

Your child visited the Life Education Center!

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, and practicing good hygiene.

A game called Karpet Kid helped remind them of what their bodies look like on the inside and why they need to stay healthy.

Dancing to an upbeat song reinforced the concept of exercise and its importance in keeping the body healthy.

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

Students learned facts about taking the correct amount of medicine and played a game, Good Choice - Bad Choice.

Remind your child that as a family you choose:

**“Wise Highs...
Choices You Can
Live With!”**

Parents/Guardians of First Graders

To reinforce this lesson at home:

As a family talk about the carpet kid game and body organs.

To reinforce lessons taught on prescription medicine, check all prescription and over-the-counter medicines in your home and make certain they are in a secure location.

The Life Education Center encourages every household in Kankakee and Iroquois counties to:

1. Take medications exactly as prescribed
2. Store prescription drugs in locked and secure locations
3. Properly dispose of unused medications
4. Promote safe medication practices and teach others to do the same

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



Pledge for Life Partnership

Brenda Wetzel, Director of Life Education Center Programs

I-KAN Regional Office of Education
189 E. Court Street, Suite 600
Kankakee, IL 60901
815-936-4606
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:

