

# Early Years Learning Program



## Physical Health



## Social & Emotional Wellbeing



## Safety

The Healthy Harold Early Years Learning 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 designed for children aged 3-5 years.



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



Super Safe Harold is one of Life Ed's 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 games and hands on learning experiences.