



Life Education Centres' Programmes

Fieldmice class – 'All About Me'

Length: 1 hour

The children find out about their bodies and things to do to help their bodies stay healthy. Issues concerning the safe use of medicines are introduced. They also explore feelings, how to deal with them positively and the role friends and family play in their lives. Activities, songs, drama and discussion are based around the audio-visual of Harold's visit to his grandparents.

Squirrel class – 'My Wonderful Body'

Length: 1 hour

The children find out about their bodies and things to do to help their bodies stay healthy and safe. There is an emphasis on healthy food and the safe use of medicine. Opportunities exist to explore feelings and relationships, especially within peer groups. The effects of teasing and name-calling are explored. Activities, songs, drama and discussion are generated from an audio-visual based upon Harold's picnic with his friends.

Hedgehog class – 'Meet the Brain'

Length: 1 ¼ hours

The children find out about their bodies, how they work, and what they need to stay healthy with a particular focus on the brain and nervous system. They explore issues around the use of medicines, cigarettes and alcohol, and personal choice. There is also an opportunity to explore the qualities of friendship and understand the skills needed to be more effective in the peer group. Activities, songs, dance, drama and discussion accompany stimulating audio-visual material, the talking brain, and, of course, Harold the giraffe.

Badger class – 'Decisions'

Length: 1 ¾ hours

Children explore the effects of drugs on the organs and systems of the body, featuring medicines, caffeine, cigarettes, alcohol, cannabis and solvents as a platform for discussion. Opportunities exist to explore attitudes and possible alternatives to drug use. The programme deals with issues around peer influences. Children are given an opportunity to understand group dynamics and discuss skills needed to function more effectively in peer group situations.