# SEPTEMBER

## Theme: All About Emotions

### Sunday
- **29** Back-to-School Collection: Find a range of videos and activities to help your students take the big step into the classroom.

### Monday
- **30** PBS KIDS Classroom Posters: Print posters including a feelings chart, routines checklist and more!

### Tuesday
- **31** 4 Printables: Support social-emotional learning at home with packets for PreK-K or grades 1-2.

### Wednesday
- **1** Use Your Words and Say How You Feel: Daniel Tiger and his friends sing about letting others know how they feel.

### Thursday
- **2** Family Night: Invite families to enjoy time together with their pals Curious George and Sid the Science Kid.

### Friday
- **3** You Time: Set some positive intentions. Write (or doodle) about your hopes for the new school year.

### Saturday
- **4** Printables: Celebrate what makes families special with activities for PreK-K or grades 1-2.

## Theme: My Family and Me

### Sunday
- **5** Encouragement Flags: Encourage students to keep trying, just like Donkey Hodie.

### Monday
- **6** PBS KIDS Talk About: Race & Racism: Families talk about how we can all build a more equitable society.

### Tuesday
- **7** Self-Awareness: This video explains how children develop self-awareness, the foundation of SEL.

### Wednesday
- **8** Healthy Habits: Children demonstrate covering their mouths when they sneeze and washing hands.

### Thursday
- **9** Guided Mindfulness Exercise: Take five minutes to enjoy a short guided meditation.

### Friday
- **10** Twenty-Second Nursery Rhymes: Help your students practice healthy handwashing routines.

### Saturday
- **11** Printables: Support healthy habits at home with activities for PreK-K or grades 1-2.

## Theme: Healthy Me

### Sunday
- **12** What is Coronavirus?: A doctor explains the Coronavirus and how children can be good helpers.

### Monday
- **13** Healthy Habits: Children demonstrate covering their mouths when they sneeze and washing hands.

### Tuesday
- **14** Guided Mindfulness Exercise: Take five minutes to enjoy a short guided meditation.

### Wednesday
- **15** Twenty-Second Nursery Rhymes: Help your students practice healthy handwashing routines.

### Thursday
- **16** Printables: Support healthy habits at home with activities for PreK-K or grades 1-2.

### Friday
- **17** Printables: Support healthy habits at home with activities for PreK-K or grades 1-2.

### Saturday
- **18** You Time: Set some positive intentions. Write (or doodle) about your hopes for the new school year.

## Theme: Caring for Each Other

### Sunday
- **19** Demonstrating Empathy and Perseverance: Explore creative ways to weave SEL into your classroom.

### Monday
- **20** Affirming Identities, The Content We Teach: Reflect on stories being told in your class, who is telling them, and why.

### Tuesday
- **21** Shared Responsibility: Mister Rogers reminds us we are all helpers and important members of our community.

### Wednesday
- **22** Relationship Skills: How can you help students develop their communication and cooperation skills?

### Thursday
- **23** Kind Acts Bingo: Classroom kindness challenge! How many can your students complete?

### Friday
- **24** You Time: Call a friend and share one way your students surprised you this week.

### Saturday
- **25** You Time: Deep breaths can help calm the body. Take three and remind yourself, you’ve got this.

## Theme: Being Kind

### Sunday
- **26** Teaching with Tunes Collection: Find new music to integrate into your classroom.

### Monday
- **27** Kind Acts Bingo: Classroom kindness challenge! How many can your students complete?

### Tuesday
- **28** Come and Play: Sing and talk about how to include someone who might be feeling left out.

### Wednesday
- **29** Kind Acts Bingo: Classroom kindness challenge! How many can your students complete?

### Thursday
- **30** You Time: Set some positive intentions. Write (or doodle) about your hopes for the new school year.

### Friday
- **31** You Time: Set some positive intentions. Write (or doodle) about your hopes for the new school year.

---

For more classroom resources, visit [klrn.org/learnathome](http://klrn.org/learnathome)

PBS KIDS and the PBS KIDS Logo are registered trademarks of Public Broadcasting Service. Used with permission.