

Life Ed program parent flyers

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Life Ed taught us:

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

Family activities

HEALTHY MORNING HABITS

Draw a poster illustrating a healthy morning routine.

COLOURFUL COOKING

Start a conversation with your child about why vegetables are important, whilst preparing a nutritious meal including vegetables together. Remember: the more colours, the better.



What's next?

CHECK OUT THESE RESOURCES:

- [Healthy lunches, healthy minds](#)
- [Hand washing and why it's important](#)



**How can you make a
tissue dance?**

Put a little boogie in it!

Life Ed taught us:

- Recognising safe and unsafe environments
- How to care for others
- Safe and unsafe behaviours online and offline
- People and places we can go to for help

Family activities

CALLING AN EMERGENCY SERVICE

How can we help Healthy Harold and his friends if there was an emergency on their camping trip?

RANK THE RULES

Healthy Harold is going to be joining your class as a new student. What do you think are the most important school/classroom rules he will need to know when he arrives? See more... Hear more... Do more... Feel more...



What's next?

CHECK OUT THESE RESOURCES:

- [Could your child call 000?](#)
- [Why even smart kids don't think before they act](#)
- [Road safety in and out of the car](#)



Life Ed taught us:

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

Family activities

GUESS MY MATE?

With your child, play a game of 'guess my mate', by describing positive characteristics that make that friend unique or special, until the other person guesses correctly.

ACTS OF KINDNESS WEEK

Challenge your family to perform acts of kindness for each other over one week. Discuss what each person did and how it made them feel when someone did an act of kindness for them.



What's next?

CHECK OUT THESE RESOURCES:

- [Identify and express emotions](#)
- [Helping manage anxiety](#)
- [Strength from adversity podcast with Dr Judith Locke](#)



Life Ed taught us:

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

Family activities

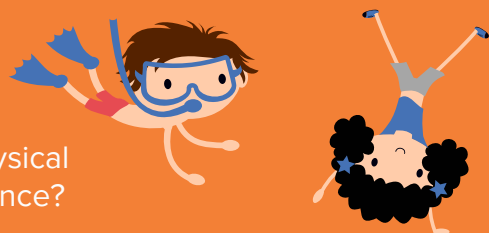
PHYSICAL FUN

Try out another person's favourite physical activity. Is it running, yoga, or even dance?

MINDFUL MOMENTS

Take some time to be present in the moment and focus on wellbeing by utilising your 5 senses to notice details more deeply.

How does the air smell when walking the dog? How does the first bite of bread taste at dinner?



What's next?

CHECK OUT THESE RESOURCES:

- [The resilience podcast by parenting expert Dr Justin Coulson](#)
- [Identify and express emotions](#)
- [Strength from adversity](#)



**What exercise do
apples love?**

A core workout!

Life Ed taught us:

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

Family activities

GOOD FRIEND MOMENTS

Take a moment to reflect and share one way you've been a good friend this week, and one way someone else has shown kindness to you.

HELPER NETWORK HANDS

Trace around your child's hand and help them identify five people in their 'safety network' - the people they can get help from if they are worried or feeling unsafe.



What's next?

CHECK OUT THESE RESOURCES:

- [How to respectfully disagree](#)



Life Ed taught us:

- Recognise the importance of being safe online and offline
- Identify safe and unsafe situations online and trusted adults who can help
- Identify that different technologies are used for different purposes and enhance our lives
- Investigate strategies that promote healthy and safe use of technology

Family activities

NO TECH - TALK ZONES

Create technology free zones within the house so family members can focus on being present and attentive when communicating.

BEING SAFE ONLINE - WORD 'TENNIS'

As a family, take turns suggesting ways to stay safe online, bouncing ideas back and forth until they run out.

To extend learning, ask about kindness online, trusted adults for help, or different internet-accessing devices.



What's next?

