



**AT-HOME
LEARNING**

DIGITAL BACKPACK

SOCIAL EMOTIONAL LEARNING





AT-HOME LEARNING



Dear Parents and Caregivers,

For the last few months, your kids have been at home from school, giving you the added responsibility of creating educational experiences at home. We applaud you for finding creative ways to make sure learning is always fun and exciting.

Running out of ideas? We're here to help! We've expanded our **At-Home Learning** service to keep your children learning all summer long with a new digital backpack designed to help students have fun while learning at home.

The resources inside this digital backpack include:

- **Social-emotional learning guide for families**
- **Family reading list**
- **Printable hands-on activities**
- **Tips for balancing screen time**
- **PBS KIDS programming learning goals and reflection guide**
- **PBS KIDS apps and associated learning goals**

Want more resources? Sign up for our e-newsletter at wfsu.org/education.

To get free bilingual resources sent directly to your phone, text WFSU to 27448.*

Feel free to reach out to us with questions. We would love to see photos of families learning with the digital backpack! E-mail us at education@wfsu.org.

The WFSU Education Team

**Standard message and data rates apply.*

You may opt-out of these messages at any time by texting STOP to 27448.

Family Guide for Social and Emotional Learning (SEL)



To help families understand social-emotional learning (SEL) for Kindergarten students, we have prepared this Family Guide with explanations and activities you can do at home with your kids. Doing these types of social and emotional learning activities promotes good mental health for children and families.

Set and Achieve Goals

- It is important to be patient with children when they are setting goals and working toward their goal. Modeling that patience for children will help them develop patience
- A key to success in reaching goals is learning how to respond when you do not achieve the goal on the first attempt. Keeping calm and resetting your course is important

Family Tips for At-Home Learning

- Look for ways that your child is already setting goals, encourage those goals (for example, wanting to skip, wanting to win a game, wanting to draw a certain picture) and talk to them about how to achieve their goal
- Help kids pick a goal, set up steps, and plan what they will do to celebrate the goal when they achieve it. Keep goals small and focused on the kids, not on the parents
- PBS Parents resource: Build self-confidence with a goal-setting activity

Feel and Show Empathy

- Children should begin to recognize when others are in distress
- Children should begin to reach out and try to help when others are in distress
- Children will begin to put themselves in the place of others and think about how they would feel if something bad happened to them

Family Tips for At-Home Learning

- Model how to respond when things happen to others. To model empathy you can say, "Luca broke his toy, I am sure he is sad. I would feel sad if I broke my toy"
- Acknowledge the feelings children are having in the situation and let them know they are not wrong to feel the way they do
- Encourage children to share their feelings and not be ashamed of their feelings
- Use everyday activities to teach empathy and how to express feelings
- PBS KIDS resource: Resilience and family health resources from Arthur



Establish Positive Relationships

- Children should establish secure relationships with adults and other children
- Children should use kind words with each other and work together as a team towards common goals
- Children should start decreasing their aggressive behaviors and negative attitudes

Family Tips for At-Home Learning

- Play games that encourage helping, sharing, and taking turns
- Point out and praise times when children are sharing and taking turns in natural play times
- Read books about helping, sharing, and taking turns, then act out the story with children
- PBS KIDS resource: Life's Little Lessons learning kit from Daniel Tiger

Make Responsible Decisions

- Children make bad choices at times, but the goal is to help children understand bad choices and how to make better choices the next time
- Help children understand there are different choices in different situations
- Make connections between rules and choices. Help children see there are rules we follow and why those rules are important for safety and health

Family Tips for At-Home Learning

- Let children know their bad choices lead to learning
- Bad choices have consequences, but children need to know parents' love will not be affected by making a bad choice
- Give children the responsibility and ability to make choices in their lives and help them work through choices and consequences in safe places
- Use bedtime stories or dinner time stories as a time to model making good choices
- PBS KIDS resource: Explore decision-making with PBS KIDS ScratchJr and WordGirl

