



# AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

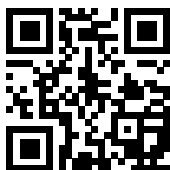
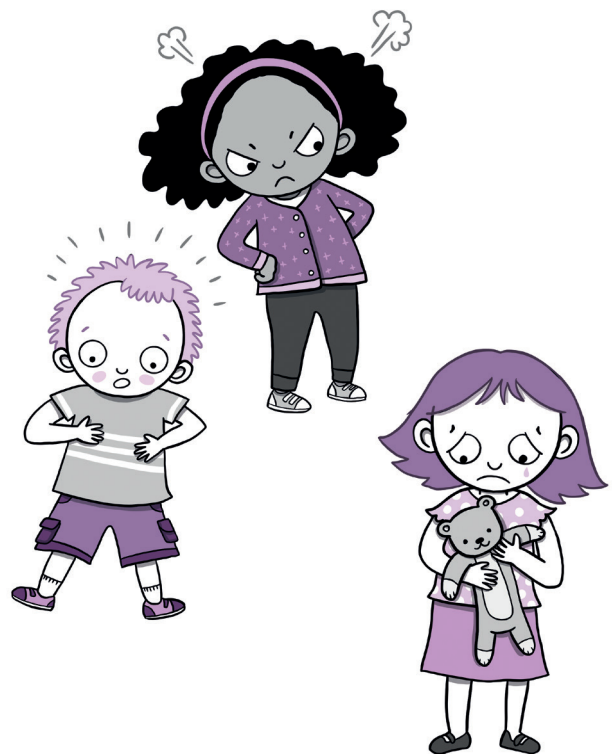
Hello again! I'm AI, a puppet in your child's class. This week, we have been talking about **FEELINGS**. With guidance from your child's teacher, we are learning that we can look at people's faces and bodies to better understand how they express different feelings.

We also are feeling excited because we created a new place in our room called "AI's Place"—a quiet, comfortable place where children can choose to go when they want to think about their feelings, figure out how to act, or calm down when they have big feelings. We think it helps to have a special place to go for a few minutes when you need to figure things out. Do you have a place like "AI's Place" in your home? If you don't, maybe you can invite your child to help you set one up. Talk to you soon!

Your happy pal,

**AI**

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



Sing **Lots of Feelings**  
from the AI's Pals  
Songbook by scanning  
this QR code.

# At-Home Activities to Do With Your Child

1. When you see your child using a facial expression that shows happiness, anger, sadness, frustration, or some other feeling, consider pointing it out. One way to do so is to hold a small hand mirror in front of your child and invite him to look at his face. You might say, for example, “The look on your face tells me that you feel angry right now.”
2. When you find yourself using a facial expression that shows an emotion (e.g., sadness, happiness, anger), invite your child to look at your face and tell you how you are feeling at that moment.
3. Help your child pick out a quiet place in your home to go when she has strong feelings and want to think about those feelings and decide how to act. This could be a special chair, a corner of an out-of-the-way room, or even your child’s bed. Because this is meant to be a place for quiet reflection, your child will get the most out of this time alone when going to this place is their choice.
4. Make sock or paper bag puppets with your child. To make a paper bag puppet, use the flat bottom part of a brown lunch bag as the face. Draw a different face on each puppet you make and tell your child how that puppet is feeling right now. Have two puppets talk to each other.