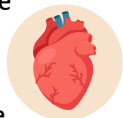




# Parents and Guardians of **FIRST GRADERS**

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

- During our visit, students learned about:
  - Being a good friend to themselves and those around them
  - Being a good friend to their own bodies by eating healthy, exercising, getting adequate sleep, using medicine properly when sick, and practicing good hygiene
- Students played a game called "Carpet Kid" to learn about what their bodies look like on the inside.
- To reinforce being a good friend, and the importance of social-emotional health, students practiced working together as a team, and giving compliments to each other during the game.



- After singing and dancing to an upbeat song, students were visited by the Life Education Center's mascot, Harold the Giraffe, who sang a song about the importance of good hygiene.

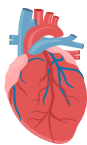
***Ask your child to tell you more!***

**REMIND YOUR CHILD THAT  
AS A FAMILY YOU CHOOSE:**

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



## To reinforce these lessons at home:



Ask your child to tell you about the Carpet 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.*



For more resources, please visit us at  
[www.pledgeforlife.org](http://www.pledgeforlife.org)



Administered by the I-KAN Regional Office of Education  
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