



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

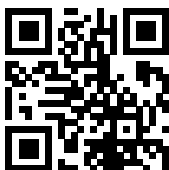
Dear families,

Hi, it's AI! Our AI's Pals Stars are growing and getting stronger every day! This week, we are exploring an important problem-solving skill: **STOP AND THINK**. The children played a game called "Statues" together to practice how to stop and think. When your child's teacher said "Stop!," the children all froze like statues. No one moved a muscle! We had so much fun and learned so much.

Playing "Statues" helped us remember that we can stop and think when our feelings get really big and we start to feel out of control. We are learning that we can stop and think and then decide how to calm down and solve our problems.

We all have big feelings. When your child has big feelings at home, it might help to use the "stop and think" strategy. You can ask your child to think about what they are doing and what they can do next. Practicing taking a short moment to think can help your child develop self-control. When children take the time to stop and think, they are more likely to make safe and healthy choices.

Your pal,
AI



Sing **Stop! Think!**
from the AI's Pals
Songbook by scanning
this QR code.