



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! In your child's class, we are learning how to **CALM DOWN** so we can stay safe and healthy. We have been practicing a great calm-down technique. Here are the steps we learned:

- 1. Take three deep breaths.** Breathe slowly in through your nose and then out through your mouth.
- 2. Count to 5 very slowly.** Take your time as you count: 1... 2... 3... 4... 5.
- 3. Say, "calm down."** Use a soft, quiet voice as you say it.

Your child might need your help using these calm-down steps. You can say something like this:

Emma, it looks like you're feeling really angry. Let's calm down like you are learning at school. Now take a deep breath. Good. Let's take another slow, deep breath. Now one more deep breath. Can you count to 5 very slowly and help yourself calm down a little more?

Your child might want to practice singing our new song: "Calm Down." It helps us remember the calm-down steps! You can check out the back of this letter for more At-Home Activities.

Your calm pal,

AI

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

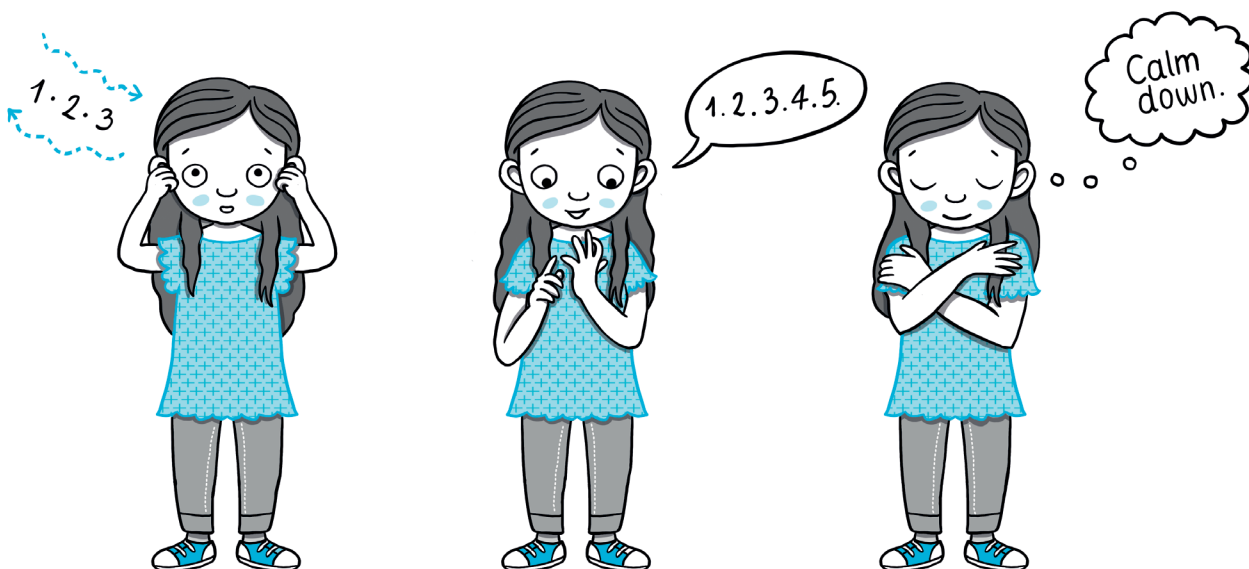


Sing **Calm Down** from the AI's Pals Songbook by scanning this QR code.



At-Home Activities to Do With Your Child

1. Look through old magazines and catalogs with your child for pictures of people showing a variety of emotions (e.g., happiness, sadness, anger, excitement, fear). Try to find people from different age groups, such as infants, young children, school-aged children, and adults.
2. Invite your child to look at each picture and tell you how each person feels. Ask, “How do you know that [the little boy in the blue shirt feels scared]?” Use encouraging words and accept any response that your child provides, regardless of its accuracy: “You might be right. You really thought about that!”
3. Cut or tear out some of the pictures and glue them onto sturdy paper. Ask your child to tell you what to write on the paper about each picture. Post the paper where your child can see it and invite him to refer to it from time to time.



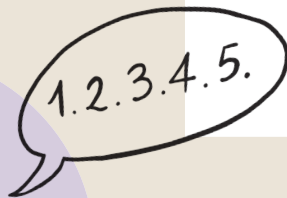
Calm- Down Steps

1



Take 3
deep breaths.

2



Count to 5
slowly.

3



Say
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to yourself.



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