



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! My fellow puppets and I love being in your child's class and watching them grow! Lately we have been learning how to make safe and healthy choices by practicing something called **BRAINSTORMING**.

Brainstorming involves thinking of as many ideas as you can to find a solution to a problem. Brainstorming is a useful life skill. The more we practice brainstorming, the better we get at coming up with lots of ideas for handling tricky situations and finding solutions. After brainstorming lots of ideas, we look at all of them and decide which one to try first.

We are trying this in our class and discovered that it's really fun to think of lots of ideas! If you'd like, see if your child can tell you about brainstorming. Talk to you soon!

Your pal,

AI

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



At-Home Activities to Do With Your Child

Brainstorm different ways you can move across the room (walk, crawl, jump, jog, hop, take giant steps, gallop, slide, etc.).

Brainstorm things you can do with a sponge (toss it, paint with it, use it as a doll bed, squeeze it, wipe up a spill, etc.).

Brainstorm things you can do with a crayon (color, make rubbings, melt it, use it as a drumstick, roll it across the floor, build with it, etc.).

Read a story together and invite your child to **brainstorm** “What might have happened if...?” You could also read *The Three Little Pigs* and ask your child, “What might have happened if the pig had let the wolf come into his house of straw?” (They became friends, they had a fight, the wolf moved in and lived with the pig, etc.)

Whenever the opportunity presents itself, **brainstorm** with your child and encourage him to come up with lots of ideas!