

K3 HAROLD'S PICNIC

Participation of Schools

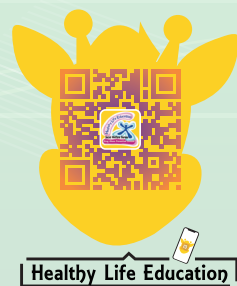
We welcome you all to join our programme and the good news is it is totally **FREE**.
Let's work together to promote an anti-drug world!

Participation of Parents

At the end of each session, every student is given a Student Workbook. We encourage parents and children to work together on the workbook to strengthen the messages of a healthy lifestyle.

The Healthy Life Education Centre

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Macao Anti-Drugs Website: www.antidrugs.gov.mo



澳門特別行政區政府社會工作局
INSTITUTO DE ACÇÃO SOCIAL DO GOVERNO DA RAEM

Student
Workbook

Healthy Life Education Programme

**Help Children Lead a Healthy Life,
Prevent Them from Addiction to Drugs.**

The Healthy Life Education Programme

The Healthy Life Education Programme is an internationally recognized healthy life education and drug abuse prevention programme, with the aim to raise awareness of primary school students on the benefits of healthy life style and dangers of drug abuse, in order to achieve the goals of drug abuse prevention. It started to operate in September 2000 and is implemented by Drug Abuse Prevention Division of Social Welfare Bureau.

Programme Content

The programme focuses on four main areas: body knowledge, food nutrition, drug education and social skills. The programme was designed, according to the need of children's growth, to nurture gradually the students' concept of healthy life and the correct attitude of taking drugs. When facing drug temptation, they are full of confidence to say "NO" to drugs.

Classroom Design

It includes illuminated models, body systems, a talking brain, the giraffe "Harold" (programme mascot) that can sing, audiovisual equipment, etc. It is also equipped with Augmented Reality (AR) and Kinect teaching technology systems to bring a new experience for students.

Programme Activities

Under educator's guidance, students can learn happily through games, discussions, role play, etc. The programme builds up students' problem solving and social resistance skills, helps them to establish a healthy life style and stay away from drugs.

Harold Fans Club

It is an online platform. After registered as members, students can participate in related activities and to be more aware of information concerning healthy life style and drug abuse prevention.



