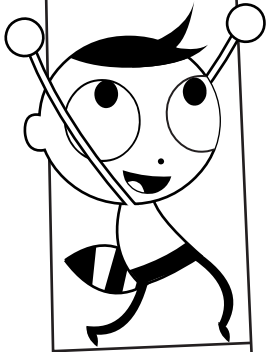
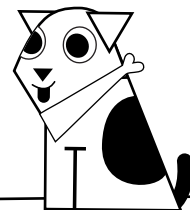
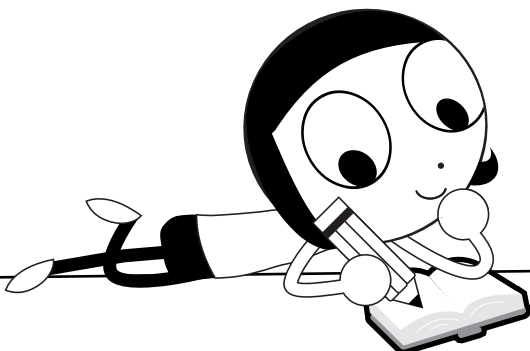
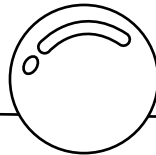
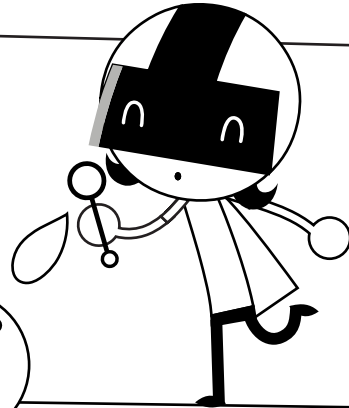


Learn at Home with PBS KIDS



Healthy Me

BINGO





Learn at Home with PBS KIDS

**Week of
December 28th**

Hello, Families!

Welcome to **Learn Along Bingo!** We're happy to share PBS KIDS activities with you and to work with PBS member stations and community partners across the country to help support learning at home. With Learn Along Bingo, children can view, explore, and play as they learn alongside their PBS KIDS friends on the PBS KIDS 24/7 channel. We hope your family will use it to inspire learning each and every day.

It's Healthy Me Week!

In this packet, there are printable activities and everyday learning ideas for you and your child to choose from. As you complete each square, mark it off to celebrate the learning.

Learning Spotlight: Developing Healthy Habits

This week, we're learning how developing healthy habits is important because it helps us to take care of ourselves.

Show What You Know: New Year's Reflections Activity

The last activity in this packet is a perfect way for children to make new goals and habits for the new year.

Tune in: Watch PINKALICIOUS AND PETERRIFIC at 3pm on Tuesday, December 29th on the PBS KIDS 24/7 channel.

Ready for more? Watch your favorite PBS KIDS shows on the 24/7 channel and live stream at pbskids.org/video/livetv or on your local PBS station.

Happy learning!
PBS KIDS

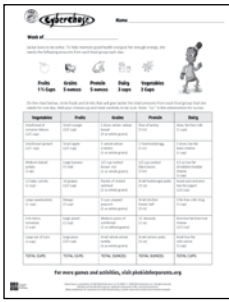


Find free activities, articles and tips to support at-home learning on pbskidsforparents.org

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Healthy Me BINGO



A Healthy Meal



Turn on the music and dance!



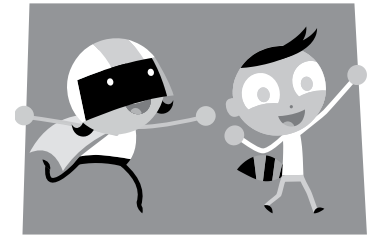
Dance Party



Make decorations to celebrate the new year.



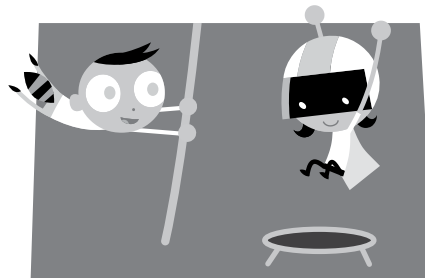
New Year's Reflection



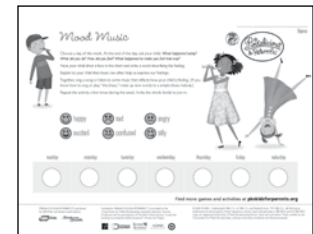
Play the Hokey Pokey.



