

# WEBINAR SERIES



**My Body  
My Mind  
My Brain**

## Help teach healthy habits with HEY! Healthy Early Years

**HEY! Healthy Early Years** is a program giving educators the tools to confidently teach health and safety to children in early learning services.

The team at **HEY! Healthy Early Years** has produced a series of online workshops for ACA Victoria members, to give educators the tools they need to teach the children about being aware of their bodies, how to stay safe and how to look after them through healthy habits.

The program encompasses both mental and physical health, with topics ranging from body anatomy and physiology all the way to yoga and fitness, including first aid and safety.

Children learn about these important topics with the assistance of fun characters **Harry Helper** and **Milly Monkey**.

The program offers amazing value at just **\$60** for the complete set of webinars (single participant) or **\$110** for up to 10 participants at a time.

You can register for the complete series at <http://bit.ly/HEYwebinars>

### All webinar dates- don't forget to diarise:

- **10 September:** Webinar 1 - *Teaching children about their bodies: First Aid and Safety with Harry Helper!*
- **8 October:** Webinar 2 - *Looking after our bodies, brains and minds with Milly Monkey!*
- **4 November:** Webinar 3 - *Breaking the body down into easy teachable bits and bobs with Harry Helper*
- **2 March:** Webinar 4 - *Cough, Sneeze, Sick, Cancer - Breaking down the barriers and opening conversations about ill-health with Milly*
- **14 April:** Webinar 5 - *Can kids really call 000? - Harry Helper says "Heck Yes!"*
- **5 May:** Webinar 6 - *Milly gets Mingle and teaches you that anyone can run a YOGA class*