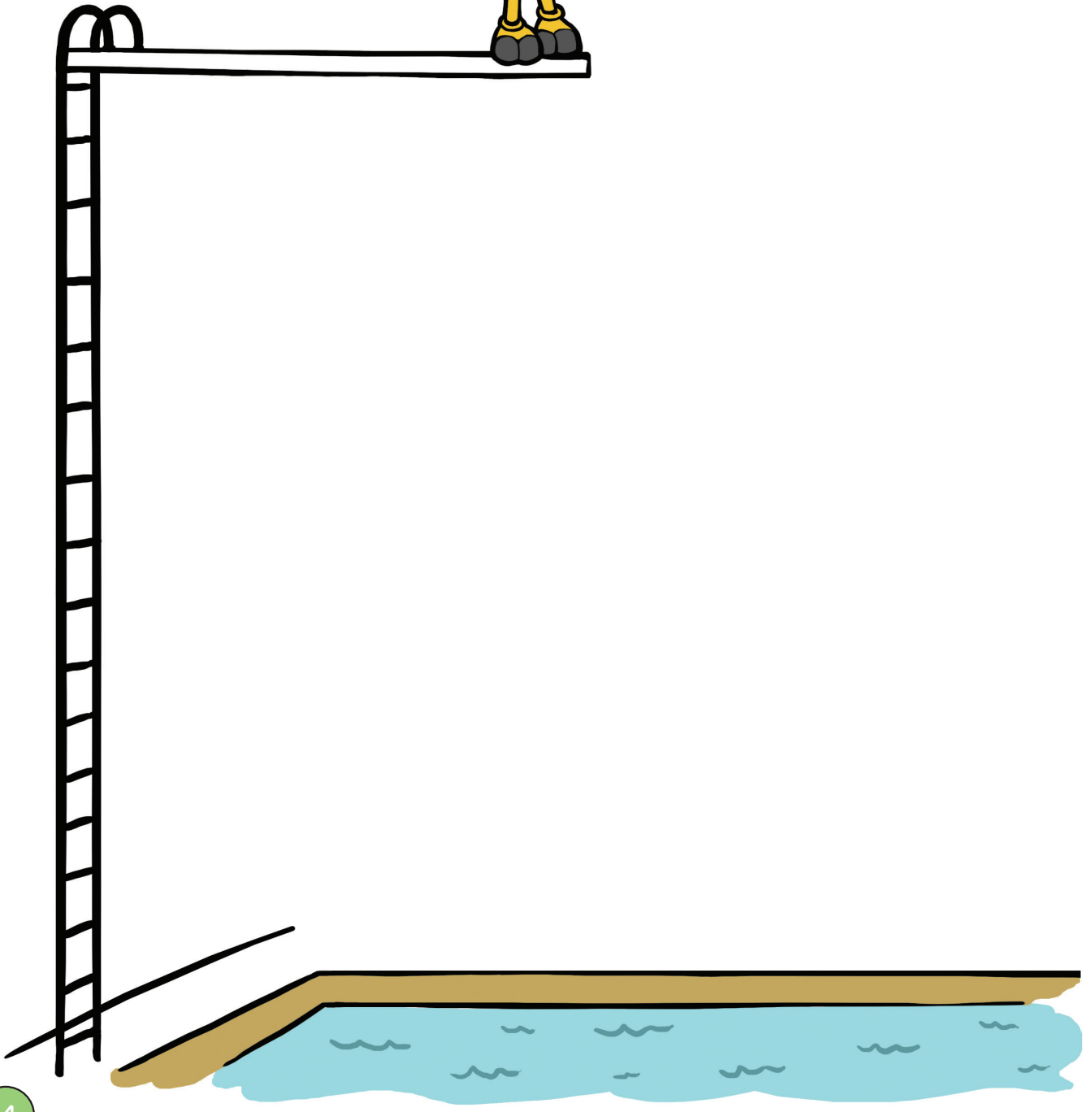
What can you do? Talk to someone. Take a deep breath. Go for a walk. T

Talk to someone. Take a deep breath. Go for a walk. Think of something happy.

# Your early warning signs



Think about how Harold feels when he is high up on the diving board.



