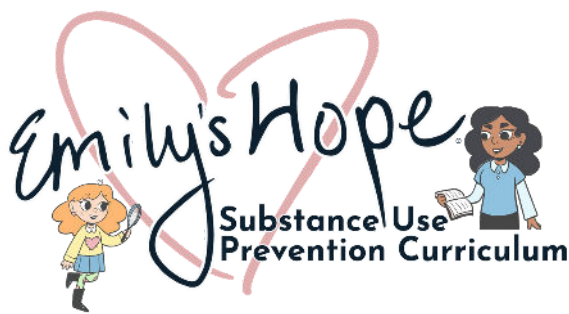




HOME CONNECTIONS

Kindergarten / 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:

In Lesson 1 - My Body, your student met Emily and her friends as they learned about their bodies.

They discussed how important their head, arms, legs, chest, hands, feet, and brain are in their day-to-day activities. Your child practiced identifying their main body parts and what they do. They also learned how each body is unique and different for everyone.



Why it Matters

As your child continues to learn with Emily's Hope, they will begin to see how important each aspect of their body is to their health and well-being. Learning about our bodies is important. Starting at a young age will help create a strong, healthy foundation for their future.



Conversation Starters

Ask your student to point out on their body different body parts as you name them.

Have your student be creative and draw/color a picture of their own body.



You can use sidewalk chalk outside to trace your child's body and have them draw their special features.

Ask your student what they think is the most important part(s) of their body and why they think that.



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/>