Early Years Learning Program

Healthy Harold's Little Learners



Government of South Australia

Initiative supported by Flying Start for kids

LifeEd. South Australia

Healthy Harold's Little Learners Program

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 receive four interactive modules, delivered one per term through a hybrid blend of expert-led sessions and educator-led learning.

Across the year, children explore four themes that build the foundations for lifelong wellbeing: healthy habits, emotional literacy and friendship, safe and confident device use, and a positive start to school.



Four modules, mapped to your Preschool Boost priorities and AEDC domains

All modules are 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.

- ***Harold's Healthy Day*** – *Where healthy choices become second nature*
- ***Harold's Big Feelings*** – *Helping little hearts feel big and safe*
- ***Harold's Safe Screen Time*** – Growing up safe in a digital world
- ***Harold's Big School*** – Every big step starts with belonging

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
- 3 group package = $2,500

(Maximum of 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

Term 1



- 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.

Term 2



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

Term 3



- 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.

Term 4



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

Expected Outcomes

- Children develop stronger social competence, including improved relationships, emotional expression, cooperation and help-seeking skills.
- Children demonstrate improved emotional maturity, including better self-regulation, resilience and awareness of emotional safety and body autonomy.
- Educators build capability to teach wellbeing using evidence-informed strategies, shared language and resources.
- Families are better equipped to support children's social and emotional development.

Learn more

Enquire now

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We are a key partner in the Preschool Boost program, delivering supports as part of the Flying Start reforms.

Book your program