My body matters

Today your child took part in Life Education’s ‘My Body Matters’ module.

What is it about?
‘My Body Matters’ is a fun interactive learning experience that aims to empower children to make safer and healthier choices.

Working with one of our highly experienced educators, and our loveable mascot, Healthy Harold, they have enjoyed animated stories, engaged in hands-on activities, sung songs, and taken part in discussion and problem solving with their peers. ‘My Body Matters’ focuses on:

- Physical Activity
- Safety at Home
- Safety at School
- Safety in the Community
- Nutrition
- Hygiene

Why is this module so important?
Educating our children early about the importance of a healthy lifestyle is an important step to equipping them with the tools to help them make positive health choices.

‘My Body Matters’ focuses on things children can do to help keep themselves healthy including the importance of personal hygiene, choosing foods for a healthy balanced diet, benefits of physical activity and sleep, and way to keep safe at home, school and in the community.

So what’s next?
Your child’s teacher has ‘My Body Matters’ resources to use in the classroom, and you can continue the learning at home.

Visit our website at www.lifeeducation.org.au/parents

Download our resources
Watch our health expert videos
Read articles, find new info and discover our other modules

www.lifeeducation.org.au/songs

For helpful information about any of these topics, check the links in the Life Education Parent Resource.

On the weekend, try out a form of transport you don’t use very often, and discuss how to stay safe.

Healthy Morning Routines
Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

Conversations:

- What are some of the things we do to stay safe at home, and what could happen if we don’t follow these precautions?
- As a family, talk about the best thing to do to stay safe if … your child misses the bus home from school, or falls off their bike, or some other scenario.

Activities:

- Work together to make a visual checklist for each person in the family, outlining their healthy morning routine.
- Time yourselves one morning to see how long it takes each of you to complete your healthy morning routine, and then try to improve your times during the week.
- Talk about one particular element of a morning routine – such as brushing teeth – and how it helps to keep us healthy.
- Ask your child about a tough morning they may have had recently, and how you can help them, or make things easier for them.