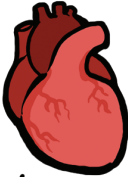

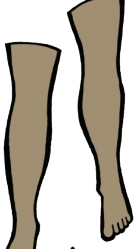


feeling with a friend. Listen to some music. What can you do?

k. Think of something happy. Share how you are feeling with a friend.

Feel

Imagine you are feeling scared or worried.

Body Part	How does it feel?	What can you do?
 head		
 hands		
 heart		
 stomach		
 legs		

Listen to some music. What can you do? Talk to someone. Take a deep breath



Go for a walk. Think of something happy. Share how you are feeling

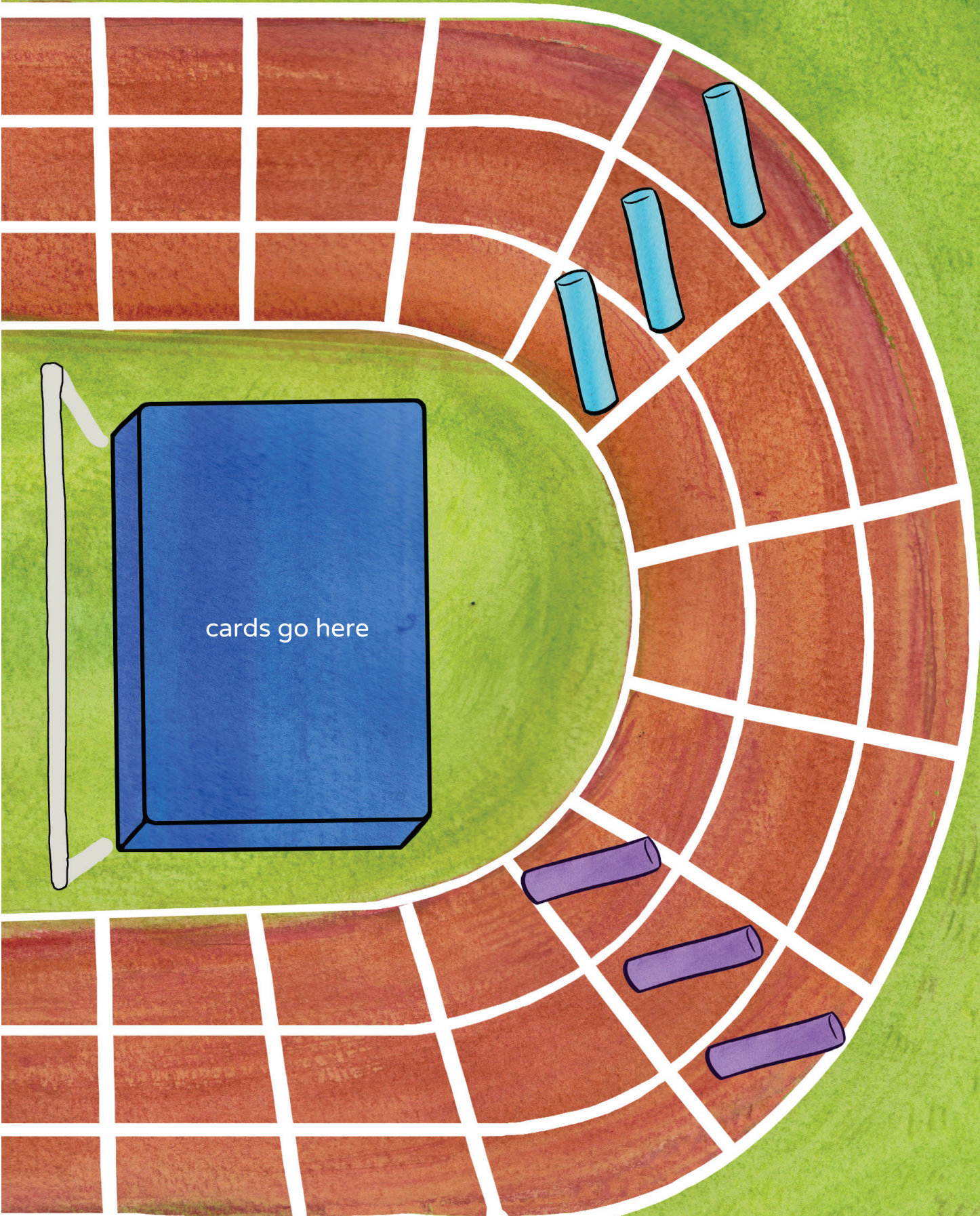
# The Big Race



- Cut out the cards in the back of this workbook.
- Write your own to go with those already prepared.
- Use buttons or similar items as tokens and place them at the Start/Finish Line.
- Roll the dice to move.
- When you get to a Baton Change draw a card and answer the question correctly to keep moving.
- If you get the question wrong, you must keep answering until you get one right.
- The winner is the player who gets to the Finish Line first.



Game



