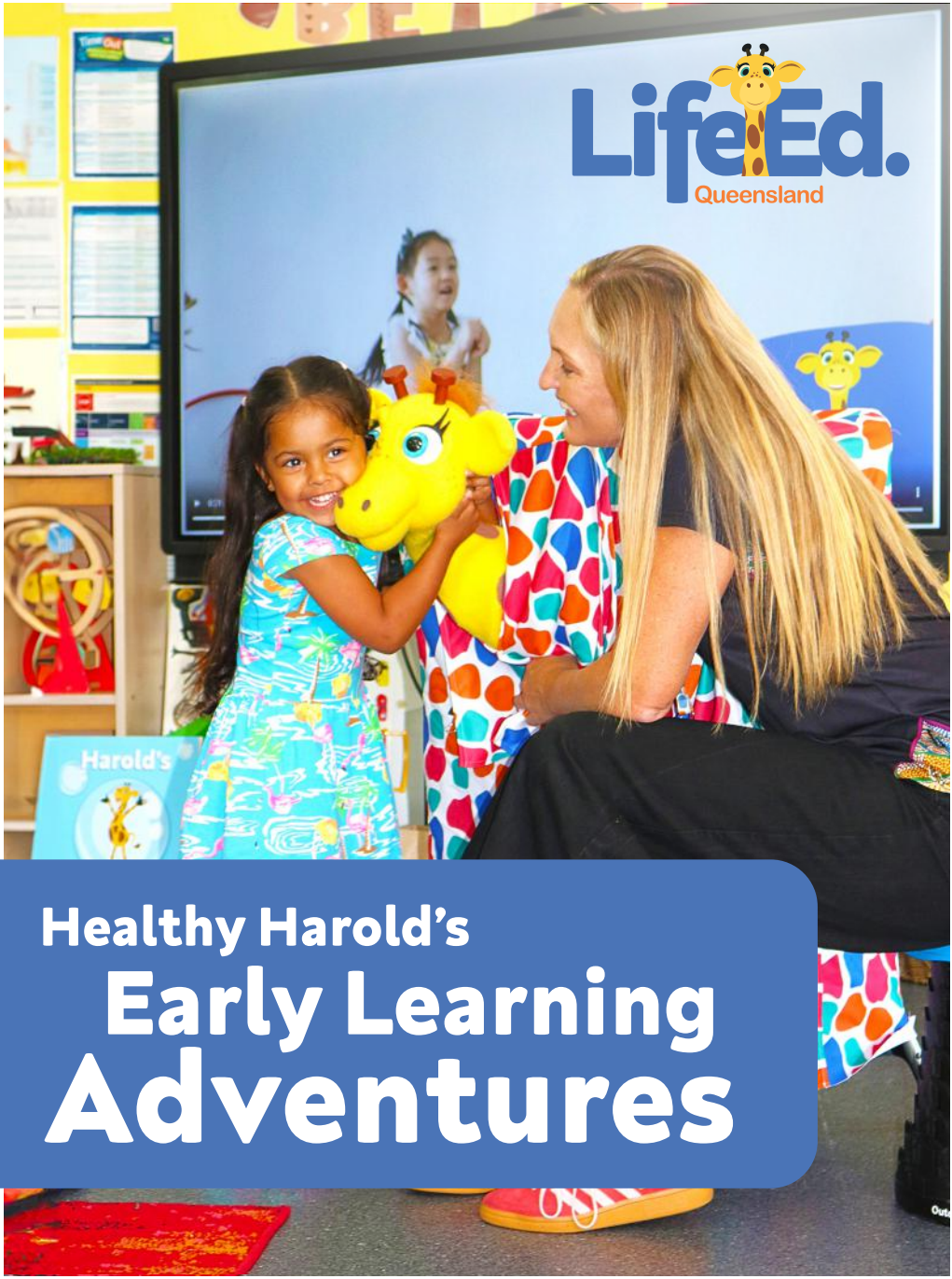


Healthy Harold's Early Learning Adventures

EYL program to support every child's learning adventure, enhance educator knowledge and engage families.

The Early Years with Life Ed Qld

Life Ed Queensland's Early Years Learning Program is designed to help prepare every child to be ready for the world by supporting their learning and development to live a safe and healthy life. This play-based program has been designed to build healthy habits, safety, awareness and mental resilience in children aged 3–5 years.

Each module in the program is brought to life by expert educators through interactive sessions featuring engaging storytelling, lively music and songs, energetic active games, and hands-on learning experiences. Together, we're helping to set young children on a path to a bright, safe, and healthy future.

"The sessions are so interactive the children just aren't sitting there listening, they're moving around, they're answering questions, we're singing, having fun. Healthy Harold makes it even more exciting, the kids at Bonny Babes love and they just talk about him for days afterwards, and they continue to share what they've learnt through their sessions."

- Clare Sewell, Bonny Babes Childcare Centre Educator



A lasting impact for the Early Years

Early childhood educators often tell us that supporting children to understand and manage their emotions is one of the biggest needs in their classrooms.
Life Ed Qld's early learning program is designed with this in mind, giving young learners the chance to explore "big feelings" in a safe, gentle and engaging way.

Through age-appropriate and interactive lessons, children learn to recognise emotions, express how they feel, regulate their responses and build early skills in cooperation, friendship and problem-solving. These experiences help create calmer, more connected classrooms where children feel supported and confident in themselves.

By prioritising emotional literacy and wellbeing in the early years, the program helps children build strong foundations for their transition to big school.

