# Early Years Learning Program

## Healthy Harold's Little Learners



LifeEd. South Australia

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Life Ed SA's Healthy Harold's Little Learners Program is a year long, whole-of-centre wellbeing and life skills program that builds educator capability and embeds consistent wellbeing practices across the centre community. It helps preschool children feel safe, connected, confident and ready for school - and for life.

Centres choose four interactive modules from a suite of six topics. Topics are delivered one per term, through a hybrid blend of expert-led sessions and educator-led learning. Topics include school readiness, feelings and friendships, body boundaries, early safety and healthy habits - building emotional literacy, self-regulation and positive routines.



# Modules aligned to your centre's priorities.

We know that every centre has different priorities, that's why Healthy Harold's Little Learners' Program gives you the choice to tailor your package with four modules that best suit your little learners.

## Modules available:

- *Harold's Healthy Day*
- *Harold's Big Feelings*
- *Harold's Body Boundaries*
- *Harold's Safe Screen Time*
- *Super Safe Harold*
- *Harold's Big School*

Aligned with the Early Years Learning Framework (EYLF), National Quality Standards (NQS) and Keeping Safe: Child Protection Curriculum (KS: CPC), the program supports measurable outcomes across key Australian Early Development Census (AEDC) domains.

**View module alignment**

# Supporting your whole community of learners.

**Package inclusions:**

**Children**

- 4 x 45 Life Ed incursions
- 1 x Healthy Harold plush toy for your centre

**Educators**

- 4 x Pre-lesson courses
- Observation templates
- Outcomes and alignment to EYLF and NQS for all sessions
- 4 x Post-lesson courses
- 16 x Session plans containing play-based enrichment ideas, activities and videos
- 4 x On-demand professional learning webinars

**Parents and carers**

- 4 x On-demand educational webinars
- 4 x Module information handouts
- 4 x Topic related family materials

**Flexible packages for every centre size:**

- 1 group package = $1,500
- 2 group package = $2,000

(Ideal group size = up to 25 children per group)

*"We have observed children building stronger social skills, increased confidence in expressing their feelings, and a greater understanding of health, wellbeing, and respectful relationships. We highly recommend it to early learning settings."*

-Sue Samaraweera,
Littlehampton Early Learning Centre, SA



*"Healthy Harold helps preschool children learn important life skills in a positive, age-appropriate way that they truly enjoy and remember. "*

-Sarah Smale,
Green Leaves Early Learning, SA

# Module Overview

## 3 - 5 YEAR OLDS

Harold's Big feelings.

- Support to build social and emotional skills and knowledge.
- Focuses on emotional regulation, friendship, connection and seeking help.

Harold's Healthy day.

- Develop and build skills that encourage a healthy lifestyle.
- Introduce and discuss nutrition, hygiene and physical activity.
- Explore the importance of sleep, rest and connections.

Harold's Body Boundaries.

- Introduction to consent and that “my body belongs to me”.
- Discuss personal space and anatomical names for private body parts.
- Identifying trusted adults children can turn to for help.



## Harold's Safe screen time.

- 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.



## Super safe Harold.

- Learn about connections, including people who keep us safe and building help seeking skills.
- Discuss other areas of safety including wearing seatbelts, sun safety, safe play, water safety, safety with medicines and safety online.



## Harold's Big school.

- Instil concepts of independance, support from trusted adults, emotional safety, resilience, curiosity and a sense of belonging.

**Learn more**

**Enquire now**

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**Reaching kids when it counts.**

**Book your program**