Program Overview

Physical Health | **Social & Emotional Wellbeing** | **Safety**

Early Years Learning Program

Harold's Healthy day.

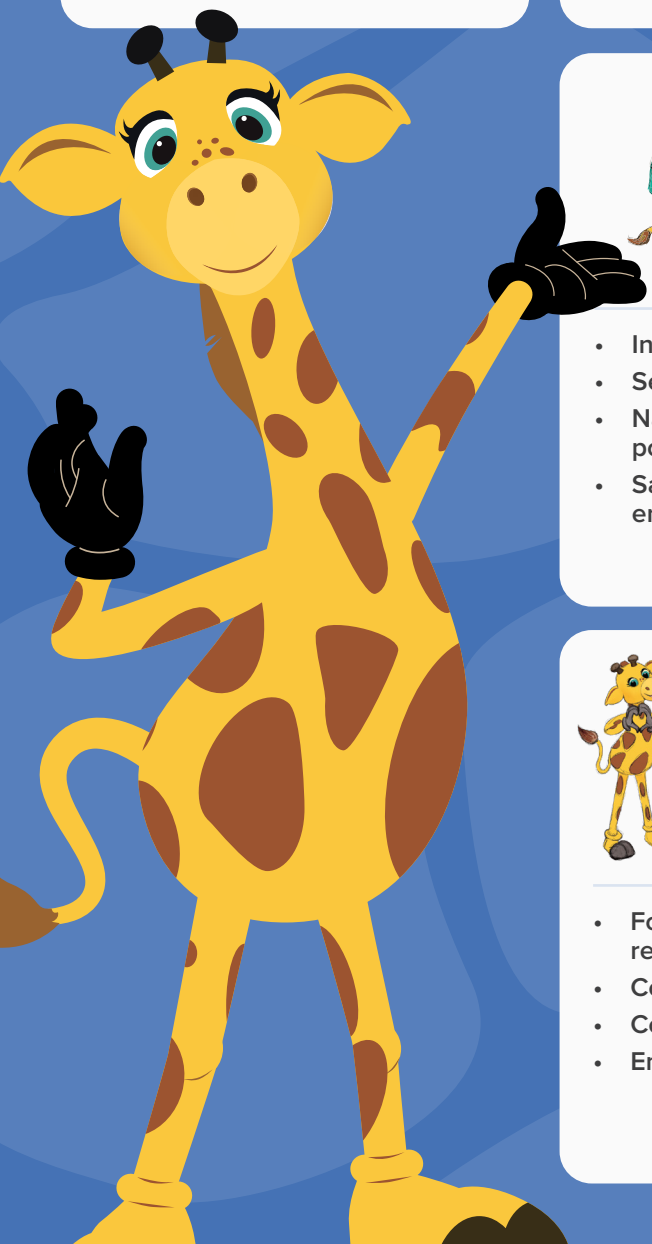
- Healthy habits and hygiene
- Fabulous food to grow learn and play
- Being active and the importance of rest
- People who can help us

Harold's Big feelings.

- Emotional literacy
- Emotional regulation
- Communication skills
- Asking for help

Super safe Harold.

- Safety in different environments
- Medicine safety
- Making safe choices
- Safe adults



Harold's Big school.

- Independence and resilience
- Sense of belonging
- Navigating change in a positive way
- Safe adults in different environments

Harold's Body boundaries

- Body clues, early warning signs and help seeking
- The important of correct anatomical names for body parts
- Personal space and body autonomy
- Confident communication skills

Harold's New Friend.

- Foundational respectful relationships
- Communication skills
- Conflict resolution
- Empathy and kindness

Harold's Safe screen time.

- Foundational digital literacy
- Safe and balanced use of technology
- Early warning signs and help seeking
- Autonomy and consent

Program Overview

Physical Health | **Social & Emotional Wellbeing** | **Safety**

Junior Primary

Foundation / Kindergarten / Prep / Reception / Transition

my Body matters.

- How food contributes to health energy and growth
- The importance of physical activity, water, sleep and hygiene for health and wellbeing
- Functions of the heart, lungs, muscles and brain
- Healthy decision making

Harold's friend ship.

- Respectful relationships
- Emotional literacy and regulation
- Early warning signs and body clues
- Help seeking strategies

Safety rules!

- Safe and unsafe environments and behaviours online and offline
- How to show care and concern
- Help seeking strategies
- Safe decision making

Junior Primary - Year 1 & 2

Ready steady go!

- Resilience
- Emotional literacy and emotional regulation
- Benefits of physical activity for health and wellbeing
- Help seeking strategies

Growing good friends.

- Respectful relationships for wellbeing
- Qualities of a good friend
- Consent
- People in our network who support and help us

Harold's Online World.

- Importance of being safe online
- Respectful behaviour online
- Help seeking strategies
- The role of technology in our lives



Did you know that each of our modules includes the Life Ed lesson and a supporting unit of work. And all our extensive lesson content is aligned to the Australian Curriculum and your latest State syllabus?

Program Overview

Physical Health | **Social & Emotional Wellbeing** | **Safety**

Middle Primary - Year 3 & 4

the Inside story.

- Food for health and energy
- Functions of body systems
- Factors that influence physical health
- Safe use of medicines

Friends & Feelings.

- Emotional literacy
- Emotional regulation
- Communication skills
- Respectful relationships

bCyber Wise.

- Positives and negatives of the online world including AI
- Respectful behaviour
- Fact checking
- Recognise, react, report safety strategy

Upper Primary - Year 5 & 6

take a Breath.

- Impacts of smoking and vaping
- Social norms
- Critical thinking
- Health promoting strategies

Relate Respect Connect.

- Key characteristics of respect in physical and digital environments
- Respectful relationships and consent
- AI use, benefits and limitations
- The value of healthy human relationships and connection

Think twice.

- Impacts of alcohol
- Social norms
- Critical thinking
- Health promoting strategies



Decisions.

- Influences
- Impact of alcohol and other drugs
- Critical thinking
- Health promoting strategies