KINDERGARTEN

HAROLD'S PICNIC

The Introduction of Healthy Life Education Programme

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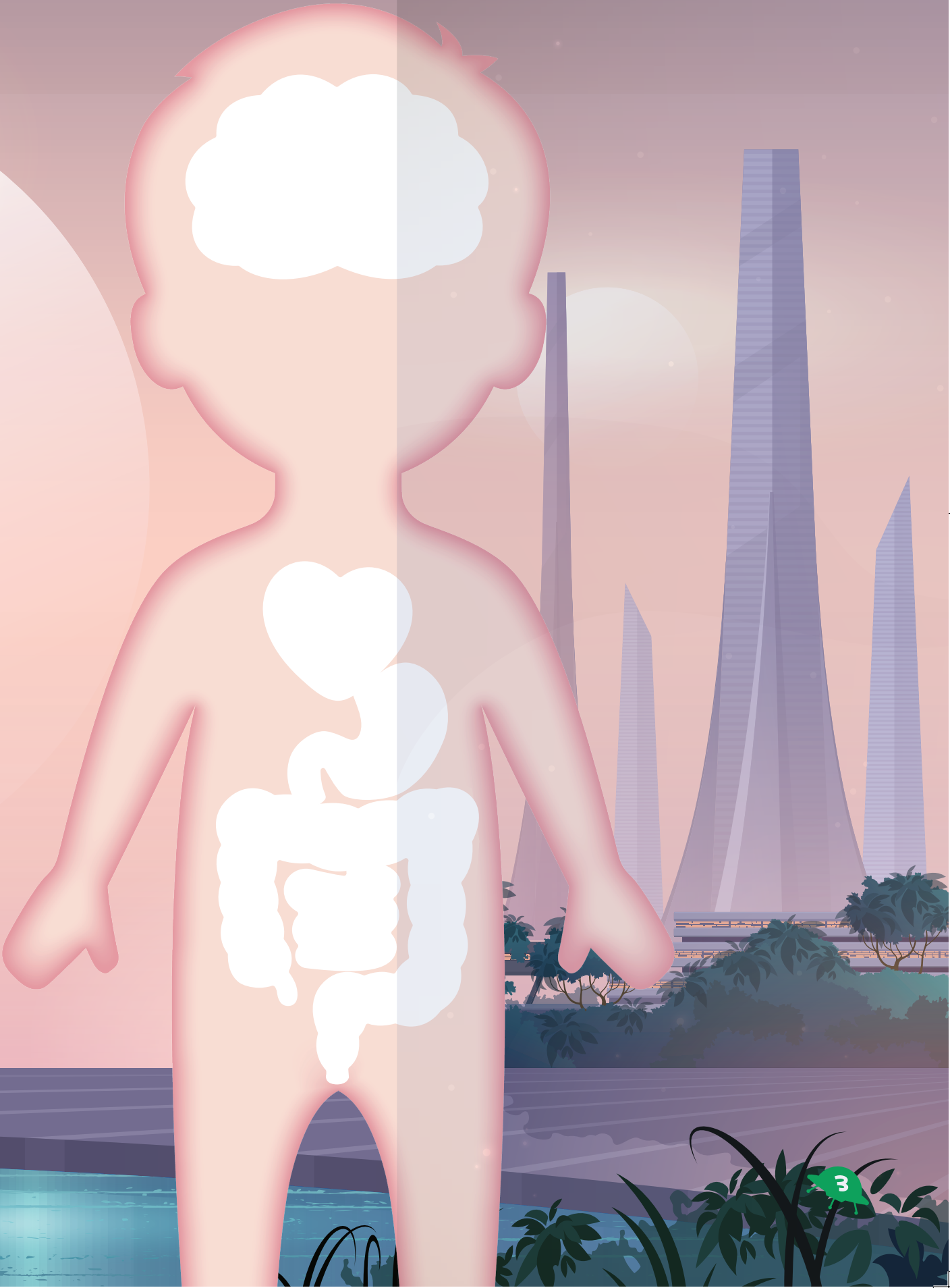


The Healthy Life Education Programme

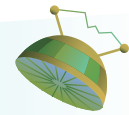
Level	Theme	Main Content	Duration
Kindergarten	Harold's Picnic	Functions of different body parts (brain, heart and lungs). The importance of the brain.Necessity of a varied diet. Safe use of medicines and self-protection.	1 hour
Year 1	Air to Live	Five elements for healthy living especially fresh air. Functions of lungs. How to avoid passive smoking. Communication among friends.	
Year 2	Food for Life	Digestive system. Balanced diet and choice of snacks. Media influence. Proper use of medicines.	
Year 3	Great to be Me	Circulatory system. Pharmacists' role; path of medicines into the body and safe use of medicines. The importance of accepting and helping friends.	1 hour and 20mins
Year 4	Body Network	Nervous system. Effects of medical / non-medical drugs and alternatives. Sources of stress and ways of handling them. Comforting a friend. Decision-making skills. Effects of alcohol.	
Year 5	Clear the Smoke	Physical, social and financial effects of smoking. Analysis the sources of information. Critical thinking. Peer pressure and training of refusal and assertiveness skills.	
Year 6	My Choice	Effects of psychotropic drugs. Reasons for and effects of bullying, the role of bystanders. Actions that victims of bullying can take. Challenges of peer problems; respecting friends.	

Activity 1 My Body

Please paste the stickers to show where each of the body parts should be.



