

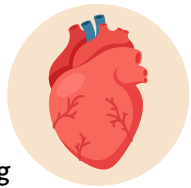


## Parents and Guardians of **FIRST GRADERS**

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

During our visit, students talked about being a good friend to themselves and those around them. They discussed how to be a good friend to their own bodies by eating healthy, exercising, getting adequate sleep, using medicine properly when sick, and practicing good hygiene.

A game called "Karpet Kid" helped remind the students of what their bodies look like on the inside and the importance of physical health. During the game, compliment connections were made to remind them of how to be a good friend and the importance of social-emotional health.



Exercising to an upbeat song reinforced the concept of being a good friend to our bodies.

Before leaving, students were visited by the Life Education Center's mascot, Harold the Giraffe, who completed the lesson with a song about the importance of good hygiene.

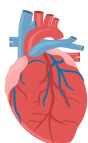
***Ask your child to tell you more!***

**REMINDE 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 Karpets 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.*



**Life Education Center  
Pledge for Life Partnership**

Iroquois - Kankakee



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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