Your child has been learning about their health and wellbeing at school. You can continue their learning at home by visiting [lifeeducation.org.au](http://lifeeducation.org.au)

# My healthy body contract

Tick or circle the statements you wish to add to your agreement.

## sleep

- I will go to bed at my bedtime.
- I will do quiet activities before bed.
- No TV or screens before bedtime.



## drink water

- I will choose water before juice or fizzy drinks.
- I will drink a glass of water before breakfast.
- I will drink water at school during recess and lunch.



## eat well

- I will try a new vegetable or fruit.
- I will eat a healthy breakfast.
- I will eat less sometimes food.



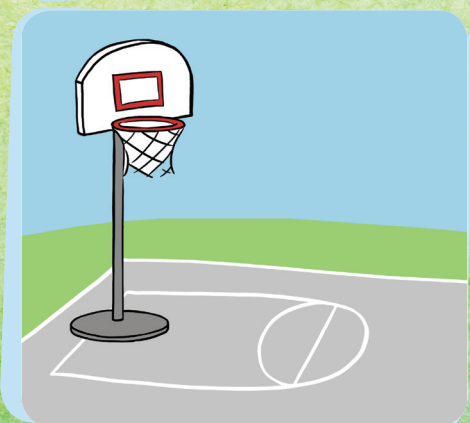
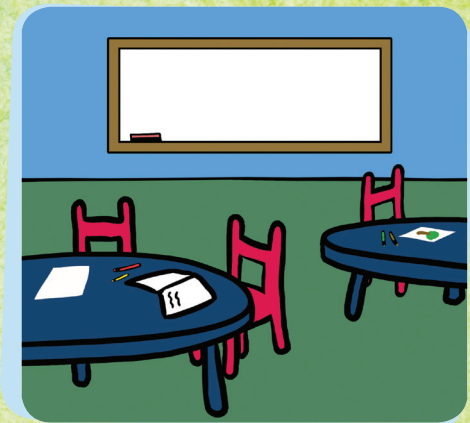
## move my body

- I will do something active after school.
- I will do something that makes my heart beat faster once a day.
- I will learn to move my body in a new way.



# School safety audit

Record the things that keep you safe at school.

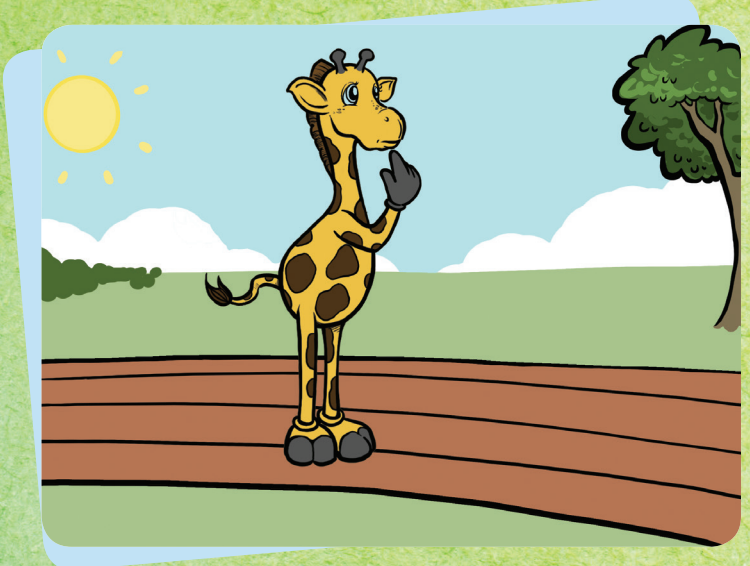


Look

# What happened to Zippo?

Where's Zippo?