Understand Emotions

- Every child is different and develops the ability to control emotions at different ages
- Start with paying attention to children's feelings and noticing how they manage them
- Acknowledge children's emotional responses, provide guidance on developing effective strategies for managing emotions

Family Tips for At-Home Learning

- Help kids understand being emotional is normal and ok
- Help children figure out what they are feeling and why
- Model appropriate responses to emotions
- Have family discussions about times parents and siblings have felt strong emotions and discuss what they did when they felt strong feelings
- PBS resource: Sesame Street Social-Emotional Development Collection



Family Reading List

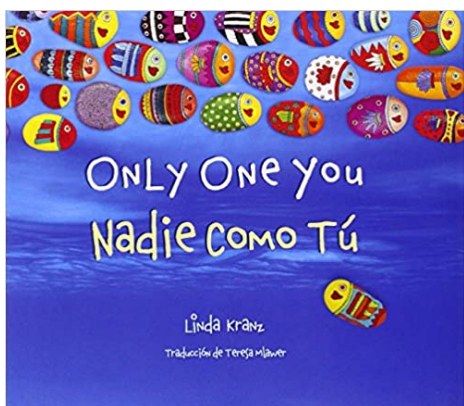
SOCIAL AND EMOTIONAL LEARNING



**AT-HOME
LEARNING**

Reading time can be an easy and fun way to reinforce social and emotional learning at home. Check with your local public library to access these books online or click on the book covers to watch a read aloud of the story.

Only One You



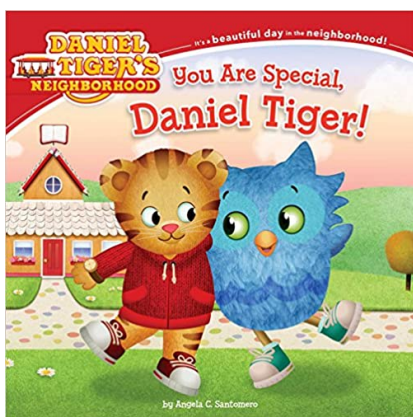
By Linda Kranz
Illustrated by Teresa Mlawer
Ages: 3 to 6

Rosie Revere, Engineer



By Andrea Beaty
Illustrated by David Roberts
Ages: 5 to 8

You are Special, Daniel Tiger!



By Angela C. Santomero
Illustrated by Jason Fruchter
Ages: 3 to 7

Say Something!



By Peter H. Reynolds
Ages: 4 to 8



Family Activity

SOCIAL AND EMOTIONAL LEARNING



DANIEL TIGER'S NEIGHBORHOOD

Bake “Get Out the Mad” Cookies

How do you talk with your children about managing their feelings? This activity encourages children to find another way to deal with feelings like anger and frustration. Tip: The cookies taste better the more you pound on the dough!

Related to Episode 104 / Strategy Song

When you feel so mad that you want to roar, take a deep breath and count to four.

Before You Play

Talk about this activity with your child when she is feeling calm. Ask your child what some common feelings are. When was the last time she remembers feeling happy? Sad? Angry? Explain that there are things she can do when she's angry besides shouting or hitting – things that don't hurt anyone or anything – like pounding on clay or play dough. When you do this activity together she can pound on cookie dough.



Materials

- ☐ 3 cups oatmeal
- ☐ 1 1/2 cups brown sugar
- ☐ 1 1/2 all-purpose flour
- ☐ 1 1/2 cups butter or margarine
- ☐ 1 1/2 teaspoons baking powder
- ☐ Bowl

Directions

- 1** Preheat the oven to 350 degrees Fahrenheit.
- 2** Ask your child to help measure out the ingredients. This is a great opportunity to talk about reading numbers and following directions carefully. Place all ingredients in a large bowl and mix well.
- 3** Give your child a manageable chunk of dough. It's okay for your child to mash it, knead it, and pound it. The longer your child mixes the dough, the better the cookies taste!
- 4** When the mixing is done, show your child how to roll the dough into balls about the size of ping-pong balls, and place them on a lightly greased cookie sheet.
- 5** Bake at 350 degrees Fahrenheit for 10 to 12 minutes.

