

Dear Parents and Guardians,

Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy choices now and in the future.



Lesson Highlights

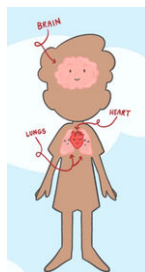
Key Learning Adventures:

This week, your student learned about their body. While each body is unique, we all have the same common elements. Our lungs supply our body with necessary oxygen and remove carbon dioxide with every exhale. Our hearts are required to pump blood throughout the entire body. Our brain is the central hub for all thought and action.



Why it Matters

Our body is an amazing web of different parts that function as a whole. Understanding how important elements like our heart, lungs, and brain work together is just the beginning of understanding all that our bodies are capable of.



Conversation Starters

Ask your student to show you where their brain, lungs, and heart are located in their body.

Have your student tell you about the importance of their brain, lungs, and heart.

Have your child measure their resting heart rate, followed by 25 jumping jacks, or a run around the yard. Have them measure their heart rate again and ask them to explain the difference.



Parent Resources

Emily's Hope Substance Use Prevention Curriculum

<https://emilyshopeedu.org/>

Emily's Hope Parent Resources

<https://parents.emilyshopeedu.org>

Emily's Hope website

<https://emilyshope.charity/>