



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! My fellow puppets, Keisha and Ty, and I love being in your child's class and watching them learn and grow! In our lessons, we have been learning how to make safe and healthy choices by practicing something called **BRAINSTORMING**.

Brainstorming involves thinking of as many ideas as you can to find a solution to a problem or an answer to a question. Brainstorming is a useful life skill. The more we practice brainstorming, the better we get at coming up with lots of ideas for handling tricky situations and finding solutions. After brainstorming lots of ideas, we look at all of them and decide which one to try first. If that idea doesn't work, that's okay: we can try another idea from the list.

We are trying this in our class and discovered that it's really fun to think of lots of ideas! If you'd like, see if your child can tell you how we brainstormed different ways to use a paper plate. Talk to you soon!

Your pal,

AI

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



At-Home Activities

Practice brainstorming with your child.

Together, you could brainstorm

- different ways you can move across the room (walk, crawl, jump, jog, hop, take giant steps, gallop, slide, etc.),
- things you can do with a sponge (toss it, paint with it, use it as a doll bed, squeeze it, wipe up a spill, etc.), or
- things you can do with a crayon (color, make rubbings, melt it, use it as a drumstick, roll it across the floor, build with it, etc.).

Brainstorm while reading together.

- As you read with your child, point out problems that arise in the story and brainstorm solutions together. For example, you might say, “She spilled juice all over her sweater. What could she do to solve her problem?” or “This child is sad that his block tower got knocked down. What do you think could help him feel better?”

Brainstorm solutions to real-world problems.

Ask your child to help you brainstorm ideas for problems or questions that are part of your daily life.

- What should we make for dinner?
- It’s raining outside. What activity should we do today?
- What is a quiet activity we can do to get ready for bedtime?