

Harold's friend ship



Copyright © Life Education Australia 2020

Reproduction and Communication for educational purposes.

The Australian *Copyright Act 1968* (the Act) allows a maximum of one chapter or 10% of the pages of this work, whichever is the greater, to be reproduced and/or communicated by any educational institution for its educational purposes provided that the educational institution (or the body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under the Act.

For details of the CAL licence for educational institutions contact:

Copyright Agency Limited

Level 11, 66 Goulburn Street

Sydney NSW 2000

Telephone: (02) 9394 7600

Facsimile: (02) 9394 7601

E-mail: info@copyright.com.au

Reproduction and Communication for other purposes.

Except as permitted under the Act (for example a fair dealing for the purposes of study, research, criticism or review) no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission. All inquiries should be made to the publisher at the address above.

Me

My name is

This is me

What makes me feel happy...

What makes me feel proud...

What makes me feel excited...



What does a good friend look like?

Draw the fun things you and your friends do together and circle the face that represents how you feel.

What you do...

How you feel...



proud



frustrated



frightened



excited



happy



lonely



sad



angry



surprised

Build Your Friend Ship

Find a friend who you usually wouldn't work with to build your own Friend Ship. Use the steps below to help you plan.

You will need:

- boxes
- tape
- paint
- cardboard
- coloured paper
- construction materials



Plan:

- Draw a design.
- Give it a name.
- What colours will you use?
- Now build it!



Safety net



Me

Keeps me
safe at
home

When I
am sick

Keeps
me safe
at school

This is a net that helps us remember the people who look after us and keep us safe.

Safe

Helps me in
an emergency

If I feel
unsafe



When I feel scared I can...





Write or draw your idea here:

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

Share your book with your class

Share

Write your name below and get your friends to complete the activity.

.....
Write or draw the way this person makes our classroom a friendly place.



Medicine safety

Find and circle 4 food items.

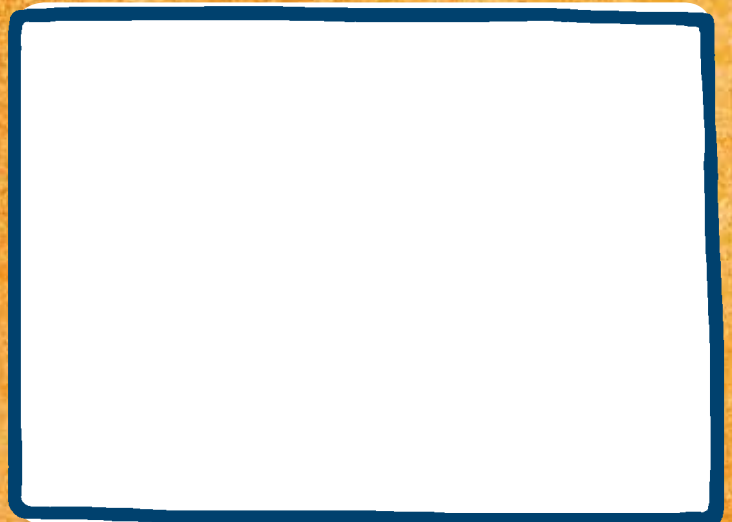
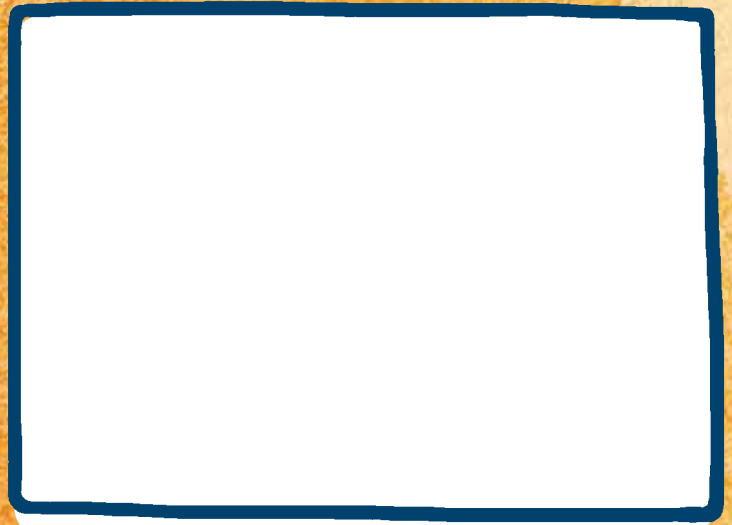
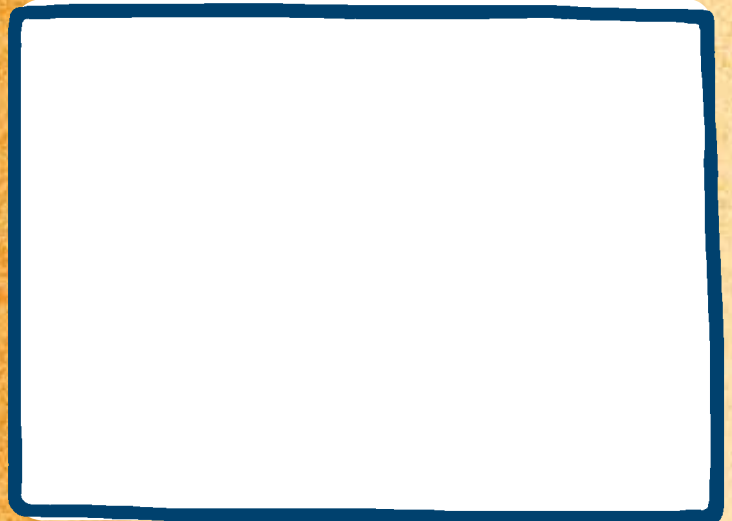
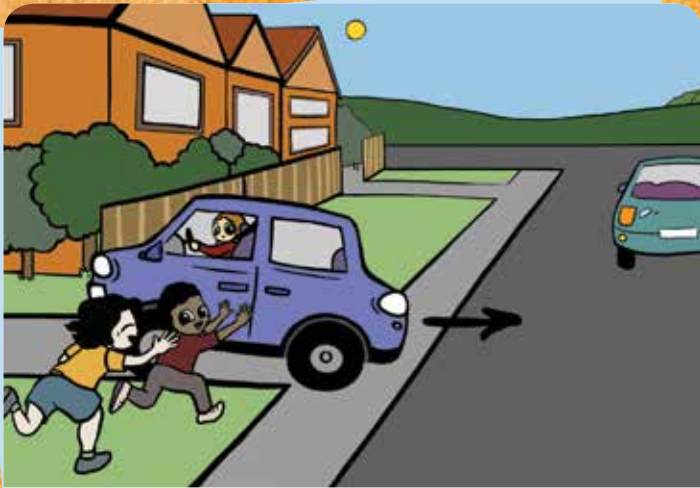
Only adults should touch medicines.
Medicines and poisons should be kept out of reach of children.



Who or what can keep me safe?

Draw

Draw how this situation can be safer.



This is how I feel

Cut out the poster and emoticons and put it on your wall.

This is how I feel today.

Tomorrow I'm going to feel.

Stick on the the emoticons that best show how you feel and how you want to feel tomorrow. Do this each day.



happy



angry



surprised



sad



proud



excited



lonely



frightened



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



Our Community Partners



LIFE EDUCATION AUSTRALIA

Phone: 1300 HAROLD

Email: info@lifeeducation.org.au

lifeeducation.org.au

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

