

The Life Education Center

The Life Education Center (LEC) program teaches students in kindergarten through high school the benefits of making sound, healthy choices for their bodies and minds.

Two mobile units travel to 61 public and private schools in Kankakee and Iroquois counties -- reaching approximately 14,000 students annually.

The LEC's curriculum aligns with Illinois State Standards. Instructors use hands-on materials, visuals, discussion and role playing to teach students about the human body, the dangers of its abuse and about the different skills needed to deal with peer pressure. TAM, a transparent anatomical mannequin, teaches the younger students about their bodies and provides older students with an inside view of how chemical substances harm the body. LEC mascot, Harold the Giraffe and his friend, Jocko the Monkey, are favorites with the younger students who learn the importance of exercise and eating good foods.

The LEC also provides a forum for older students. A three-part research-based curriculum proven to delay the onset of alcohol use is taught to 6th, 7th and 8th grade students at participating schools and "Class Action" is being used with high school students. Junior and senior high school students, along with their parents, are encouraged to make a pledge to follow and support laws prohibiting underage alcohol use in the Partnership's annual "Make a Pledge - Make It Stick" social marketing campaign.

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Life Education Centers
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Parents of

First Graders

In the Life Education Center, first graders learn how to choose *Wise Highs*, choices for a happy, healthy body and mind...*Choices You Can Live With!*

This lesson focuses on friendship: How to be a good friend to yourself and to others. We encourage you to talk with your child about these lessons and to add your own family values.

Topics covered include:

- ▲ What our bodies require each day for good physical and emotional health.
- ▲ What the basic body parts are, where they are located and what function each performs.
- ▲ The importance of friendship.
- ▲ Hygiene for your body.



Review Questions

By asking the following questions, your child can share with you what he has learned in the Life Education Center.

- **After hearing Harold the Giraffe sing a song about “caring,” what are some of the ways you can take care of your body?** (*Washing hands, taking a bath or shower, brushing teeth, etc..*)



- **Who got to be the Karpet Kid?** (*A child is selected to lie on the floor and the others help identify where the organs belong in our bodies.*) **What organs were placed on Karpet Kid and what are their jobs?** (*For example, the lungs help us breathe; the heart pumps blood around our body; the stomach helps us digest food; etc.*)
- **What are some ways you can be a good friend to others?** (*Compliment them, be helpful to them or share your toys with them.*)
- **What can you do to be a good friend to your own body?** (*Eat good healthy foods, exercise regularly and get plenty of rest.*)

Follow-up Activities

The following activities can be used to reinforce the lesson taught in the Life Education Center.

- Name five things about yourself that makes you a good friend.
- Draw a picture of a favorite place that you would like to go with a friend.
- Play a game about friendship. Roll a die - - whatever number you get, give that number of compliments to your friend.
- Ask your child to act out what he would do if he had a fight with a friend and how they would act when they were friends again.
- Have your child tell you what song they would sing when they wash their hands to ensure that their hands have been washed thoroughly.
- With your child, think of ways they can get their bodies moving with exercise.

These are just a few ways that we can teach our children about friendship and how important it is for them to take care of their bodies and minds. These discussions will help them to choose ***Wise Highs...Choices You Can Live With!***

To visit the LEC or to learn more, contact Brenda Wetzel, director of Life Education programs, at 815 936-4606.