



Parents and Guardians of **THIRD GRADERS**

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

- During our visit, students learned about:
 - The importance of making healthy choices for their amazing and unique bodies
 - How our body organs work together as a team to keep us healthy
 - Different substances in our community that can harm our awesome bodies
 - The importance of individuality and having choices



- After helping the Life Education Center's mascot, Harold the Giraffe, get out of a peer pressure situation, the students had the opportunity to role play different scenarios to practice keeping themselves safe if they are ever peer pressured.
- The importance of individuality was readdressed when students took a "spaceship ride" to the planet Conformatron - a place where everyone is the same and individual choice is not an option. Students had to escape back to earth by thinking about choices they have in their lives and what makes them different than everyone else.

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 some fun as a family with the activity:

Did You Know?

DYK: The appendix is an organ you can live without!

What other interesting facts can you find out 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



Administered by the I-KAN Regional Office of Education
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