



# AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! This week, we are exploring an important problem-solving skill: **STOP AND THINK**. The children played a game called “Slow-Motion Statues” together to practice how to control their bodies. The children moved slowly around the classroom, and when your child’s teacher held up a stop sign, the children all froze like statues. No one moved a muscle! We had so much fun and learned so much.

Playing “Slow-Motion Statues” helped us remember that we can stop and think when our feelings get really strong and we start to feel out of control. We are learning that we can stop and think and then decide how to calm down and solve our problems.

We all have strong feelings. Practicing taking a short moment to stop and think can help children develop self-control and become more likely to make safe and healthy choices. Talk to you soon!

Your pal,

**AI**

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



Sing **Stop! Think!**  
from the AI's Pals™  
Songbook by scanning  
this QR code.

# At-Home Activities

## **Use the “stop and think” strategy.**

We all have strong feelings. When your child has strong feelings at home, consider using the “stop and think” strategy.

- Ask your child to stop what he is doing. He can stay where he is or move to a quiet area of your home.
- Encourage him to think about what he is doing and what he can do next.

## **Point out stop signs around the community.**

- When you and your child are in your community, point out stop signs and talk about how they help cars know when to stop.

## **Play “Slow-Motion Statues.”**

- Play lively music and dance or move with your child.
- Pause the music as you say, “Statues!” and freeze like a statue with your child.