



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

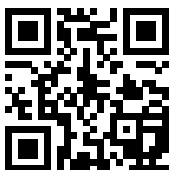
Hi, it's AI! In your child's class, we've been talking more about **FEELINGS**. We have discovered that we can have many different feelings inside and that it's normal to have those feelings. We have talked about how feelings are neither good nor bad—they are just feelings. We are learning that the choices we make when we have strong feelings are what is important.

To learn more about feelings, we are playing games and looking at photographs of people showing different feelings—people who are angry, happy, and sad. We are learning that we can choose to make good choices and manage our feelings in healthy ways. We even sang songs about feelings! Maybe your child will want to share some songs with you.

Your 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

Make molding dough.

Molding dough is fun to play with anytime, and for many children, it is particularly appealing when they are angry or frustrated and feel like pounding or squishing something. Here is a recipe you can follow to make molding dough.

Ingredients

1 cup water
food coloring
1 cup flour
 $\frac{1}{2}$ cup salt
1 tablespoon cooking oil
2 teaspoons cream of tartar

Directions

Add several drops of food coloring to the water. Add all of the ingredients to a saucepan. Mix well over medium to low heat. Stir continuously. If the mix starts to stick to the pan, reduce the heat. The dough is ready when it comes together into a ball. Remove it from the heat and allow it to cool until it is just warm to the touch. Knead the dough for several minutes until it is smooth. Store it in a resealable bag or other airtight container.

Create a calm-down basket.

- With your child, create a calm-down basket that includes quiet items your child can use when she feels strong emotions, e.g., a favorite book or toy, a stress ball, or water bottles filled with colored water and sequins.
- Explain to your child that she can use these items when she feels upset, frustrated, or sad.
- Place the basket of items in a quiet area in your home that your child can easily find. Support her to use the items when she feels strong emotions.