

Ready, steady, go!

Today your child took part in Life Education's 'Ready, Steady, Go!' module.

What is it about?

'Ready, Steady, Go!' 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. 'Ready, Steady, Go!' focuses on:



Healthy Eating



Physical Activity



Strategies to Stay Safe



How our body reacts in different situations



Why is this module so important?

Educating our children early about the importance of a healthy lifestyle is important because it supports teachers implementing the curriculum.

'Ready, Steady, Go!' gives our children opportunities to discover: benefits of physical activity, safety strategies in different environments, how our body reacts in new situations, and what our body needs to be healthy including a nutrition diet, water and sleep.

So what's next?

Your child's teacher has 'Ready, Steady, Go!' resources to use in the classroom, and you can continue the learning at home.

ASK:

When you are at the park or at the beach, what can you do to keep yourself safe?

DO:

Try out each other's favourite kind of physical activity



You can also learn the song 'Balanced Diet' with your child - listen at www.lifeeducation.org.au/songs

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/parents