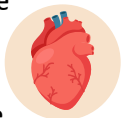




Parents and Guardians of **FIRST GRADERS**

*The **Life Education Center** visited your child's school!*

- During our visit, students learned about:
 - Being a good friend to themselves and those around them
 - Being a good friend to their own bodies by eating healthy, exercising, getting adequate sleep, using medicine properly when sick, and practicing good hygiene
- Students played a game called "Carpet Kid" to learn about what their bodies look like on the inside.
- To reinforce being a good friend, and the importance of social-emotional health, students practiced working together as a team, and giving compliments to each other during the game.



- After singing and dancing to an upbeat song, students were visited by the Life Education Center's mascot, Harold the Giraffe, who sang a song about the importance of good hygiene.

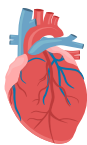
Ask your child to tell you more!

**REMIND YOUR CHILD THAT
AS A FAMILY YOU CHOOSE:**

**"WISE HIGHS...
CHOICES YOU
CAN LIVE WITH!"**



To reinforce these lessons at home:



Ask your child to tell you about the Carpet Kid Game and what they learned about the human body.



To reinforce lessons taught on **prescription medicine**, check all prescription and over-the-counter medications in your home and make sure they are in a secure location.

PARENT TIPS:

1. Model Healthy Screen Time Behavior

Teach your kids how to limit screen time and find healthy alternatives like family game night.

2. Model Positive Social Behavior

Demonstrate healthy relationship behaviors like respect, empathy, and conflict resolution.

3. Model Positive Self-Talk

Demonstrate how to use your words to build yourself up rather than tear yourself down.

4. Model Perseverance

Include your kids in home projects and activities that demonstrate how to work hard to accomplish a goal.



For more resources, please visit us at
www.pledgeforlife.org



Administered by the I-KAN Regional Office of Education
in collaboration with the Pledge for Life Partnership

Lori Mollema, Director of Life Education Center Programs

I-KAN Regional Office of Education

1 Stuart Drive, Kankakee, IL 60901

(815) 936-4606

lmollema@i-kan.org www.i-kan.org

www.facebook.com/pflpartnership



Funding provided in whole or in part by the Illinois Department of Human Services & the Substance Abuse and Mental Health Services Administration (SAMHSA.) Printing of this card also partially funded by: