



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! Wow, our class keeps getting stronger and healthier together! We have been talking about ways to take care of ourselves and make healthy choices. We are excited because we know lots of ways! We even know a song about healthy choices we can make called "I Am Strong, and Healthy, Too!" Here are some ideas we have discussed about staying healthy.

- There are things we should never taste, touch, or smell. (Talk with your child about things around your home that they should never taste, touch, or smell.)
- Always ask a grown-up for permission before tasting, touching, or smelling things you are unsure of.
- A trusted grown-up is someone who cares about you, wants good things for you, and doesn't hurt you.
- We need to take care of our bodies so we will be healthy and able to do the things we like to do.

Maybe your child will want to sing our song with you. The lyrics to "I Am Strong, and Healthy, Too!" are on the next page of this letter.

Your safe and healthy pal,

AI



Sing **I Am Strong, and Healthy, Too!** from the AI's Pals™ Songbook by scanning this QR code.



At-Home Activities

.....
Your child learned this new song recently at school.
Sing it at home together for fun!
.....

I Am Strong, and Healthy, Too!

I brush my teeth after I eat
And look both ways to cross the street.

Chorus

**'Cause I am strong, and healthy, too.
I am strong, and healthy, too.
I am strong, and healthy, too.
And I bet you are, too!**

Sometimes I make mistakes and that's just fine.
I try my best; I'm learning all the time.

Repeat Chorus

There's many things around the house
I'd never put into my mouth.

Repeat Chorus

When I'm not sure what I should do,
I ask for help, and you should, too.

Repeat Chorus

I'm glad I'm here, I'm glad I'm me.
I'm just as special as can be.

Repeat Chorus