

Today, your child participated in Life Ed's module:



Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.



Social &  
Emotional  
Wellbeing



Safety

## What is it about?

**This lesson focusses on Harold's first day in the 'big room' at his preschool. Through story, songs and games the students explore the many different feelings they can experience throughout a day. Your child learnt about:**

- Regulating emotions
- Building friendships and connections
- Help seeking skills

## Why is this module important?

- Recognising and naming emotions helps children understand emotions. This lays the groundwork for managing emotions<sup>1</sup>.
- The ability of young children to manage their emotions and behaviours and to make meaningful friendships is an important prerequisite for school readiness and academic success<sup>2</sup>.

1. Raising Children's Network, 2022

2. Infants & Young Children, 2004

## What's next?

**Your child's teacher has some enrichment ideas they can use in the classroom to continue their learning.**

You can support this at home by:



**Talking:** Ask your child about what they have learned. Some ideas to start a conversation are:

- What happened to Harold at his preschool today?
- Have you ever had any big feelings?
- What happened that helped?



**Doing:**



[Check out the Life Ed parent resource on identifying and expressing emotions.](#)



**More:**




[Tips for parents: Introducing ideas about consent](#)

## What did you learn?

**Draw OR write what you learnt below, then share a picture with us!**

#lifeed #healthyharold

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