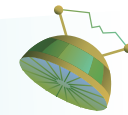
Activity 2 Fun with Body Parts



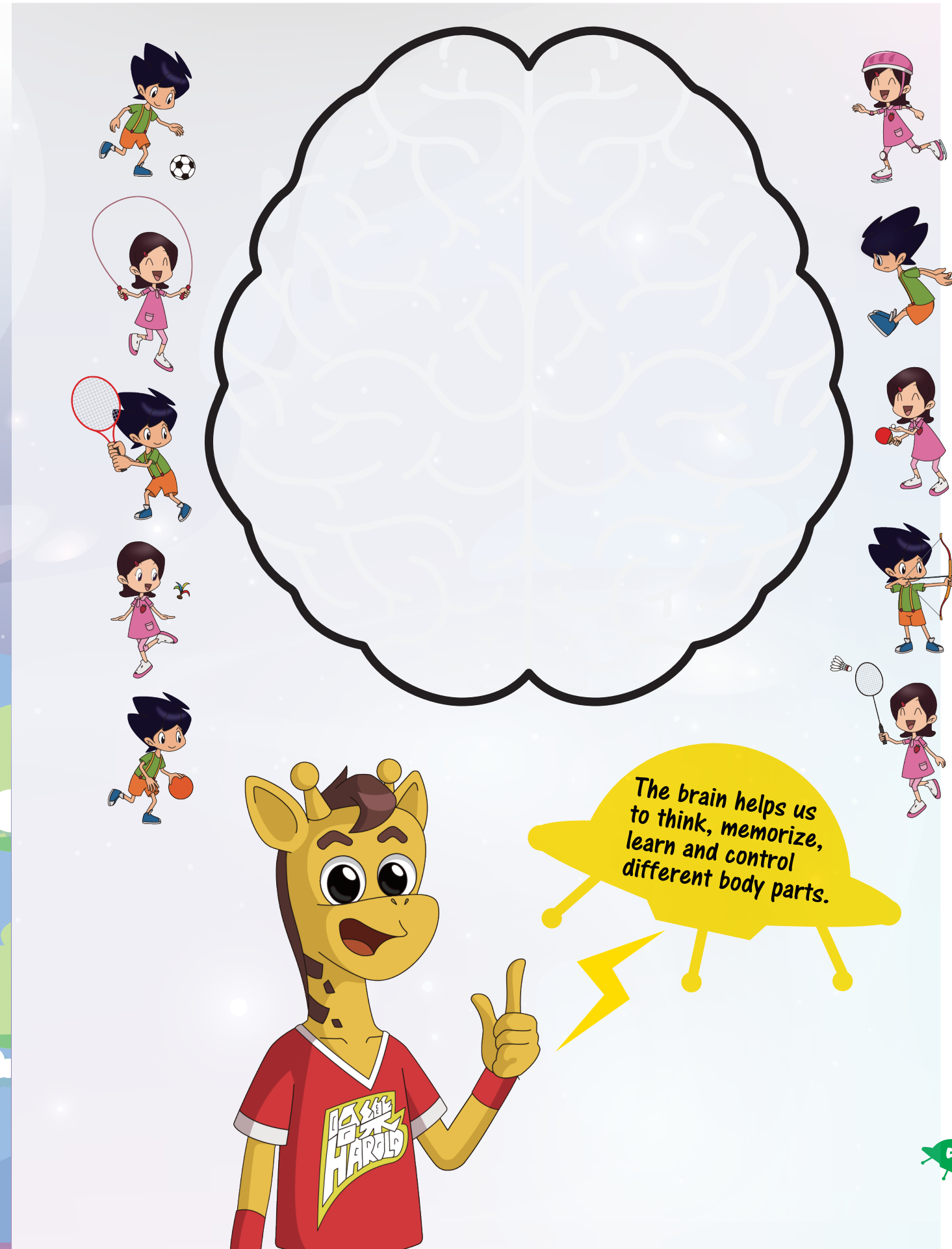
Please paste the stickers beside the activity it helps us with.



Activity 3 I've Got a Smart Brain



The brain helps us to do many things. Please draw an activity that you can do.



Activity 4 Protect Ourselves

Zelda needs to find Harold. Can you keep her away from danger, and draw the path that Zelda should take?

Dangerous Action
(climbing up high)

Dangerous Action
(Jump down)

Follow the stranger
to somewhere.

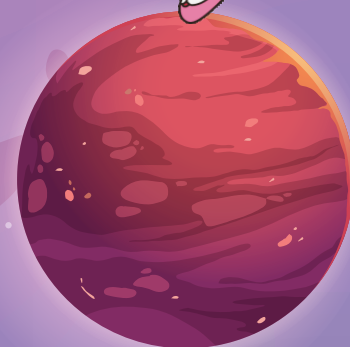
Take the food
from the stranger.

Pay attention to safety
and protect yourself.

Activity 5 My Breakfast



Please paste the breakfast for them.



Activity 6 Harold & His Friends

Please paste the characters to match their names.

