



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

We are excited to share that this year, our class is using a nationally recognized social and emotional program called **AI's Pals: Kids Making Healthy Choices**. AI's Pals lessons use puppets, engaging songs, and fun activities to help children recognize and understand their feelings, explore positive ways to express their feelings, and get along with others.

Each week, the children will get opportunities to practice making healthy choices, looking at problems in different ways, and finding peaceful solutions to conflicts. We know the children will enjoy this program and learn important skills that will benefit at school, at home, and in their community.

Throughout the year, we will share information with you about our AI's Pals activities and invite your participation. Please be on the lookout for letters from AI, our new puppet and pal!

Sincerely,

