



Parents and Guardians of **KINDERGARTENERS**

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

THE HUMAN BODY: Students learned about the basic body parts of the human body (muscles, bones, heart, lungs, stomach, and brain) and then incorporated them into a song and dance.

FOOD GROUPS: Students learned about the five food groups (fruits, vegetables, grains, protein, and dairy) by identifying examples of each. They were reminded that eating healthy helps their bodies stay strong.



"HAROLD" & HEALTHY CHOICES: Students met the Life Education Center's mascot, Harold the Giraffe, who brought along a book about making healthy choices like exercising, getting enough rest, and eating fruits and vegetables.

SAFE MEDICATION PRACTICES: Students discussed taking medicine when they are sick. They learned to only take medicine from a trusted adult and to follow safety rules like keeping medicines out of reach and to not share medicine with others.

HEALTHY vs. UNHEALTHY: To review all the healthy choices learned during our visit, the students identified healthy vs. unhealthy choices using a picture game. Having a positive attitude and using self-praise and peer-praise to support a healthy mindset was also emphasized.

Ask your child to tell you more!

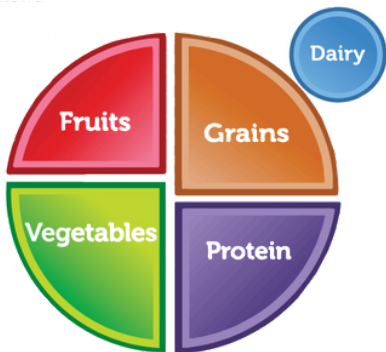
**"WISE HIGHS...
CHOICES YOU
CAN LIVE WITH!"**



To reinforce these lessons at home:

Have some fun as a family by creating, shopping for, and cooking a meal together.

Plan your meal at home first to make sure it includes the **five food groups**. Encourage your child to help serve the meal.



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



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