



Life Education Victoria Follow Up Activities for Parents



HAROLD'S HEROES-1/2, 2, 2/3

SYNOPSIS:

Harold invites the class to join him and some of his Super-Hero friends (Littergator, Mediminder, Emergieman and Extinguisher) in his Super-Hero Team. The teams' job is to go around making the world a healthier and safer place for everyone. The team troubleshoots in a lounge room, bathroom and suburban street. The superheroes are semi-humorous characters that fly to the rescue and facilitate the exploration of:

- local environmental and health issues including pollution/passive smoking
- issues around individual need for medicines and their safe use and storage
- emergency(drug) procedures
- issues around litter/used syringes

Class members become super-heroes by interacting with the AV and suggesting solutions to the problems.

OUTCOMES:

Knowledge:

- Recognises that their safety depends on their own & others' behaviour as well as the environment
- Recognises that there is a range of people, services & products that promote health & safety
- Describes characteristics people share yet recognises humans are unique with diverse growth patterns
- Recognises that food choices can enhance health & well-being

Skills:

- Draws on past experiences to solve familiar problems

Values:

- Accepts responsibility for personal and community health

SUGGESTED_PARENT FOLLOW-UP:

Roleplay being one of 'Harold's Super Heroes'

Explore each room in your home with your child, as one of Harold's Super-Hero friends (pop your capes on, imaginary or real, if you have one) and identify things that make it safe. Discuss with your child if any changes could be made to make it even safer.

Investigate 'What's in the Cupboard?'

- Medicines. *Why do you think they are stored in this high/locked cupboard? Who should be with you when you take medicine? Why?*
- Cereals. Read the labels and contents. Compare which has the most/least fat, sugar, salt, fibre. Order from healthiest to least healthy.

'Emergency Action Plan'

Discuss the people they know that they could ring if they needed help. Show your child where to find the phone numbers for these people or have them on the auto-dial of your phone for quick easy access. Role-play an emergency phonecall procedure (000) with your child.

Problem Solving-The SEARCH Model

The problem -solving model we use to explore problems throughout our resource from P-6 is the SEARCH Model.

This is a great way to develop a process for your child to analyse their problems and come up with effective strategies to deal with the issue.

Situation-	What is the problem?
Emotions-	How would the person be feeling? Why? <i>What outcome does the person want?</i>
Actions-	What could the person do/say?
Review-	What would be the consequences of each action? Which action would work best to achieve the outcome they want.
Choice-	Role-play the chosen action.
How did it go?	Discuss the effectiveness of the action How did the person get what was wanted/avoid what was not wanted. When, where, how, could these ideas be used in real life?

- ❖ Use this model with your child to help them with their problems
- ❖ Create What If... scenarios to give your child practice in problem solving
- ❖ Explore dilemmas that you feel are relevant to your child's age that arise in their favorite TV program/book/video.