Harold

Zelda

Billy

Macy

Rice Kernel



Activity 7 Healthy Lifestyle

13 14 15 16 Take More Exercise, Move Forward To The 22nd Square 17 18 19 20 Addicted To Mobile Phone Games, Move 2 Steps Backward

12 21

11 31 32 33 34 Have A Lot Of Snacks, Move 2 Steps Backward 22

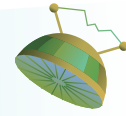
10 Overeating, Move 3 Steps Backward 30 Eat Fruit, Move 3 Steps Forward 35 Physical Fitness 23 Keep Eahy Hours, Move 2 Steps Forward

9 29 28 27 26 Have A Balanced Diet, Move 2 Steps Forward 25 24

8 Protect Yourself, Move 3 Steps Forward 7 6 5 4 Drink More Water, Move 2 Steps Forward 3 2 1



Activity 8 Use Medicine Properly



Take medicine without an adult



Take medicine with an adult



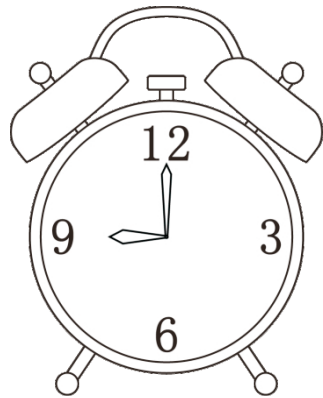
Take some vitamins with an adult



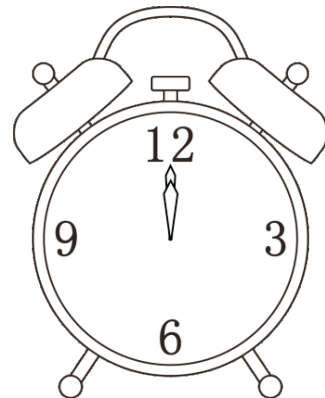
Take 1 vitamin tablet with an adult



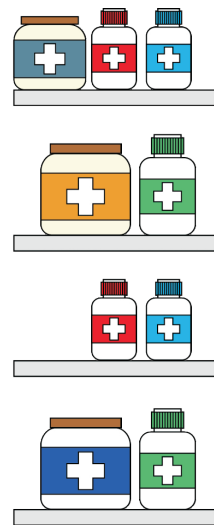
Go to bed at 9:00 p.m.



Go to bed at 12:00 p.m.

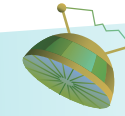


Find the things that people
can do to help them get well
soon and colour them.



Harold Song

Variety



I like to work. I like to play,
I like to eat my food each day,
Different types for energy,
Plenty of variety.



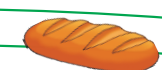
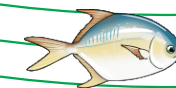
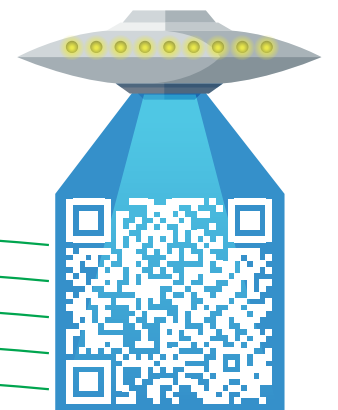
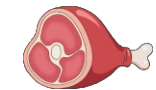
Variety, variety,
I like to eat breakfast, lunch and tea,
Variety, variety,
It helps to keep me so healthy.



Variety, variety,
I like to eat breakfast, lunch and tea,
Variety, variety,
It helps to keep me so healthy.



Variety, variety,
I like to eat breakfast, lunch and tea,
Variety, variety,
It helps to keep me so healthy.



