

Comprehensive Early Childhood Social–Emotional Learning Curriculum



Al's Pals™
Kids Making Healthy Choices

by  **Teaching Strategies®**

Fostering Resiliency When It's Needed the Most

Al's Pals, an evidence-based, comprehensive social–emotional learning curriculum and professional development program designed for the specific needs of preschool children, is now part of the Teaching Strategies family. Al's Pals promotes resiliency in children ages 3–6 through the development of social–emotional skills, self-control, problem-solving abilities, and healthy decision-making.

Help children weather any storm

Al's Pals provides protective factors that may **lessen the long-term effects of trauma**, including effects on a child's brain development, attention, decision-making, learning ability, ability to form healthy and stable relationships, and response to stress.

* Adverse childhood events include

- witnessing violence in the home or community;
- parental mental illness, substance abuse, domestic violence, or incarceration; and
- experiencing violence, abuse, or neglect.



Designated CASSEL
SElect Program



Rated highest level of Evidence
of Effectiveness in the Social-
Emotional Preschool Curriculum
Consumer Report



Designated Model
Program



Designated Effective School-
Based Prevention Program:
Safe, Disciplined, and Drug-Free
Schools Expert Panel

Build the foundation children need for success in school and life

Through fun lessons, engaging puppets, original music, and effective teaching approaches, Al's Pals

- helps children manage feelings and behaviors;
- cultivates conflict resolution and problem-solving skills;
- builds positive relationships and prevents bullying;
- creates caring, cooperative classrooms;
- teaches children to make healthy choices; and
- builds authentic family partnerships.



What's Included in the Al's Pals Program?

Teacher Plans

- 46 lessons that facilitate large-group interactive discussions and problem-solving experiences
- Puppet Scripts and Helpful Hints

Classroom Materials

- 3 puppets
- 38 diverse photos representing themes directly related to core concept of the lesson
- 2 classroom posters
- 2 children's books

Songs and Songbook

- 12 songs that reinforce lessons and core concepts
- Songbook of repetitive, easy words for children to sing

Family-Facing Content

- 8 recognition certificates, 14 family letters, and 1 completion certificate
- Family-friendly language in both English and Spanish

Professional Development

- 1- and 2-day implementation and ongoing face-to-face or virtual offerings
- Interactive offerings tailored to the specific needs of a program, including overviews of characteristics of resilient children and strategies for nurturing resiliency in children



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Children who participated in Al's Pals have been shown to make significant gains in resiliency-related skills such as self-control, social problem-solving, and identification and appropriate expression of emotions.

(Lynch, Geller, and Schmidt, 2004; Lynch and McCracken, 2001)

Contact us to learn more about developing young children's social-emotional skills, problem-solving abilities, and healthy decision-making with Al's Pals.