



Life Education is the largest independent health education provider in Australia, offering quality education to preschool, primary and secondary school aged children.

We believe that it is never too early to educate children about safe healthy lifestyles and wellbeing. Our vision is to have generations of healthy young Australians living to their full potential and we are proud to offer a new program featuring Healthy Harold, our lovable giraffe mascot, to preschool children around the nation.

## Our Program

Our program targets children between 3 - 5 years old and consists of 3 modules. Each module offers a variety of engaging learning experiences, catering for the interests and learning styles of all children.

### Our Program includes:

- Key components of the Early Years Learning Framework Outcomes and Principles
- Requirements of the National Quality Framework and Standards
- Delivery by specially trained Educators
- Puppetry with Healthy Harold
- Activity Display Board
- Engaging Banner Scene Backdrop
- Free App download
- Storytelling
- Animations/Big Book
- Music & Movement
- Interactive Play/Games
- Questions & Discussions

We also provides pre, post and take-home activities as supporting resources, ensuring ongoing growth and education will be shared between Life Education, parents and students in both the classroom and at home.

### Our 3 Program Modules to choose from:

#### BEING SAFE



Topics include:

- Road safety rules
- Sun protection
- Safe water activity
- Safe medicines

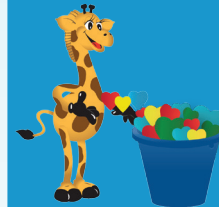
#### BECOMING HEALTHY



Topics include:

- Body knowledge
- Nutrition
- Physical activity
- Hydration
- Hygiene
- Sleep

#### BELONGING & CONNECTING



Topics include:

- Gratitude
- Relationships
- Empathy
- Respect
- Emotions
- Social skills
- Communication

Program modules run for 45 - 60 minutes each, and are suitable for up to 25 children per session.

Bookings may be made up of **1 or more modules** per visit, based on the needs of each preschool centre.

**For more information or to make a booking please contact Life Education on  
(03) 9456 9833 or [Preschool@lifeeducation.org.au](mailto:Preschool@lifeeducation.org.au)**