

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



# Harold's Healthy day.

Healthy habits for early learners

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.



Physical  
Health



Social &  
Emotional  
Wellbeing

## What is it about?

**In this module Harold decides to have the healthiest day he can at home and at preschool. Through storytelling, song, games and hands-on activities, your child learnt about:**

- Food and nutrition
- Important daily hygiene routines
- The benefits of sleep and exercise

## Why is this module important?

- According to the national guidelines, school-age kids should get at least an hour of exercise every day. 2 in 3 children aged 2 to 17 do not meet the guidelines<sup>1</sup>.
- 99% of Australians aged 2 – 18 do not eat the recommended number of daily serves of vegetables<sup>2</sup>.
- A regular and consistent hand-washing routine can help young children remember to wash their hands<sup>3</sup>.

1. Dept of Health and Aged Care, 2020  
2. Australian Institute of Health and Welfare, 2018  
3. Raising Children's Network, 2012

## 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:** Talk to your child about what they've learned. Some ideas to start a conversation are:

- What did Harold do on his healthy day?
- What healthy things can you do to be like Harold?



**Doing:**

- Create a family recipe book with everyone's favourite recipes.
- Involve your kids in shopping and food preparation, like helping pack their own lunch boxes.



**More:** Check out these resources.



[Listen to this podcast from naturopath educator, Georgia Harding, on Staying Well Nourished](#)



[Eating the Rainbow](#)




[Building Healthy Gaming Habits](#)

## What did you learn?

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

#lifeed #healthyharold

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