Next time your child is feeling overwhelmed or angry, suggest making these “get the mad out” cookies. Even if she doesn’t want to at first, you can get the dough started and see if she’s interested in helping you pound the dough!

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<https://www.pbs.org/parents/recipes/bake-get-out-the-mad-cookies>





KIND ACTS

BINGO

**Eat lunch
with a new
friend**

**Take out
the trash**

**Share
your toys**

**Mail
someone
a letter**

**Help clean
after
a meal**

**Set the
table**

**Make a
card for
someone**

**Pick up
litter**

**Say 'please'
and
'thank you'**

**Give a
compliment**

**Say
something
nice to
your parent**

**Tell someone
they had
a good idea
today**

**Free
Space**

**Give a
hug or a
high-5**

**Take care
of a pet
or plant**

**Help
someone
with a chore**

**Hold the
door for
someone**

**Make
food for
someone**

**Make a gift
for your
teacher**

**Apologize
to
someone**

**Take
turns**

**Call a
friend or
family
member**

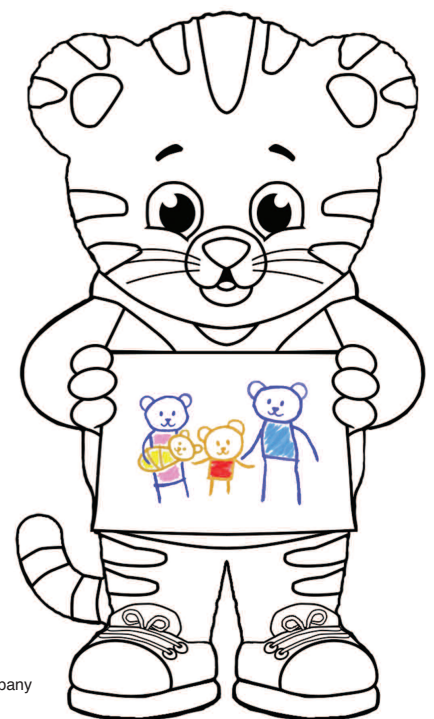
**Read to
someone**

**Help your
teacher**

**Draw
someone
a picture**

Share your completed card by tagging @PBSKIDS and use the hashtag #PBSKIDSBingo.

You can have lots of different feelings when something difficult or unexpected happens. Drawing pictures is one way you can help yourself feel better. Draw a picture that shows how you are feeling today.





AT-HOME LEARNING

NAME _____

PBS KIDS Episode Reflection Guide Grades Pre-K–2

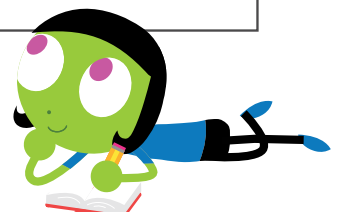
Directions: Take a moment to reflect on your learning from the PBS KIDS episode you watched. Then answer the questions below.

What did you learn from this episode? Discuss with your child key ideas and details. Briefly explain why these details are important to you, the community, and the world.

How can you connect the learning in this episode to everyday learning at home?

For example, if you watched an episode about counting, you and your child can expand this learning at home by counting items during daily routines like doing laundry or washing dishes.

After watching this episode, what do you want to learn more about?



We don't replace reading, we complement reading



Reading is a skill and left untouched for several months, that skill will get weaker! The best part of free time reading is that you get to choose what you want to read!

SORRY!
text messages
and social
media are
typically too
short to call
reading

Mom? Mom...?
MOM?!



Screen zombies are real

Screen zombies are in a halfway state between being awake and being asleep. When you see a zombie, there are two main recommendations: if it's not bedtime, tell the zombie to turn off the screen and do something active. And if it is bedtime, go to bed!

Find your balance



Enjoy the game
AND discuss
strategy.

Screens can be used for things that are BOTH entertaining and informative. Find your balance: watch your movies, but also write a short story. Watch an episode of Nature about cute animals. Design a game. WhatsApp your grandparents.

