



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

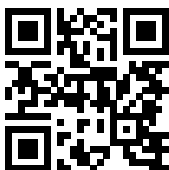
Hi, it's AI! We have such kind children in our class! We have been talking a lot about kindness lately. We discovered **USING KIND WORDS** makes us and the people around us feel good. We even practiced using some kind words and got to talk about how those words made us feel. We used words like *please, thank you, you're welcome, I'm sorry, and excuse me.*

Maybe your child is using kind words at home, too! If so, you might want to let them know how you feel when you hear those words. Maybe your child will tell you how they feel when you use kind words! Modeling when and how to use kind words helps your child learn this important life skill.

Your kind pal,

AI

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



Sing **Power Words**
from the AI's Pals
Songbook by scanning
this QR code.

At-Home Activities to Do With Your Child

1. Consider checking in with your child and asking her to tell you one nice thing that someone did for her today. Then ask her to tell you one nice thing she did for someone else today. You may hear something like “Jaden tied my shoe for me today” or “I helped Amelia pick up the puzzle pieces that she dropped on the floor.” This is quick and simple and could become a daily question to ask when your child returns home from school—right after you’ve asked the standard “What did you do at school today?”
2. Did someone do something nice for you today? You can share that experience with your child! Tell her what that person did and talk about how it made you feel. Be sure to follow up by talking with your child about a nice thing that you did for someone and how they responded.
3. We all love to hear kind words! As always, giving your child a great big hug and a kiss and telling her how much you love her is one way to show her how you feel. Telling her some of the specific things you think are special about her will likely brighten her day!