

Growing good friends

Today your child took part in Life Education's 'Growing Good Friends' module.

What is it about?

'Growing Good Friends' 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. They have explored what contributes to positive health and wellbeing such as:



Physical Activity



Nutrition



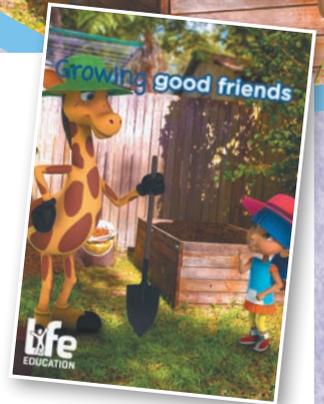
Understanding Health Messages



Personal Safety



Positive Relationships



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.

'Growing Good Friends' teaches our children how to: explore what health messages mean, identify safety signs, recognise how physical activity and nutrition contribute to a healthy lifestyle, and explore how positive relationships benefit our health and wellbeing.

So what's next?

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

ASK:

If you felt sad or worried about something, who could you go to for help?

DO:

Plan a healthy meal together



You can also learn the song 'All Your Body Needs' 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