



## PARENTS' HELP: MY BODY & ME

Dear Parents,

For one of our Human Dignity Curriculum homework assignments, we are asking our first graders to do one thing before \_\_\_\_\_: to practice daily listening to your instructions.  
(date)

Please sign off when s/he has completed the enclosed worksheet, checking off daily whether they have listened, and return this form to me.

\_\_\_\_\_  
(initial)

Name: \_\_\_\_\_

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Grade 1, L6A - Choosing for My Body



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