

Your child visited the Life Education Center!

With the help of TAM, a transparent anatomical mannequin, students started the day by being reminded why it is important to keep their bodies healthy including the proper use of medication.

Students learned about the amazing brain and how it sends messages at speeds faster than lightning through the nervous system. They also learned how the brain influences their personality, learning, movements, and body functions.

With a game called Head to Toe: Tic Tac Toe, they reviewed what they learned about the body and brain.

Students also participated in several activities that taught them about the value of not giving up when things get difficult, and the brain's power of resilience.

Before leaving, students met Harold the Giraffe, the Life Education Center mascot, and learned a song about keeping their bodies healthy.

Remind your child that as a family you choose:



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

To reinforce this lesson at home:



Have some fun as a family enjoying these jokes:

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 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.

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