Developing Children's Wellbeing Skills

Al's Pals 2021-2024 Impact Report

EO has implemented Al's Pals in early childhood care and education centers across Southwest Virginia. This nationally recognized, evidence-based, social–emotional learning curriculum is designed for children ages 3 to 6. By facilitating Al's Pals curriculum and resources, EO empowers young children to learn how to make healthy decisions, resolve conflicts, manage their feelings, and build positive relationships.

Al's Pals™
Kids Making Healthy Choices

VIRGINIA FOUNDATION for HEALTHY YOUTH

Impact Since 2021

67 Classrooms became trauma-informed spaces with interactive lessons, original songs, and engaging puppet shows.

158 Educators were supported with a nationally recognized curriculum that aligned to early learning standards and is based on resiliency frameworks.

1,579 Children ages 3-6 learned how to disagree, make healthy decisions, resolve conflicts, manage their feelings, and build positive relationships.

Issue:

Young children need resiliency now, more than ever, and classrooms provide a unique avenue to skill development.

Challenge:

Teachers are spread thin and need out of the box solutions for social-emotional lessons.

Solution:

EO has implemented a nationally recognized program, Al's Pals, for socio-emotional development in classrooms across Southwest Virginia.

Hear From Al's Pals Educators

"The strategy "STOP! THINK! What's the problem?" has helped my students in several situations, especially in our dramatic play center when items need to be shared."

"The puppet lessons provide students with real-life examples of situations that they can relate to, and the songs give the students a way to express their thoughts through music."

"It is encouraging when working with the children to see that they are using the calm down strategies we have discussed, they are identifying their emotions, and using their words when in a conflict resolution situation."

"I have a child with social anxiety. He tends to have a hard time expressing how he feels. He usually has a breakdown and is unable to communicate what he is feeling. He was able to stop and use his words!!"

"One of my students with autism has successfully completed the calm down steps."

Videos: Al's Pals in Action!

Abbs Valley-Boissevain Elementary in Tazewell County:

Atkins Elementary School:

Create-A-Pal:

First United Methodist in Marion: