

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



# Friends & Feelings.

Social & emotional wellbeing

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.



## What is it about?

**Presented in engaging comic book-style, the lesson revolves around friends, feelings, social and emotional literacy and wellbeing. It is centred around a problem between old friends, Boots and Red. When Red runs off upset, Boots starts to feel sick in her stomach. With help from their friendship group, they sort things out. Your child learnt about:**

- How social and emotional wellbeing impacts themselves and their relationships with others
- Assertive communications skills that establish, manage and strengthen relationships
- Strategies to recognise, regulate, and self-manage emotions and behaviours
- How feelings, values, and thoughts influence decision-making
- The importance of diversity, respect, consent and empathy

## Why is this module important?

- 61% of students experienced a negative impact on their mental health as a result of COVID<sup>1</sup>.
- Good mental health and wellbeing is important to enable children to thrive across the early years and into adolescence and young adulthood. Investing in prevention and early intervention gives children the best opportunity for achieving this<sup>2</sup>.
- Investing in prevention and intervention strategies in early childhood is key to giving our children the best opportunity for good mental health and wellbeing. Focusing on the mental wellbeing of our children is not only the right thing to do, but is also an imperative<sup>3</sup>.

1. ANU Centre for Social Research and Methods COVID-19 Impact Monitoring Survey Program, 2021.

2. National Mental Health Commission, 2019.

3. Australian Govt, Mental Health Commission, 2019.

## What's next?

**Your child's teacher has online lessons they will use in the classroom to continue their learning.**

You can support this at home by:



### Talking:

- How do you make things better if you have a disagreement with a friend?
- How does your body feel when you are upset or worried?
- How can you manage these feelings?



### Doing:

**Playdate Plans:** Encourage your kids to strengthen their friendships by organising a play date with a classmate or friend.

**Paper People Chain:** Create a paper people chain using concertina folding.

Carefully cut around the outline and have your child decorate and colour the paper people as friends from their friendship group.



### More:



[Listen to this podcast from Life Ed and Dr Justin Coulson on Resilience in Children.](#)



[Watch this Kid Scientist video from Life Ed with your kids and discuss big feelings.](#)

## What did you learn?

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

#lifed #healthyharold

