

Preschool Program



The Healthy Harold preschool 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 suitable for children aged 3-5 years.



Harold's Healthy Day

Harold's Healthy Day is one of Life Ed's new 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.



Harold's Big Feelings

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



Super Safe Harold

Super Safe Harold is one of Life Ed's new 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.

With each Program above our Life Ed Educators facilitate an interactive session that includes storytelling, music and songs, energetic active games and hands on learning experiences.