



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! In your child's class, we are learning how to **CALM DOWN** when we have strong feelings. We have been practicing a new calm-down technique. Here are the steps we learned.

- 1. Take three deep breaths.** Breathe in slowly through your nose and then out through your mouth.
- 2. Count to 5 very slowly.** Take your time as you count: 1...2...3...4...5.
- 3. Say, "Calm down."** Use a soft, quiet voice as you say it.

Your child might need your help using these calm-down steps. You can say something like this.

It looks like you're feeling really angry. Let's use the steps you learned at school to help you calm down. Now take a deep breath. Good. Let's take another slow, deep breath. Now one more deep breath. Can you count to 5 very slowly and help yourself calm down?

Your child might want to practice singing our new song "Calm Down." It helps us remember the calm-down steps!

Your calm pal,

AI

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



Sing **Calm Down**
from the AI's Pals™
Songbook by scanning
this QR code.



At-Home Activities

Talk about feelings while reading.

- While reading with your child, encourage her to pay attention to how characters show their feelings, e.g., frowning when they are sad or crossing their arms when they are angry.
- Point out characters and ask your child, “How are they feeling?” and “Why do you think they feel that way?”

Create a feelings collage.

- Look through magazines or catalogs with your child and invite him to cut out pictures of people expressing different emotions. Try to find people from different age groups, such as infants, young children, school-aged children, and adults.
- Review the pictures one at a time and ask your child, “How are they feeling?” and “How are they showing how they feel?”
- Glue the pictures to a piece of sturdy paper.

Display the *Calm-Down Steps* poster.

- With your child, choose a place in your home to hang the *Calm-Down Steps* poster. This could be near the calm-down place you created or in another quiet area of your home.
- Review and practice the steps with your child regularly.



Calm- Down Steps

1



Take 3
deep breaths.

2



Count to 5
slowly.

3



Say,
"Calm down,"
to yourself.



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Calm-Down Steps

1



**Take 3
deep breaths.**

2



1.2.3.4.5.

**Count to 5
slowly.**

3



Calm
down.

**Say,
"Calm down,"
to yourself.**



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