

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:

In this lesson, your student learned about their five senses and how important they are. They reviewed the importance of a healthy heart, lungs, and brain in keeping their bodies functioning properly.

Learning the importance of caring for their body and keeping themselves safe and healthy will lead them to daily, healthy habits.



Why it Matters

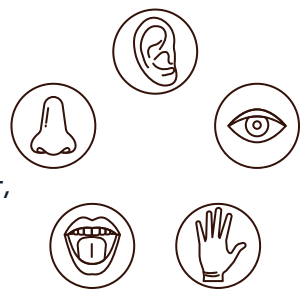
Children need a solid foundation of good nutrition, regular physical/mental activity, and plenty of sleep to keep their bodies healthy.

By making healthy choices a fun affair, with many opportunities to use their five senses, your child can develop positive healthy habits that last a lifetime.



Conversation Starters

Ask your student to identify different parts of their body and to describe what each one contributes (eyes - sight, hands - feel, nose - smell, etc.)



Ask your student to describe the important functions of their heart, brain, and lungs.

Reinforce with your student that keeping their bodies healthy involves getting good sleep, nutritious foods, and regular movement.



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/>