



HOME CONNECTIONS

Third Grade / My Body

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.

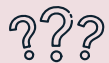


Lesson Highlights

Key Learning Adventures:

This week, your student learned about their body. More specifically, your child learned how their bodies are intertwined in response to our feelings, to protect and keep us safe, as well as to keep us physically, mentally, and emotionally healthy.

Our bodies are capable of so much, and there isn't a single part that doesn't have an impact on another.



Why it Matters

Body interconnectedness helps children develop essential skills like emotional regulation and self-awareness, as a strong mind-body connection is crucial for managing stress and building resilience. Understanding how their body works empowers them to make informed, healthy choices and builds a foundation for overall well-being and a positive self-image.



Conversation Starters

Ask your student to name as many parts of their body and explain what each one is responsible for.

Ask your student to share what they appreciate most about their own body.

Ask your student how the brain acts as the "central hub" of the body. What can your child do to keep their brain healthy?



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/>