

Parents/Guardians of First Graders

Your child visited the Life Education Center!

During our visit, students talked about being a good friend to themselves and to those around them. With the help of TAM, a transparent anatomical mannequin, 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 through dancing to an upbeat song reinforced the concept of being a good friend to our bodies and to others.

Before leaving, students met the LEC's mascot Harold the Giraffe, who completed the lesson with a song about the importance of good hygiene.

Remind your child that as a family you choose:



**"Wise Highs...
Choices You Can
Live With!"**

To reinforce this lesson at home:



Ask your child to tell you about the Karpel Kid game and what they learned about their body.



To reinforce lessons taught on prescription medicine, check all prescription and over-the-counter medicines 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.

Administered by the I-KAN Regional Office of Education with support from the



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 www.i-kan.org

Funding provided in whole or in part by the Illinois
Department of Human Services
and the Substance Abuse
and Mental Health Services Administration (SAMHSA).
Printing of this brochure also partially funded by:

