



## Al's Pals: Kids Making Healthy Choices

### AUDIENCE CHARACTERISTICS

Age Range	Youth ages 3 - 8
Grade	Grades Pre-school – 3
Gender	Both Male and Female

### PROGRAM DETAILS

Type of Program	Prevention
Audience Size	Minimum 8 / Maximum 30
# of Lessons	46 (2 per week)
Length of Sessions	15 minutes each
Duration of Implementation	23 weeks
Training	Required

### HOW IT WORKS

Al's Pals has 46 core lessons that capture real-life childhood experiences and provide opportunities for the children to acquire and practice social and emotional skills. The lessons are delivered by a classroom teacher for 10 to 15 minutes twice a week. An original hand puppet named Al is at the heart of the program and serves as a positive role model. In addition to Al and puppet pals Ty and Keisha, children are engaged through a wide range of teaching tools including scripted puppet-led discussions, guided creative play, original songs, posters, color photographs, message pads, and books.

Through the lessons, children learn and practice positive ways to express feelings, relate to others, communicate, differentiate between safe and unsafe substances and situations, brainstorm ideas, and solve problems. By reinforcing the Al's Pals concepts throughout the day, the teacher shapes a caring environment, encouraging independent thinking, use of self-control, healthy decision-making, and peaceful problem solving. A nine-lesson booster curriculum may be used during the second or third grade to reinforce skills learned through the core lessons.

### BRIEF PROGRAM DESCRIPTION

*Al's Pals: Kids Making Healthy Choices* is an early childhood prevention curriculum and teacher training program. Geared for children ages three to eight years old, Al's Pals develops children's pro-social skills, self-control, problem-solving abilities, and an understanding that they are not to use tobacco, alcohol, and other drugs.

### SPECIFIC OUTCOMES

- Significant increases in pro social behaviors.
- Significant reductions in problem behaviors such as social withdrawal.
- Significant increases in positive coping behaviors such as seeking help to solve a problem.
- Significant decreases in negative coping behaviors such as the use of physical or verbal aggression to solve problems.
- Prevention of increases in antisocial and aggressive behaviors that might otherwise occur.

Letters from AI are regularly sent home to inform parents about the life skills their children are learning and suggest activities parents can use to help their children practice and retain these skills. The curriculum also includes “AI-a-Grams”— school-to-home messages, delivered home by the children that recognize positive behavior noted at school (e.g., caring about others’ feelings or calming down).

## IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Complete lessons need to be delivered twice a week by a trained classroom teacher in the sequence in which they are written.
- The classroom teacher needs to practice, reinforce and model key AI’s Pals concepts throughout the day.
- A two-day training is required for all classroom teachers who will deliver the program.

## MATERIALS AND TRAINING

### *Required Materials*

46-lesson curriculum kit - \$685

Parent letters for second year - \$50 per classroom

### *Optional Materials*

Booster Curriculum Kit - \$285

Calm down or problem solving poster for Home Use - \$5 each

Music CD for Home Use - \$15

### *Training (Required)*

Two-Day implementation training - \$300 per person\*

\*Teachers and their instructional assistants are authorized to use the AI’s Pals curriculum only upon completion of the two- day introductory training session. Training sessions can be customized to be offered on-site, in a community for a group of 30 participants. Additional expenses for on-site training include training space, food, shipping of materials, and trainers’ travel and per diem expenses.

- On-site training for a group of up to 30 people is available for \$8,000 flat training fee. For groups less than 25 people the flat training fee is \$6,500. The host organization is responsible for shipping/handling fees, on-site training facility, food, and trainer travel expenses.
- 1 – 3 additional training slots may be purchased for \$800.
- Live on-line training is a new training option. Seven online training sessions with a duration of 2 hours each session. The fee is \$325 per person. Each participant will need to be at their own computer. A fee of \$4,300 for a group of up to 15 people and \$3,500 for a group of up to 12 people. An additional \$600 for up to 2 additional slots. Call Wingspan to determine whether this training method is most suitable for your setting.

Refresher and advanced training sessions are available for experienced AI’s Pals teachers. The fee is \$1,500 for a group of 30 people, and \$25 per person beyond the 30. These three-hour sessions fine tune the teachers’ skills and enhance their program implementation techniques.

## PROGRAM CONTACT

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## ADDITIONAL INFORMATION

Website: <http://www.wingspanworks.com>

[Program Information Worksheet](#)

[SAMHSA’s National Registry of Evidence-based Program & Practices \(NREPP\) Review Documents](#)