



Physical Health

Social & Emotional Wellbeing

Safety

Early Years Learning Program



Harold's Healthy day.

Healthy habits for early learners

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



Harold's Big feelings.

Big feelings and little connections

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



Super safe Harold.

Staying safe and seeking help

- Sun and water safety
- Car and road safety
- Safety around medications
- Cybersafety

Junior Primary -

Foundation / Kindergarten / Prep / Reception / Transition



my Body matters.

Everything your body needs for a healthy day

- The importance of personal hygiene
- Choosing foods that contribute to health, energy and growth
- The benefits of physical activity and sleep
- Protective behaviours to keep themselves and others safe



Harold's friendship.

Friendships, feelings and body clues

- How to build respectful relationships
- Recognising and identifying emotions and body clues
- Strategies to manage different feelings and emotions
- Protective behaviours and help-seeking strategies



Safety rules!

Staying safe and seeking help

- Recognising safe and unsafe environments
- Safe and unsafe situations and behaviours online.
- How to care for others
- Places and people we can go to for help

Junior Primary -

Year 1 and 2



Ready steady go!

Healthy, active and resilient

- Identify how resilience and overcoming challenges can boost wellbeing
- The benefits of physical activity
- Behaviours that promote health and wellbeing
- Strategies to manage feelings and emotions



Growing good friends.

Nurturing respectful relationships

- Identifying the qualities and attributes of a good friend
- Recognise importance of respectful relationships for wellbeing
- Strategies to seek, give, or deny consent
- People in our network who support and help us



NEW in 2025



Harold's Online World.

Practising digital safety and wellbeing

- Recognise the importance of being safe online and offline
- Identifies safe and unsafe situations online and trusted adults who can help
- Identifies that different technologies are used for different purposes and enhance our lives

Program Overview

Physical Health

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Middle Primary - Year 3 and 4



Discovering a healthy active you

- The benefits of healthy food for health and energy
- Function of the body systems: digestive, respiratory, circulatory and others
- Factors that influence physical health, such as nutrition and exercise
- Practising safe use of medicines



- Broadening and developing emotional literacy
- Identifying and practising assertive communications skills
- Practising emotional regulation skills such as mindful breathing
- Skills for building positive relationships with friends



- Keeping personal information safe online
- How to recognise, react and report unwanted contact and potential predatory behaviours
- Responsible and respectful behaviour when using communication technology
- Exploring the role of bystanders

Upper Primary - Year 5 and 6



- What are vapes and cigarettes?
- Physical, social, financial & health effects of cigarettes, e-cigarettes and nicotine
- The comparisons and connections between e-cigarettes/vaping and the history of smoking
- Strategies & responses that model assertiveness and resilience in challenging situations



- Understanding how to respect ourselves and others
- Identifying characteristics of positive relationships
- Strategies to help maintain positive online and offline relationships
- How to recognise, react and report unwanted contact, bullying or predatory behaviours



- Strategies to reduce the harmful effects of alcohol on themselves and others
- Myths and facts surrounding the use of alcohol
- Physical, social and legal consequences of alcohol use
- Strategies for responding to encouragement or pressure to drink



Saving teachers' time



- Investigating myths, facts and social norms
- Understanding what drugs are and how they are classified
- Strategies and skills to be safe
- Influences on decision making (peers, family, media, culture, financial and legal)