CHECK OUT THESE RESOURCES:

- [Family tech tips](#)
- [Supporting your child online](#)



Life Ed taught us:

- Our body systems: respiratory, circulatory, nervous and skeletal
- The impact food choices have on our health and energy levels
- Strategies to promote healthy eating and physical activity
- How culture and community influence our food choices
- Factors that keep us healthy such as nutrition, physical activity and sleep
- The connection between physical health and wellbeing

Family activities

RAINBOW CHALLENGE

See if everyone in the family can eat nutritious and delicious fruits and vegetables over the course of a week that are every colour of the rainbow

NEIGHBOURHOOD EXPLORER

Head out for a walk together, set a goal before you go (length of time or destination) and then search for as many blue things as you can find!



What's next?

CHECK OUT THESE RESOURCES:

- [How to pack a healthy lunchbox](#)
- [How to make ricotta and cinnamon hotcakes](#)



Life Ed taught us:

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

Family activities

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.



PLAYDATE PLANS

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

What's next?

CHECK OUT THESE RESOURCES:

- [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](#)



Life Ed taught us:

- How to recognise, react and report unwanted contact and cyberbullying
- Keeping personal information safe online
- Responsible and respectful behaviours when using our devices
- Skills for building positive relationships with friends
- Exploring the role of bystanders

Family activities

OFF 

NO TECH - TALK ZONES

Create technology free zones within the house so family members can focus on being present and attentive when communicating.

SCREEN TIME, GREEN TIME

Limiting devices and talk about the benefits of switching off for a while. Swapping screen time for 'green time' outside is a great idea.

What's next?

CHECK OUT THESE RESOURCES:

- [Managing online relationships](#)
- [Stopping online predators targeting your child](#)
- [eSafety guide for parents](#)





**take a
Breath.**

Smoking and vaping - your voice, your choice

Life Ed taught us:

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

Family activities

SMOKE FREE ZONE

Create a smoke-free zone at home and in the car, and encourage your child to stay away from second hand smoke and vaping to assist with healthy lung development

POSITIVE MODELLING

Model positive lung health behaviours around your child by not smoking or using e-cigarettes/vapes in their presence and keeping smoking devices out of sight



What's next?

CHECK OUT THESE RESOURCES:

- [Smoking busting the myths](#)
- [How to have the vape talk with your kids](#)



JOKE

**What did one hat
say to the other hat?**

**You wait here, I'll go
on a head!**



Life Ed taught us:

- 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

Family activities

STRESS BUSTER

Try modelling alternative coping strategies when times are stressful.

Maybe go for a walk as a family, turn off devices, play a board game, meditate etc.

WE DO WATER ONLY

As a family, make a pledge to drink only water, or reduce the amount of sugar dense drinks you consume for a period of time.

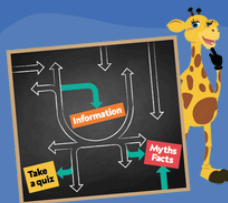


What's next?

CHECK OUT THESE RESOURCES:

- [Talking to your kids about alcohol](#)
- [How to talk to your child about why you can have alcohol](#)





Life Ed taught us:

- Investigate 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)

Family activities

YES OR NO

Review the concepts of passive, aggressive and confident behaviours, and how to respond to decisions and situations confidently.

HOW DO I HANDLE IT?

Role-play some scenarios mirroring difficult/challenging decisions, events or situations that your child may face outside of school or home?



What's next?

CHECK OUT THESE RESOURCES:

- [How to talk to your children about drugs](#)
- [How to have the vape talk with your kids](#)
- [Talking to your children about alcohol](#)



JOKE

Teacher: Do you have trouble making decisions?

Student: Well... yes and no

Life Ed taught us:

- 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, nullyng or predatory behaviours

Family activities

iSET BOUNDARIES

Set safe boundaries for devices to ensure visibility. (No phones or iPads/tablets in bedrooms, or behind closed doors).



SAFE, SECURE SETTINGS

Revisit safety and security settings on your family's laptops, PCs, iPads/tablets, and phones to ensure your children are using and viewing apps, websites, videos and content that are safe and age-appropriate for their development.

What's next?

CHECK OUT THESE RESOURCES:

- [How to teach empathy](#)
- [Managing relationships online](#)
- [How our language impacts respect](#)

