



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! We are learning so much about feelings! Our class has been talking about feeling angry and what we can do when we feel angry to help ourselves calm down. My puppet friend, Keisha, told the children a story about how her mom was angry and yelled at her for no reason after an argument her mom had with her dad. It made Keisha feel scared.

We learned that, just like children, adults can feel frustration and anger, too, and that people sometimes make bad choices when they are angry, such as yelling at or being mean to other people. We worked together to create a list of things the children can do when they are around others who are angry. Review the list with your child and see if you can come up with more ideas!

- Move away from the person who is angry.
- Don't try to talk to them or ask them questions.
- Choose an activity to do in a different area or room.
- Find a trusted grown-up who is calm to talk to.

Sometimes, adults snap at or yell at others in moments of anger or frustration. When this happens with your child, it's important to talk with them about what happened after you calm down. You might take a deep breath and say, "I am sorry that I yelled at you. I was feeling angry about something else, and it is not your fault that I yelled. I am working on managing my strong feelings, too." Apologizing to your child helps repair the relationship, helps them feel more secure, and reinforces that they are not responsible for your emotions.

Your pal,

AI