Adjust your screens at night



We know that bright screens keep people awake—even if the brain and body are tired, bright lights send a strong wake-up signal. After the sun goes down, turn down the intensity of screens.

People with
screens in their
bedrooms sleep
on avg 15 min less
per night. **That's
almost 2 hrs less
sleep per week!**

OUTDOOR EXPLORATION APPS



Nature Cat's Great Outdoors Go on a new adventure every day with the Nature Cat crew as they explore, discover and observe nature in their own backyard and beyond! Kids can observe the daily weather and use a compass, camera, sound recorder and journal to record each nature adventure. **FREE**



Ready Jet Go! Space Explorer Kids can explore the solar system and visit planets, stars and constellations with Jet and his friends. Go on a galactic journey with Jet, Sydney, Sean, Mindy and Sunspot from their backyard in Boxwood Terrace through space! **FREE**



Wild Kratts Baby Buddies Join Martin, Chris, and the Wild Kratts team on an African Savannah creature sitting adventure. These baby animals need a lot of attention and care, and with Wild Kratts Baby Buddies app, kids are in charge of feeding, washing, protecting and playing with each one.



Splash and Bubbles Ocean Adventure Join Splash, Bubbles, Dunk, and Ripple on a journey to the world's undersea habitats. Kids will discover the creatures that live there, learn about many different plants and animals, and build and decorate their very own ocean!



Wild Kratts World Adventure Kids can tilt and tap their way through six multi-level games that encourage exploration of habitats around the world. Focusing on science, each game lets kids observe, explore and use creature power suits to complete missions and help the Kratt Brothers.



Outdoor Family Fun with Plum Get ready for some Outdoor Family Fun with Plum! This app offers daily activities that get families outside, exploring their neighborhood and learning about nature. Spending time outdoors has many benefits and nature is all around – you just have to look! **FREE**



Photo Stuff with Ruff In this camera-based experience, children learn about science by taking pictures of different materials to complete silly scenes. Play it together and record and share your observations in fun, creative ways! **FREE**

Look for more APPS
for iOS and Android
at pbskids.org/apps



PBS KIDS Learning Goals

SOCIAL & EMOTIONAL LEARNING

Daniel Tiger's Neighborhood	2-4	Social & Emotional Learning	
Sesame Street	2-5	Social & Emotional Learning, Literacy, Math, Spanish	
Caillou	2-5	Social & Emotional Learning	24/7 Channel
Esme & Roy	2-5	Social & Emotional Learning	24/7 Channel
Clifford the Big Red Dog	3-5	Social & Emotional Learning	
Mister Rogers' Neighborhood	3-6	Social & Emotional Learning	
Arthur	4-8	Social & Emotional Learning, Social Studies	
Xavier Riddle and the Secret Museum	5-8	Social & Emotional Learning	

LITERACY

Super WHY!	2-5	Literacy	24/7 Channel
WordWorld	2-5	Literacy	24/7 Channel
Martha Speaks	4-8	Literacy (Vocabulary Acquisition)	24/7 Channel
Molly of Denali	4-8	Literacy (Informational Text)	
WordGirl	5-8	Literacy (Vocabulary Acquisition)	24/7 Channel

SOCIAL STUDIES, THE ARTS & MORE

Pinkalicious & Peterrific	3-6	The Arts, Creative Expression	
Let's Go Luna!	4-7	Social Studies (World Cultures and Geography)	

Digital-Only

Kart Kingdom	3-6	Systems Thinking	
Oh Noah!	4-8	Spanish, Cultural Awareness	

STEM (Science, Technology, Engineering & Math)