Jackie Joyner-Kersey's Favorite Sport



Make an indoor obstacle course.



Mood Music



Grades 1-2

Find more games and activities at pbs.org/parents/learn-at-home



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Name _____

Week of _____

Jackie loves to be active. To help maintain good health and give her enough energy, she needs the following amounts from each food group each day:



Fruits
1 ½ Cups



Grains
5 ounces



Protein
5 ounces



Dairy
3 cups



Vegetables
2 Cups



On the chart below, circle foods and drinks that will give Jackie the total amounts from each food group that she needs for one day. Add your choices up and total carefully to be sure. Note: "oz." is the abbreviation for ounce.

Vegetables	Fruits	Grains	Protein	Dairy
Small bowl of romaine lettuce (1/2 cup)	Small orange (1/2 cup)	2 slices whole-wheat bread (2 oz whole grains)	Slice of turkey (1 oz)	Glass fat-free milk (1 cup)
Small bowl spinach (1/2 cup)	Small apple (1/2 cup)	5 whole-wheat crackers (1 oz whole grains)	1 hard-boiled egg (1 oz)	2 slices low-fat Swiss cheese (1 cup)
Medium baked potato (1 up)	Large banana (1 cup)	1/2 cup cooked brown rice (1 oz whole grains)	1/2 cup cooked black beans (2 oz)	1.5 oz low-fat shredded cheddar cheese (1 cup)
12 baby carrots (1 cup)	16 grapes (1/2 cup)	Packet of instant oatmeal (1 oz whole grains)	Small hamburger patty (3 oz)	Snack-size container low-fat yogurt (1/2 cup)
Large sweet potato (1 cup)	Mango (1 cup)	3 cups popped popcorn (1 oz whole grains)	Small chicken breast half (3 oz)	1 fat-free milk chug (1 cup)
6-8 cherry tomatoes (1 cup)	large peach (1 cup)	Medium piece of cornbread (2 oz refined grains)	12 almonds (1 oz)	Slice low-fat American cheese (1/2 cup)
Large ear of corn (1 cup)	large plum (1/2 cup)	Small whole-wheat tortilla (1 oz whole grains)	Small salmon patty (3 oz)	Small low-fat milk carton (1 cup)
TOTAL CUPS:	TOTAL CUPS:	TOTAL OUNCES:	TOTAL OUNCES:	TOTAL CUPS:

For more games and activities, visit pbskidsforparents.org

Dance Party!

Dancing is a great way for kids to get exercise, express their creativity, communicate feelings, and enjoy music. Try some of these dance ideas together—fun for the whole family!

Freeze Dance

Kids dance like they can't stop, and then freeze like a statue!

- Put on music and have everyone dance.
- Stop the music suddenly—everyone freezes in place!
- Repeat by restarting and then stopping the music again.

Let's Dance!

Dances come in many varieties. What's your favorite?

- What's your favorite dance style or steps? Teach your child the basics, then put on some music and boogie!
- Ask your child to show you the dance he or she did in class. Can you guess what he or she is imitating?



The Add-On Dance

Together, make up a dance, step-by-step. Can everyone remember the moves?

- The first dancer does a dance move ("jump up and down," for example).
- The next dancer adds a move ("jump up and down...then spin around").
- Continue to add steps. When the dance has at least three moves, perform it together.

Look for free or low-cost dance performances at schools, libraries, and local arts organizations. With your child, enjoy the excitement of a live show!



PINKALICIOUS & PETERIFIC® is produced by GBH Kids and Sixteen South Studios.



Funding for PINKALICIOUS & PETERIFIC® is provided by the Corporation for Public Broadcasting, and public television viewers. Produced with the participation of Northern Ireland Screen. Corporate funding is provided by Kiddie Academy®, Homer and Target.



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Jackie Joyner-Kersey

Name _____

Jackie loves track and field! She was the first American woman to win a gold medal in the heptathlon and she was a three-time gold medal-winning Olympian! Draw a picture of you practicing your favorite sport.