Supporting children's social and emotional learning

All modules align with the National Quality Standards and Early Years Learning Framework, by supporting children's social, emotional, and physical development.
While keeping young learners smiling and engaged the Early Years program promotes emotional awareness, active play and positive relationships.



Early Years Learning Program

MODULE OVERVIEW

Harold's Healthy day.

Healthy habits for early learners

- Food and nutrition
- Important daily hygiene routines
- The benefits of sleep and exercise

Harold's Big feelings.

Big feelings and little connections

- Regulating emotions
- Building friendships and connections
- Help seeking skills

Super safe Harold.

Staying safe and seeking help

- Sun and water safety
- Car and road safety
- Safety around medications
- Cybersafety



Harold's Body Boundaries.

My body belongs to me

- Personal space and that of others
- Strategies to give consent regarding their own bodies
- Public and private body parts
- Trusted adults

Harold's Safe screen time.

Building skills and becoming online aware

- Body clues and early warning signs when unsafe
- Help-seeking behaviours
- Autonomy and safe use of devices
- Consent and respecting boundaries

A brand new module supporting the transition to big school

NEW in 2027

Harold's Big school.

Exploring new beginnings and belonging

Harold's Big School supports preschool children as they transition to "big school" by practising helpful classroom behaviours, promoting positive perspectives on change, assuring them that they will be supported and explores the concept of belonging.

The interactive session includes a new "big book" written and illustrated by an Australian creative team and built on recommendations from trusted education specialists and peak bodies. The lesson is built on shared storytelling, music and songs that help children learn about school transition and their wellbeing through the opportunity to engage in play-based, fun and hands on learning experiences.

It will address critical topics such as:

- Supporting big school transition
- Embracing change
- Encouraging independence
- Fostering belonging
- Practising positive classroom behaviours





Healthy Harold's Early Learning Adventures

Backed by 40 years of trusted health education, Healthy Harold's Early Learning Adventure is a complete health and wellbeing package for kindy children, their educators and families.

Designed for Early Learning Centres across Queensland, the program strengthens the foundations children need most right now, emotional regulation, protective behaviours, healthy habits, friendships and early digital wellbeing. Through child lessons, parent/carer webinars and on-demand webinar PD for educators, your whole community receives consistent, aligned support.

Why centers choose Health Harold

- **Purpose-built for Kindy Uplift priorities**
  Builds capability in children's social–emotional skills, protective behaviours, healthy habits and early digital wellbeing.
  Strengthens educator practice and family engagement through PD, parent webinars and aligned wellbeing resources.
- **Aligned with leading wellbeing guidance**
  Life Ed Queensland is featured in the ACER Wellbeing Guide, recognising our commitment to high-quality, evidence-based wellbeing education.
  Program content aligns with the **Early Years Learning Framework and National Quality Standards.**
- **Protective behaviours at the core**
  Supports children to learn about consent, body boundaries, safety, help-seeking, emotional regulation and respectful relationships in a safe, age-appropriate way.
- **Whole-centre impact**
  Children, families and educators receive cohesive messages that extend beyond the classroom, improving behaviour, connection and wellbeing across the centre.
- **Award-recognised**
  Life Ed Queensland is the winner of the **2026 Child Safe Organisation Award at the Queensland Child Protection Week Awards**, and of the **2025 Children's Rights Queensland Awards, Education category**.
- **Made for your centre**
  Choose **4 of 5 engaging modules**, including the brand-new Harold's Safe Screen Time module supporting early digital wellbeing and safe online habits.


ne has big feelings.
Harold is angry.
Jimmy is sad.
Ruby is sorry.
Harold, Jimmy, and Ruby take some big breaths so their big feelings start to become small feelings.

Brand new package

Every kindy is different. That's why Harold gives you a choice to tailor your package with 4 out of 6 fun modules that best suit your young learners, from big feelings to body boundaries, healthy habits, or even staying safe online.

One package. Two size options.



What every Centre receives:

- Educator-led incursions with Healthy Harold
- 4 parent on-demand webinars
- 4 educator on-demand professional development webinars
- Harold plush toy
- Digital resources for your team and families

Choose the option that fits your centre:

- For two classes – 4 incursions per class (8 total)
- For one class – 4 incursions (4 total)







Delivery designed to suit your class

For almost 40 years, families and educators across Queensland have trusted Healthy Harold to make tricky topics easy and fun, and we're proud to partner closely with Early Learning Centres to bring engaging, age-appropriate learning straight to your children.

Our team work with each centre to select topics that best suit the needs, interests and developmental stage of your young learners, ensuring every visit is meaningful and relevant. Join us in 2027 to keep the learning adventure going!





My daughter came home and spoke about her feelings, it's OK to have big emotions, you can go to your friends and be safe and talk through rather than keeping them to herself. That's such an important lesson before they start school.

Early Learning Parent

Every child ready for the world

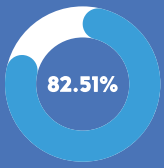
Life Ed Queensland equips children with essential life skills to navigate a world filled with new dangers like cyberbullying and online predators. Partnering with us to deliver face-to-face education at your centre helps to provide children with the tools they need to stay safe, healthy and confident. Together, we can ensure that every Queensland child is ready for the world.



Reach
in 2025 more than 180,000 Qld children received Life Ed Qld education



Trusted
100% of over 4,000 Qld teachers would recommend their school rebooks with us



Impact
82.51% of more than 13,000 Qld parents reported a positive change after a session with us

LifeEd. Queensland

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lifeedqld.org.au

Book your program