



# AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! Wow, we just keep getting stronger and healthier together! We have been talking lately about ways to keep ourselves healthy. We are super excited because we know lots of ways! We even sing a song called "I Am Strong, and Healthy, Too!" Here are some ideas we have about staying healthy.

- There are things we should never eat, taste, smell, or touch. (Talk with your child about things around the house that they should never put in their mouth or touch.)
- Always ask a grown-up for permission before putting something into your body.
- Who is a trusted grown-up? Someone who cares about you, wants good things for you, and doesn't hurt you.
- We need to take care of our bodies so we will be healthy and be able to do the things we like to do.

Maybe your child will want to sing our song with you. The lyrics to "I Am Strong, and Healthy, Too!" are on the back of this letter.

Your safe and healthy pal,

**AI**

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



Sing **I Am Strong, and Healthy, Too!** from the AI's Pals Songbook by scanning this QR code.



# At-Home Activities to Do With Your Child

.....  
Your child learned this new song recently at school.  
Maybe you can sing it at home together for fun!  
.....

## **I Am Strong, and Healthy, Too!** (sing to the tune of “Bingo”)

I brush my teeth after I eat  
And look both ways to cross the street.

### ***Chorus***

**‘Cause I am strong, and healthy, too.  
I am strong, and healthy, too.  
I am strong, and healthy, too.  
And I bet you are, too!**

Sometimes I make mistakes and that’s just fine.  
I try my best; I’m learning all the time.

### ***Repeat Chorus***

There’s many things around the house  
I’d never put into my mouth.

### ***Repeat Chorus***

When I’m not sure what I should do,  
I ask for help, and you should, too.

### ***Repeat Chorus***

I’m glad I’m here, I’m glad I’m me.  
I’m just as special as can be.

### ***Repeat Chorus***