

TAKE HOME ACTIVITY

Dear Families,

Today Life Education and Healthy Harold visited our centre and your child participated in an interactive learning experience called **Becoming Healthy - Harold's Healthy Play Day**. We had so much fun learning about topics to do with body knowledge, nutrition, physical activity, hydration, hygiene and sleep.

Please take time this week to reinforce their learning by discussing with your child the important messages we learnt today.

Also, fill in the questionnaire with your child and encourage them to add a drawing or you may like to add a photo of your child doing the action with you in the blank space.

QUESTIONNAIRE

"My Healthy Day Today" Worksheet

Please complete the questions below with your child and encourage them to add a drawing to each one.

How much sleep did you have last night?

What healthy food did you eat today?



QUESTIONNAIRE

What physical activity did you do today? How long did it take?

What 'healthy' drink did you have today?

How did you stay clean and healthy today? When?



Visit LEA website:
<http://lifeeducation.org.au>



Find out about and download for free our
App - Healthy Harold, Healthy Me

