



## Parents and Guardians of **KINDERGARTENERS**

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

**THE HUMAN BODY:** Students learned about the basic body parts of the human body (muscles, bones, heart, lungs, stomach, and brain) and then incorporated them into a song and dance.

**FOOD GROUPS:** The class learned about the five food groups (fruits, vegetables, grains, protein, and dairy) by identifying examples of each. They were reminded that eating healthy helps their bodies stay strong.



**"HAROLD" & HEALTHY CHOICES:** Students met the Life Education Center's mascot, Harold the Giraffe, who brought along a book about making healthy choices like exercising, getting enough rest, and eating fruits and vegetables.

**SAFE MEDICATION PRACTICES:** Students also discussed taking medicine when they are sick. They learned to only take medicine from a trusted adult and to follow safety rules like keeping medicines out of reach and to not share medicines with others.

**HEALTHY vs. UNHEALTHY:** To review all the healthy choices learned during our visit, the students identified healthy vs. unhealthy choices using a picture game. Having a positive attitude and using self-praise and peer-praise to support a healthy mindset was also emphasized.

***Ask your child to tell you more!***

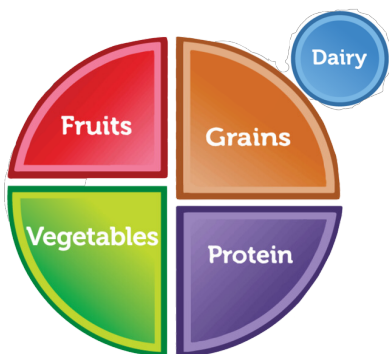
**"WISE HIGHS...  
CHOICES YOU  
CAN LIVE WITH!"**



## To reinforce these lessons at home:

Have some fun as a family by creating, shopping for, and cooking a meal together.

Plan your meal at home first to make sure it includes the **five food groups**. Encourage your child to help serve the meal.



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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