

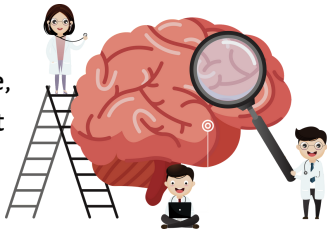


## Parents and Guardians of **SECOND GRADERS**

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

During our visit, students learned about many different body parts, including the bones, muscles, heart, lungs, stomach, liver, small and large intestines, kidneys, and the amazing brain. They learned how the brain influences their personality, learning, movements, and body functions.

With a game called Head to Toe: Tic Tac Toe, students reviewed what they learned about the body and brain.



Students also participated in several activities that taught them about “growth mindset,” or the value of not giving up when things get difficult, and the brain’s power of resilience.

Before leaving, students were visited by the Life Education Center’s mascot, Harold the Giraffe, and learned a song about keeping their bodies healthy.

***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:

Have fun as a family enjoying this joke:

**Joke:** What does a brain do when it sees a friend across the street?

**Answer:** It gives a brain wave!



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.*



**Life Education Center  
Pledge for Life Partnership**

Iroquois - Kankakee  
**I-KAN**  
Regional Office of Education

Administered by the I-KAN Regional Office of Education  
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Brenda Wetzel, Director of Life Education Center Programs  
I-KAN Regional Office of Education  
1 Stuart Drive, Kankakee, IL 60901  
bwetzel@i-kan.org [www.pledgeforlife.org](http://www.pledgeforlife.org) [www.i-kan.org](http://www.i-kan.org)  
[www.facebook.com/pflpartnership](https://www.facebook.com/pflpartnership)

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