



## Physical Health

## Social & Emotional Wellbeing

## Safety

# Early Years Learning Program



Healthy habits for early learners

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



Big feelings and little connections

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



Staying safe and seeking help

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



My body belongs to me

- Personal space and that of others
- Strategies to give consent regarding their own bodies
- Public and private body parts
- Trusted adults



Building skills and becoming online aware

- Body clues and early warning signs when unsafe
- Help-seeking behaviours
- Safe use of devices
- Autonomy and making safe choices
- Ask, give and deny consent

**NEW in 2026**



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### Junior Primary Foundation/Kindergarten/Prep/Reception/Transition



- 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



- 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



- 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



- 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



- 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



- Recognises 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
- Investigates strategies that promote healthy and safe use of technology



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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



- Understand the impacts of smoking and vaping on individuals and communities
- Understand the social norms around smoking and vaping in the community
- Apply critical thinking skills in relation to smoking and vaping
- Apply strategies that promote their safety and the safety of others



- 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



- Understand the the impacts of alcohol on individuals and communities
- Understand the social norms around alcohol in the community
- Apply critical thinking skills in relation to decisions about alcohol
- Apply strategies that promote their safety and the safety of others



- Understand factors that influence decisions making (family, peers, culture, laws etc)
- Understand the impacts of alcohol and other drugs on individuals and communities
- Apply critical thinking skills in relation to decisions about alcohol and other drugs
- Apply strategies that promote their safety and the safety of others

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