



# AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! I've been feeling so proud of the children lately. They are learning a lot about feelings and learning how to recognize and handle their own feelings. Lately, we have been talking about what it means to feel **PROUD!** In our AI's Pals time, we looked at photographs of people who feel proud. We talked about what the word proud means. Your child named some things they feel proud of and they might want to share them with you. Consider using the back of this letter to write down some of things your child is proud of.

One way you can help your child understand what *proud* means to is to tell them when you feel proud of yourself or them. When you notice something positive that your child has done—no matter how big or small—consider asking them how they feel at that moment. Maybe they feel proud of what they just accomplished! You can also encourage your child to take a quick peek in a mirror to see how they look when they feel proud.

Your proud pal,

**AI**

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



Sing **We Are Stars**  
from the AI's Pals  
Songbook by scanning  
this QR code.

# At-Home Activities to Do With Your Child

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Child's Name

**I feel proud!**

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