



HOME CONNECTIONS

Sixth 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. We all have regular daily impulses. We wake up in the morning and may reach right for our phone. We get home after a long day, and we may want to hit the couch and turn on the TV. These are our regular impulses. They are learned behaviors built up over time. Impulse control is the wherewithal to recognize these behaviors and having the ability to change that behavior. Just as our impulses are built over time, it takes time and mindfulness to correct any negative impulses in our lives.



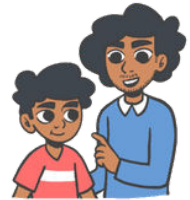
Why it Matters

Understanding impulse control is important for children because it helps them build strong social skills, make better decisions, and facilitates academic success. By learning to control their impulses, children can cooperate with others, cope with frustration, and think before they act, which is crucial for developing strong friendships and a positive social environment.



Conversation Starters

Ask your student to explain in their own words what "impulse" means (the ability to act/react to circumstances without much thought).



Together with your student, go through your day and write out a list of impulses that you might have. What actions did you complete with little thought?



From your list of daily impulses, what were the healthy and not-so-healthy impulses you had?



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/>