



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

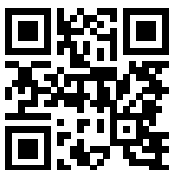
Hi, it's AI! We have such kind children in our class! We have been talking a lot about kindness lately. We practiced using kind words and phrases, like “please,” “thank you,” “you’re welcome,” “I’m sorry,” and “excuse me.” We talked about how those words made us feel and discovered that using kind words makes us and the people around us feel good. We call these words **POWER WORDS** because they can help change how someone feels.

Maybe your child is using power words at home, too! If so, you might want to let them know how you feel when you hear those words, e.g., “When you said ‘thank you’ after I helped you put on your coat, it made me feel happy and appreciated.” Maybe your child will tell you how they feel when you use power words! Modeling when and how to use power words helps your child learn this important life skill.

Your kind pal,

AI

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



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

At-Home Activities

Talk with your child about kindness.

- When your child comes home from school, ask her to share one nice thing that someone did for her today and one nice thing she did for someone else.
- Tell your child about a nice thing someone has done for you and nice things you have done for others. Share how these acts of kindness made you feel.

Create a list of power words.

- With your child, brainstorm a list of power words that you can use to help each other, and yourselves, feel good.
- Write the words on a big sheet of paper and display it in your home where it can be seen by everyone.