



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

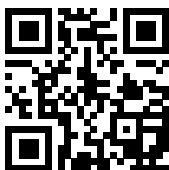
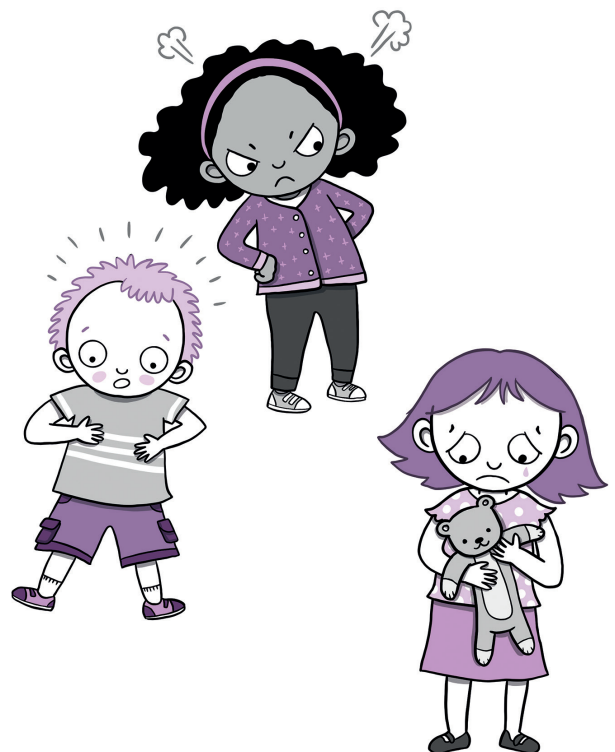
Hello again! I'm AI, a puppet in your child's class. This week, we have been talking about **FEELINGS**. With guidance from your child's teacher, we are learning that we can look at people's faces and bodies to better understand how they express different feelings.

We also are feeling excited because we created a new place in our room called the "calm-down 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 strong 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 "calm-down 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

(See the next page for at-home activities!)



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

At-Home Activities

Help your child identify facial expressions that show different feelings.

- Invite your child to look in a mirror when they are feeling happy, angry, sad, frustrated, silly, etc. Encourage them to notice what their eyes, mouth, and forehead look like.
- Point out and describe your own facial expressions that show emotions, e.g., “I am so happy to see you. See, I am smiling, and my eyes are bright.”

Identify a calm-down place at home.

- With your child, choose a quiet place in your home to go when she has strong feelings. This could be a special chair, a cozy corner in a quieter room, or your child’s bed.
- Keep in mind that visiting the calm-down place is a strategy your child is learning to use to help manage her strong feelings. When she is having strong feelings, consider suggesting she visit the calm-down place, but do not force her to go to it.

Make sock or paper bag puppets.

- Support your child to use markers to draw faces on the flat bottom parts of paper lunch bags or the ends of large, clean socks. Use the puppets to talk about your day, share feelings, or pretend play.