



Parents and Guardians of **THIRD GRADERS**

The Life Education Center visited your child's school!

Students focused on the importance of making good choices for their amazing and unique bodies. We reviewed the body's organs and discussed how each organ's health is important and how they all work together as a team.

Students had the opportunity to help the Life Education Center mascot, Harold the Giraffe, get out of a peer pressure situation and then role play different scenarios.



The importance of making good choices everyday was highlighted again when students took a "spaceship ride" to the planet Conformatron - a place where everyone is the same and individual choice is not an option. Students had to escape back to earth by thinking about choices they have in their lives and the importance of individuality.

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 some fun as a family with the activity:

Did You Know?

DYK: The appendix is an organ you can live without!

What other interesting facts can you find out 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.



**Life Education Center
Pledge for Life Partnership**

Iroquois - Kankakee
I-KAN
Regional Office of Education

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

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