



# HOME CONNECTIONS

2nd Grade / My Brain

## Dear Parents and Guardians,

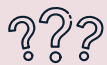
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



### Lesson Highlights

#### Key Learning Adventures:

This week, your student learned about the power of their own brain. Specifically, they learned the neocortex (thinking brain) and the limbic system (feeling brain). Our neocortex helps us to solve problems, make good decisions, and to learn. Our limbic system is responsible for our emotional reactions, remembering to breathe, and keeping us alert to danger. Both are vital parts of our nervous system.



### Why it Matters

Learning about their brain helps children understand their own thoughts and emotions, providing them with a vocabulary to articulate their feelings and needs. This self-awareness is a crucial step in developing emotional intelligence, self-regulation, and healthy social-emotional skills.

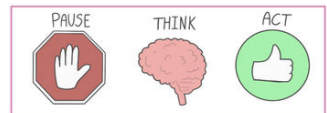


### Conversation Starters

Ask your student to describe the difference between their thinking brain (neocortex) and their feeling brain (limbic system).

Ask your student about a time when they felt they made a poor decision and what they learned from it.

Ask your student how they make good decisions. Remember, the PTA (Pause-Think-Act) approach is a good tool for decision-making.



### 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/>