

Today your child took part in Life Education's



module

## WHAT IS IT ABOUT?

Using a friendly game show format, 'Mind Your Medicine' focuses on:



Factors that influence our self-worth



Techniques for effective communication



Identifying the impact of different factors on health and wellbeing



Strategies for managing stressful situations



Medicines as drugs and the consequences of their misuse

## WHY IS THIS MODULE SO IMPORTANT?



Recognising and managing emotions, promoting care and concern for others, making responsible decisions, establishing positive relationships and handling challenging situations are all part of living harmoniously within a community. 'Mind Your Medicine' helps children learn these social and emotional skills so they can be happy and healthy.

## SO WHAT NEXT?

Your child's teacher has 'Mind Your Medicine' resources to use in the classroom, and you can continue the learning at home.



### To do:

You can learn the song 'Keep Your Cool' with your child. Visit [www.lifeeducation.org.au/song](http://www.lifeeducation.org.au/song) to listen.

You can also read more about things you can do to support your child's social and emotional development here [www.lifeeducation.org.au/reading](http://www.lifeeducation.org.au/reading)

### To ask:

Talk to your child about what they have learned. Here are some ideas to start a conversation with them about it.

What do you think are the most important things people need to be happy and healthy?

What are some of the rules about using medicines safely?

[www.lifeeducation.org.au/parents](http://www.lifeeducation.org.au/parents)