



# AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

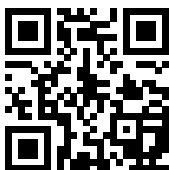
Hi, it's AI! Along with your child's teacher, we've been talking more about **FEELINGS**. We have discovered that we can have many different feelings inside, and that it's normal to have those feelings. We have talked about how feelings are neither good nor bad—they are just feelings. We are learning that it's how we handle our feelings that's important!

In our AI's Pals time, we are playing games and looking at photographs of people showing different feelings—people who are angry, happy, and sad. We are learning that we can choose to handle our feelings in different ways. We even sang songs about feelings! Maybe your child will want to share some songs with you.

Your pal,

**AI**

(Look on the back for at-home activities!)



Sing **Lots of Feelings**  
from the AI's Pals  
Songbook by scanning  
this QR code.

# At-Home Activities to Do With Your Child

1. Molding dough is fun to play with anytime, and for many children, it is particularly appealing when they are angry or frustrated and feel like pounding on something. Did you know that you can make molding dough at home? Here is a recipe you can follow. Al likes this recipe because the dough doesn't crumble. You might particularly enjoy making this recipe with your child when one of you is experiencing strong feelings!

To a saucepan over low to medium heat, add the following ingredients:

**1 cup water (to which several drops of food coloring have been added)**

**1 cup flour**

**1/2 cup salt**

**1 tablespoon cooking oil (e.g., canola, vegetable)**

**2 teaspoons cream of tartar**

Mix the ingredients well and continue to stir while the dough is cooking. If it starts to stick to the pan, reduce the heat. The dough is ready when it has all come together into a ball. Remove the dough from the heat and allow it to cool completely before using it. Store it in a resealable bag or other airtight container. Refrigeration is not necessary.

2. Consider talking with your child about safe and healthy things she can do when she feels angry or frustrated. Together, come up with activities that are acceptable to your family. Remind your child to try these activities the next time she experiences strong feelings.