

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:



Hygiene



Nutrition



Physical Activity



Safety at Home



Safety at School



Safety in the Community

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.

ASK:

How does your school keep all of the students and teachers safe? What rules do they have?

DO:

Draw a poster illustrating a healthy morning routine



You can also learn the song 'Let's Talk About Life' with your child - listen at www.lifeeducation.org.au/songs

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

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www.lifeeducation.org.au/parents