

BECOMING HEALTHY

BEING SAFE

BELONGING AND CONNECTING

PERSONAL SPACE

Harold's Body Boundaries

Achievement Award

AWARDED TO:



Who are your trusted adults?



What are some different ways to say hello and goodbye?

Harold's Body Boundaries

SCAN FOR FREE RESOURCES



Today we explored how my body belongs to me and heard about Harold's experiences during a trip to the pool. We want children to develop a sense of personal space and consent regarding their own body. We discuss personal space, anatomical names for private body parts and identify trusted adults they can turn to for help.

What can I do if my bubble pops?



LifeEd.
Every child deserves to thrive

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Learning Environment

Children learn best through play and real-life experiences. Harold's Body Boundaries supports this by exploring safety, consent, and body awareness in a safe and supportive way. Thoughtful environments help children feel confident, curious, and connected. Life Ed encourages creating spaces that inspire play, reflection, and meaningful learning.

Indoor Play Spaces Ideas

Doctor or Feelings Corner Set up a pretend play area with toy doctor kits, dolls or teddies. Children can practise caring for others, talking about feelings, and using safe and gentle touch.

Trusted People Wall Children can draw or bring in photos of people who help them feel safe (like family or teachers). Display them with a heading like "People Who Keep Me Safe."

Puppet Play – Using Your Voice Use puppets or soft toys to act out little stories. Help children practise saying things like "no," "stop," or "I don't like that" in a strong voice.



Outdoor Play Spaces Ideas

Obstacle Course with Space Rules Set up a course using cones, cushions or hoops. Remind children to keep space between each other to practise personal space.

Feelings Garden Plant flowers or herbs and give them feeling names like "happy flower" or "worried weed." Talk about how we feel and how we care for ourselves and others.

Chalk Feelings Faces Draw faces or body outlines with chalk showing different feelings. Ask children, "What does your body do when you feel like this?"