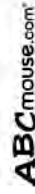
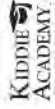


Find more games and activities at pbskidsforparents.org

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Based on Brad Meitzer and Christopher Eliopoulos' best-selling kids book series

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Name

Mood Music



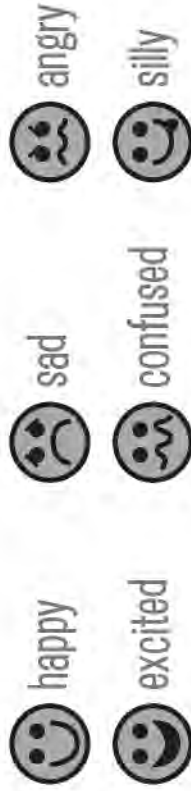
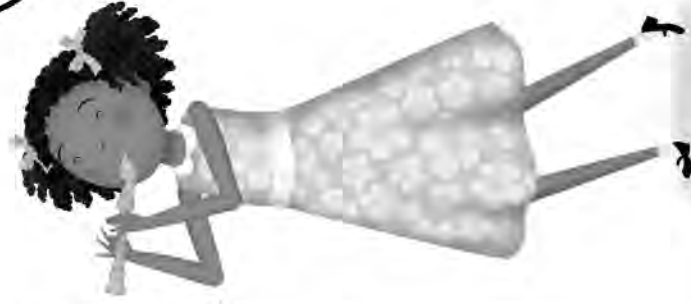
Choose a day of the week. At the end of the day, ask your child: *What happened today? What did you do? How did you feel? What happened to make you feel that way?*

Have your child draw a face in the chart and write a word describing the feeling.

Explain to your child that music can often help us express our feelings.

Together, sing a song or listen to some music that reflects how your child is feeling. (If you know how to sing or play "the blues," make up new words to a simple blues melody.)

Repeat the activity a few times during the week. Invite the whole family to join in.



sunday

monday

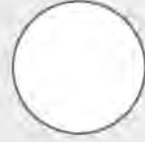
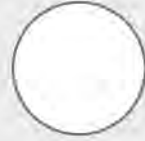
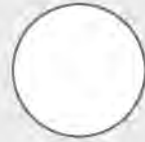
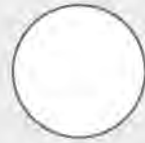
tuesday

wednesday

thursday

friday

saturday



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Find more games and activities at pbskidsforparents.org

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New Year Reflections

Name: _____

Age: _____

In 2020...

I liked reading books about: _____

I really loved learning about: _____

My favorite family memory is: _____

When the year began, I couldn't: _____,
but now I can!

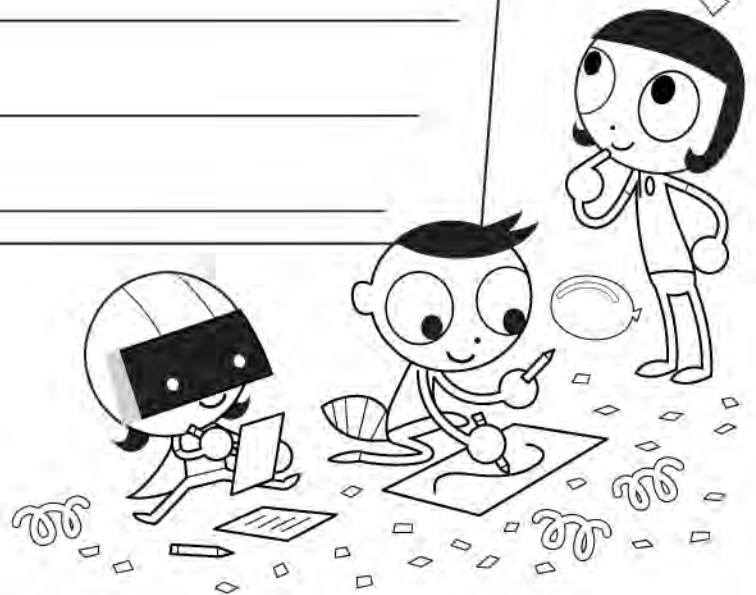
In 2021...

I want to read books about: _____

I want to learn about: _____

I am looking forward to: _____

My goal for the new year is to: _____





Learn at Home with PBS KIDS

Schedule Begins October 5, 2020

Explore reading, math, science, life lessons, and more on the PBS KIDS 24/7 channel and live stream! The TV schedule below offers you and your child a chance to learn anytime alongside your favorite PBS KIDS characters.



