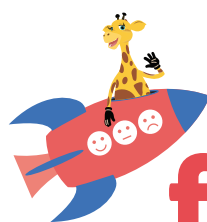


Today, your child participated in Life Ed's module:



# Harold's friendship.

Friendships, feelings and body clues

Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.



Social & Emotional Wellbeing



Safety

## What is it about?

**Harold's Friend Ship tells the story of Harold blasting into space – with some good friends by his side. It's a fun interactive learning experience where children learn to recognise the importance of relationships and gain skills to seek help in a variety of situations. They also have opportunities to practice strategies to manage their feelings and emotions.**

**Your child learnt about:**

- How to build friendships and care for others
- Identifying and managing feelings and emotions
- Recognising body clues that let us know when we could be unsafe
- Safe people and places to seek help

## Why is this module important?

- School is a time when children start to make independent choices about their lifestyles. School aged children learn quickly and are influenced by friends and popular trends<sup>1</sup>.
- Children's friendships are closely associated with children's positive well-being. Children who enjoy close friendships are more likely to experience higher levels of happiness, life satisfaction and self-esteem<sup>2</sup>.
- In August 2021, as part of the Australian National University Centre for Social Research and Methods' COVID-19 Impact Monitoring Survey Program, it was reported that 61% experienced a negative impact on their mental health<sup>3</sup>.

1. Department of Health, State Government of Victoria (2023), *Healthy Eating - School Lunches*

2. Holder & Coleman (2015), *Children's Friendships and Positive Well-Being*

3. Australian National University Centre for Social Research and Methods (2021)

## What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



**Talking:** Talk to your child about friendships – your friends and theirs. What makes a good friend?



**Doing:**

**Acts of Kindness Week** - challenge your family to perform acts of kindness for each other over one week and discuss what each person did and how it made them feel when someone did an act of kindness for them.

**Guess my mate?** With your child play a game of guess my mate, by describing positive characteristics that make that friend unique or special, until the other person guesses correctly.



**More:** Check out these Life Ed resources



[Identify and express emotions](#)



[Helping manage anxiety](#)





[Strength from adversity podcast with Dr Judith Locke](#)

## What did you learn?

**Draw OR write what you learnt below, then share a picture with us!**

#lifeed #healthyharold

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Updated 07/24