Peep and the Big Wide World	2-5	Science Inquiry, Life/Physical Science, Math	24/7 Channel
Splash and Bubbles	2-5	Scientific Inquiry, Life Science	
Peg + Cat	3-5	Math	
Curious George	3-5	Scientific Inquiry, Engineering, Math	
The Cat in the Hat Knows a Lot About That!	3-6	Scientific Inquiry, Life/Earth/Physical Science, Engineering & Technology	
Dinosaur Train	3-6	Scientific Inquiry, Life/Earth Science	
Sid the Science Kid	3-6	Scientific Inquiry, Life/Earth/Physical Science, Math	24/7 Channel
Nature Cat	3-7	Life/Earth Science	
Wild Kratts	4-8	Scientific Inquiry, Life Science	
Cyberchase	4-8	Math	
Odd Squad	5-8	Math	
Ready Jet Go!	5-8	Scientific Inquiry, Earth & Space/Life/Physical Science, Engineering & Technology	

Digital-Only

The Ruff Ruffman Show	4-8	Scientific Inquiry, Physical Science, Engineering & Technology	
Design Squad Nation	4-8	Scientific Inquiry, Physical Science, Engineering	
PBS KIDS ScratchJr	5-8	Computational Thinking	
SciGirls	6-8	Scientific Inquiry, Life/Physical/Earth Science, Engineering & Technology, Math	



APP LEARNING GOALS



FREE APPS
at pbskids.org/apps



MULTIPLE LEARNING GOALS FOR KIDS 2-8



Free learning games
with your favorite
PBS KIDS characters
anytime, anywhere!



Thousands of free videos
from PBS KIDS, the #1
educational media brand
for kids.

SOCIAL EMOTIONAL DEVELOPMENT

Daniel Tiger's For Parents	2-5	Social Emotional Development
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LITERACY

Dinosaur Train A to Z	3-6	Literacy
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Molly of Denali	4-8	Informational Text
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ARTS, CREATIVITY AND MORE

PBS KIDS Kart Kingdom	4-8	Creativity
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PBS KIDS Party	4-8	Healthy Habits
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PBS KIDS Stickers	4-8	Creativity
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Plum's Creaturizer	6-9	Creativity
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STEM (Science, Technology, Engineering & Math)

Cyberchase 3D Builder	6-9	Math
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Cyberchase Shape Quest	6-9	Math — Geometry
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Dinosaur Train Classic in the Jurassic Jr.	3-6	Math
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Fetch! Lunch Rush	4-8	Math
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iOS
Only

Jet's Bot Builder: Robot Games	4-8	Space Science
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Nature Cat's Great Outdoors	6-8	Earth Science
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Outdoor Family Fun with Plum	6-9	Nature, Life Science
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PBS KIDS Measure Up!	2-5	Math
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PBS KIDS ScratchJr	5-8	Coding
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PBS Parents Play & Learn	2-5	Math, Literacy
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Photo Stuff with Ruff	4-8	Material Science
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Play & Learn Science	2-5	Weather
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Plum's Photo Hunt	6-9	Life Science, Nature
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iOS
Only

Plum's Creaturizer	6-9	Life Science
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iOS
Only

Ready Jet Go! Space Explorer	4-8	Space Science
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Ready Jet Go! Space Scouts	4-8	Space Science
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The Cat in the Hat Builds That!	3-5	Science Inquiry, Engineering
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APP LEARNING GOALS



PAID APPS at pbskids.org/apps



SOCIAL EMOTIONAL DEVELOPMENT

Daniel Tiger's Day & Night	2-5	Social Emotional Development — Routines
Daniel Tiger's Grr-ific Feelings	2-5	Social Emotional Development — Feelings
Daniel Tiger's Stop & Go Potty	2-5	Social Emotional Development — Potty Training
Daniel Tiger's Neighborhood: Play at Home with Daniel	3-5	Social Emotional Development
Daniel Tiger's Storybooks	2-5	Social Emotional Development

LITERACY

SUPER WHY! ABC Adventures	3-6	Literacy
Super Why! Phonics Fair	3-6	Literacy
Super Why! Power to Read	3-6	Literacy

ARTS, CREATIVITY & MORE

Pinkalicious Party	4-6	Creative Process, Art, Design, Creativity, Roleplaying, Music
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STEM (Science, Technology, Engineering & Math)

Odd Squad: Blob Chase	6-8	Math	
Peg + