

Title: Harries: The Lifeguard from Bondi Beach

Authors: Anthony 'Harries' Carroll & Emily Carroll

Illustrator: Carla Hoffenberg

Publisher: EK Books

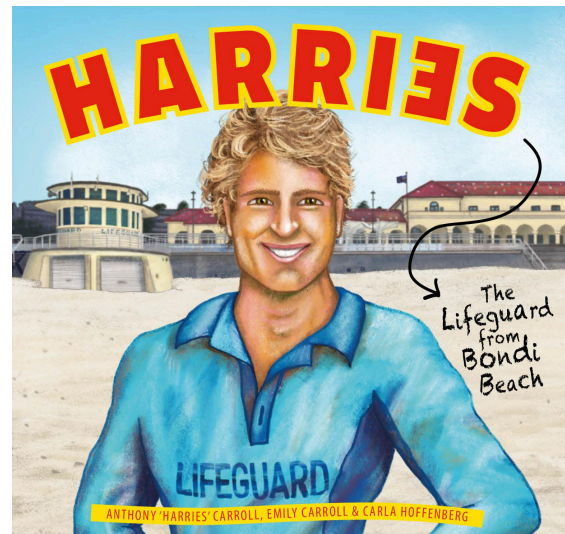
Price: AU \$27.99 | NZ \$29.99

ISBN: 9781923011205

Publication Date: October 2025

Audience Age: 5–10 years

Key Curriculum Areas: Health & PE, Social & Emotional Learning, English, Visual Arts, Civics, Disability Education



SYNOPSIS:

Harries: The Lifeguard from Bondi Beach is the inspiring true story of Anthony 'Harries' Carroll, a real-life hero from the hit TV show Bondi Rescue. But long before Harries was saving lives on one of the world's busiest beaches, he struggled with severe dyslexia, bullying, and self-doubt.

Told in the first person, this picture book empowers children to see difference as strength and discover their own unique gifts. With warmth and honesty, Harries shares how his challenges as a learner became his greatest superpower — a heightened awareness that helps him sense danger before others do.

A story of hope, resilience, and kindness, Harries is a powerful classroom tool for building empathy, celebrating neurodiversity, and exploring what it truly means to be a hero.

THEMES:

- Neurodiversity and dyslexia
- Empathy and kindness
- Resilience and personal growth

- Bullying and inclusion
- Self-belief and identity
- Surf safety and beach awareness
- Real-life heroes

SELLING POINTS:

- Based on the real story of one of Bondi Rescue's most beloved lifeguards.
- Empowers children with learning differences by reframing disability as difference.
- Encourages empathy, self-reflection, and social responsibility.
- Features practical beach safety tips from a professional lifeguard.
- A must-read during disability awareness weeks, empathy units, and health education.

ILLUSTRATION STYLE:

Carla Hoffenberg's illustrations are bright, expressive, and accessible, bringing Harries' emotions and journey to life in a way that connects deeply with young readers. Her use of colour, movement, and perspective immerses children in both the beach environment and the emotional highs and lows of Harries' story.

WRITING STYLE:

Written in a conversational, first-person voice, the text is honest, emotionally resonant, and age-appropriate. While the language is accessible for early readers, the story introduces concepts such as neurodiversity and emotional resilience, opening the door for rich class discussion. The inclusion of beach safety tips at the end extends the book's relevance to health and physical education.

ABOUT THE AUTHORS & ILLUSTRATOR:

Anthony 'Harries' Carroll is a professional lifeguard and star of Bondi Rescue. With nearly 30 years of experience and over 6000 lives saved, he's also an advocate for mental health and overcoming adversity.

Emily Carroll is a Pilates instructor and co-author of this story. As a mother and beachgoer, she brings empathy and clarity to the narrative.

Carla Hoffenberg is an experienced children's book illustrator known for her uplifting and detailed artwork.

CLASSROOM ACTIVITIES

Before Reading:

Ask students: What makes someone a hero? Is it strength, intelligence, kindness, or something else?

Discuss: Have you ever felt different? How did it feel? What helped?

During/After Reading:

Identify the emotions Harries experiences in the story. When does he feel proud? Sad? Strong?

Explore what dyslexia is. Discuss: How can we support friends who learn differently?

Discussion Prompts:

How did Harries turn a challenge into a strength?

What do you think your special gift might be?

Why is kindness important, especially when someone is struggling?



Can you think of other real-life heroes who help people in different ways?

Creative Activities:

Design Your Gift Poster: Students draw a poster of their own “special gift” and how they can use it to help others.

Role Play: Act out scenes from the story — being a lifeguard, feeling scared at school, helping a friend.

Sensory Awareness Game: Play games where children rely on hearing, smell, or touch instead of sight, to experience what it's like to use heightened senses.

Kindness Wall: Create a classroom display celebrating the different strengths of each student.

Beach Safety Poster: Use Harries' 8 safety tips to create illustrated posters for the classroom or school hall.

Write a Letter to Harries: Reflect on what students learned and ask Harries a question.