



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! It's wonderful to watch your children grow healthy and strong with us. Your child's teacher and I have been talking with the children about the importance of **TAKING CARE OF OURSELVES**. We thought about different ways we can take care of ourselves so we can continue to be strong and healthy.

Here are some ideas we came up with. Can you come up with more at home?

- Have a consistent bedtime and get enough sleep.
- Exercise and play.
- Limit screen time.
- Play outside when possible.
- Have regular meals and healthy snacks, such as fruits and vegetables.
- Have consistent home and family routines.

Your healthy pal,

AI