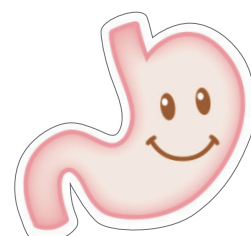
Activity 1



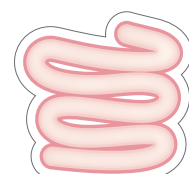
Brain



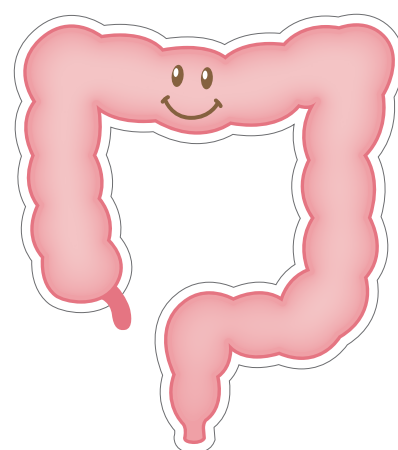
Heart



Stomach

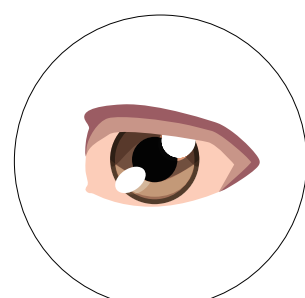


Small Intestine

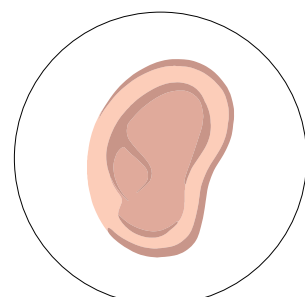


Large Intestine

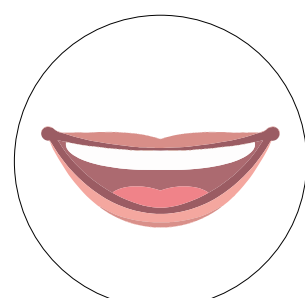
Activity 2



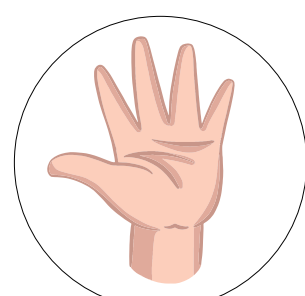
Eye



Ear



Mouth

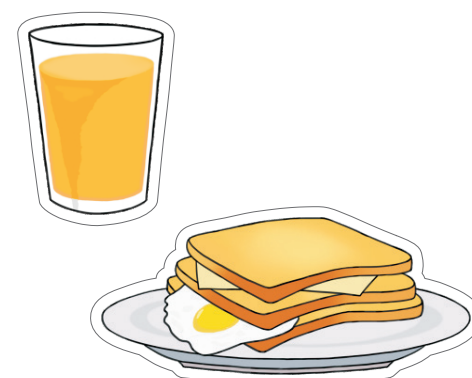
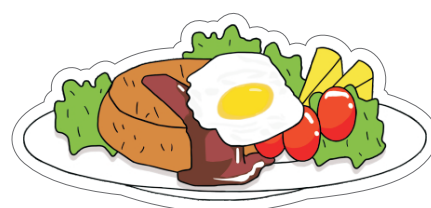
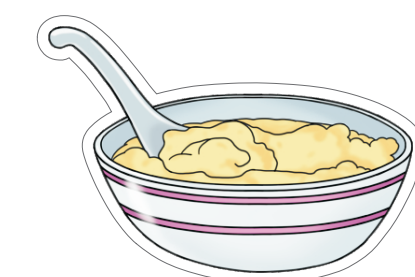
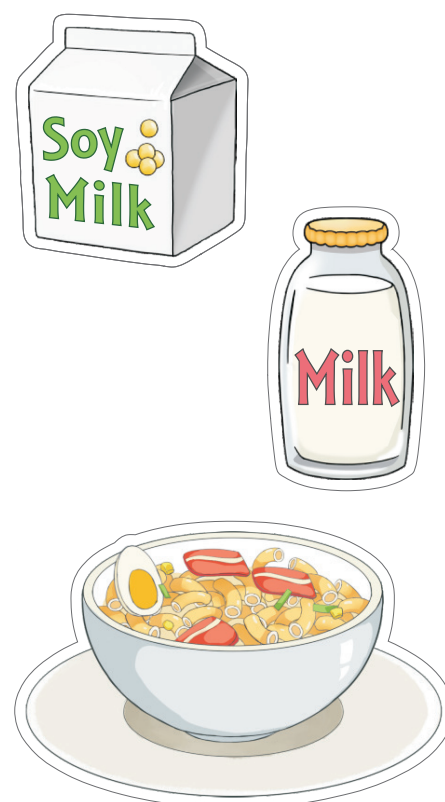


Hand



Foot

Activity 5



Activity 6