TIME (M-F)	SHOW	GRADE	LEARNING GOAL
6/5c am	Splash and Bubbles	PK-K	Science
6:30/5:30c am	WordWorld	PK-K	Literacy
7/6c am	Peg + Cat	PK-K	Math
7:30/6:30c am	Peep and the Big Wide World	PK-K	Science
8/7c am	Sid the Science Kid	PK-K	Science
8:30/7:30c am	Super WHY!	PK-K	Literacy
9/8c am	Pinkalicious & Peterrific	PK-1	The Arts
9:30/8:30c am	Clifford the Big Red Dog	PK-K	Social & Emotional Learning, Literacy
10/9c am	Let's Go Luna!	K-2	Social Studies
10:30/9:30c am	Dinosaur Train	PK-K	Science
11/10c am	The Cat in the Hat Knows a Lot About That!	PK-1	Science & Engineering
11:30/10:30c am	Martha Speaks	K-2	Literacy
12 pm/11c am	Nature Cat	K-3	Science
12:30 pm/11:30c am	Ready Jet Go!	K-2	Science & Engineering
1/12c pm	Arthur	K-2	Social & Emotional Learning
1:30/12:30c pm	Odd Squad	K-2	Math
2/1c pm	Cyberchase	1-5	Math
2:30/1:30c pm	Molly of Denali	K-2	Literacy
3/2c pm	Pinkalicious & Peterrific	PK-1	The Arts
3:30/2:30c pm	Elinor Wonders Why	PK-K	Science & Engineering
4/3c pm	Sesame Street	PK-K	Literacy, Math, Social & Emotional Learning
4:30/3:30c pm	Daniel Tiger's Neighborhood	PK-K	Social & Emotional Learning
5/4c pm	Curious George	PK-K	Math, Science & Engineering
5:30/4:30c pm	Curious George	PK-K	Math, Science & Engineering
6/5c pm	Wild Kratts	K-2	Science
6:30/5:30c pm	Wild Kratts	K-2	Science

Access FREE, at-home learning activities, tips, and more on pbskidsforparents.org



Learn at Home with PBS KIDS

Play and learn anytime and anywhere with free apps from PBS KIDS! Use the chart below to find the app that aligns to your child's grade, learning goal, and favorite PBS KIDS show - then download it on your on your mobile or tablet device to play online, offline, or anytime.

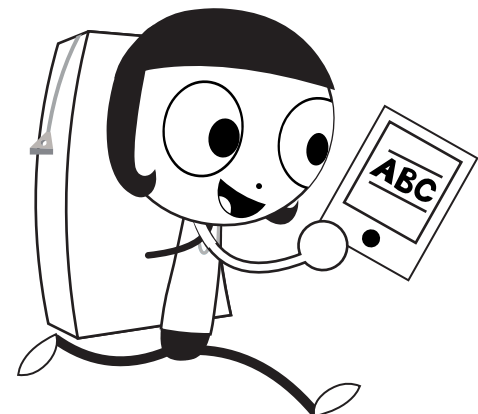
Apps for Social & Emotional Learning

Daniel Tiger for Parents	PK-K	Social & Emotional Learning
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals



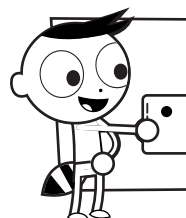
Apps for Literacy Learning

Dinosaur Train A to Z	PK-K	Literacy, Science
Molly of Denali	K-2	Literacy
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals



Apps for STEM Learning (Science, Technology, Engineering & Math)

PBS Parents Play & Learn	PK-K	Literacy, Math	Ready Jet Go! Space Explorer	K-2	Science
Play & Learn Engineering	PK-K	Science and Engineering	Ready Jet Go! Space Scouts	K-2	Science and Engineering
Play & Learn Science	PK-K	Science	Nature Cat's Great Outdoors	K-3	Science
Splash and Bubbles for Parents	PK-K	Science	PBS KIDS ScratchJr	1-2	Coding
Splash and Bubbles Ocean Adventure	PK-K	Science	Outdoor Family Fun with Plum	1-3	Science and Engineering
The Cat in the Hat Builds That!	PK-K	Science and Engineering	Cyberchase Shape Quest	1-5	Math, Science
The Cat in the Hat Invents	PK-K	Science and Engineering	PBS KIDS Games app	K-2	Multiple Learning Goals
Jet's Bot Builder: Robot Games	K-2	Science and Engineering	PBS KIDS Video app	K-2	Multiple Learning Goals
Photo Stuff with Ruff	K-2	Science			



pbskids.org/apps

