



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! It's wonderful to watch your children grow healthy and strong with us. In our lessons, we learned that taking care of our bodies helps us be healthy so we have enough energy to learn, grow, and play! We talked about the importance of making healthy choices and created a list of ideas that we can try at home and at school.

Here are some of the ideas we came up with. Can you come up with more at home?

- Have a consistent bedtime and get enough sleep.
- Exercise and play.
- Limit screen time.
- Play outside when possible.
- Have regular meals and snacks that include fruits and vegetables.
- Have consistent home and family routines.

Your healthy pal,

AI

