

### LIFE ED TAUGHT US:

- How social and emotional wellbeing impacts themselves and their relationships with others
- Assertive communications skills that establish, manage and strengthen relationships
- Strategies to recognise, regulate, and self-manage emotions and behaviours
- How feelings, values, and thoughts influence decision-making; and
- The importance of diversity, respect, consent and empathy



Why do giraffes  
have long necks?

Because after  
exercise their feet  
stink.

### FAMILY ACTIVITIES

#### PAPER PEOPLE CHAIN

Create a paper people chain using concertina folding. Carefully cut around the outline and have your child decorate and colour the paper people as friends from their friendship group.

#### PLAYDATE PLANS

Encourage your kids to strengthen their friendships by organising a play date with a classmate or friend.



PLEASE  
SHARE!

#lifeed #healthyharold

ACCESS  
FREE  
RESOURCES

