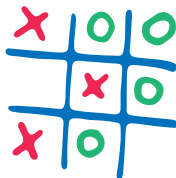




Parents and Guardians of **SECOND GRADERS**

*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
 - How the brain influences their personality, learning, movements, and body functions
 - The growth mindset, or the value of not giving up when things get difficult, and the brain's power of resilience



- To review all the information about our body organs and the amazing brain, students played a game called "Head to Toe, Tic-Tac-Toe."
- Before leaving, the students were visited by the Life Education Center's mascot, Harold the Giraffe, who sang 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.



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

Brenda Wetzel, Director of Life Education Center Programs
I-KAN Regional Office of Education
1 Stuart Drive, Kankakee, IL 60901
(815) 936-4606

bwetzel@i-kan.org www.i-kan.org
www.facebook.com/pflpartnership



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