Zippo is sick. He can't go to school.



What could Zippo do to feel better?

Go!

# The Big Race game cards

Name 2 rules that can keep you safe near water?



How many hours sleep does a Year 1 student need?  
(11 hours)



Name 2 healthy after school snacks.



Act out your favourite kind of physical activity for the other players to guess.



What drink is the best to have when you are thirsty?



When you feel unsafe, who can you talk to?



Cut out these cards to use in your game.  
There is room to work with your teacher to create your own cards too.





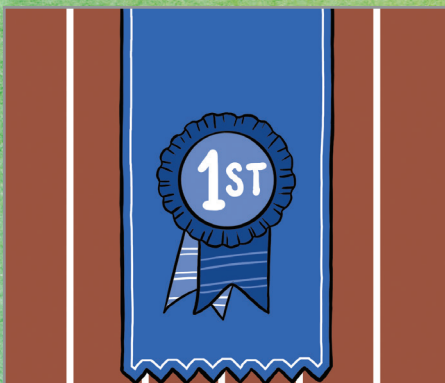
1 2 3 4 5 6



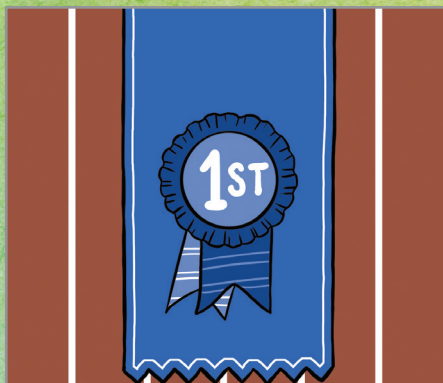
1 2 3 4 5 6



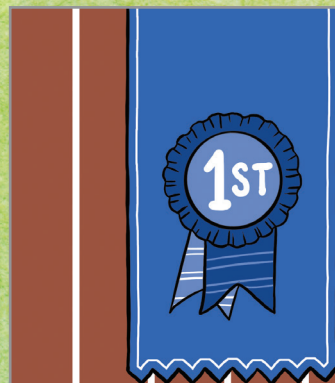
1 2 3 4 5 6



1 2 3 4 5 6



1 2 3 4 5 6



1 2 3 4 5 6

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](http://lifeeducation.org.au)

**Ready, steady, go!**  
**Staying Safe**  
Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

**Activities:**

- Check that all the medicines in your medicine cabinet are still in-date, and take any that have expired to your local pharmacy for safe disposal.
- Conduct a tour of your house to identify all possible safety hazards. For example, are all poisons out of reach?

**Conversations:**

- As a family, decide on three tips to stay safe when not at home.
- Talk about what you do in the event of an emergency at home. Where can you get help?

**life EDUCATION**  
For helpful information about any of these topics, check the links in the Life Education Parent Resource.

**Ready, steady, go!**  
**Benefits of Physical Activity**  
Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

**Activities:**

- Ask your child to choose a fun physical activity that you can both try, and then encourage and support each other to have a go, i.e. cardboard box sliding, bike riding, dancing.
- Physical activity promotes better sleep. Challenge everyone in the family to get at least the recommended amount of sleep for the next three nights. (Adults: 7-9 hrs / 6-13 year-olds: 9-11 hours)

**Conversations:**

- Ask everyone to talk about how they feel after a long restful sleep.
- Discuss ways that everyone in the family could be more physically active.

**life EDUCATION**  
For helpful information about any of these topics, check the links in the Life Education Parent Resource.

**Ready, steady, go!**  
**Exploring Our Feelings**  
Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

**Activities:**

- Just like the pool, library and shopping centre, all have safety rules... make some rules for home that will help to keep everyone safe.

**Conversations:**

- Around the dinner table, ask everyone to share something they did today that made someone else feel safe. Or, something that someone else did that made them feel safe.

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For helpful information about any of these topics, check the links in the Life Education Parent Resource.

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

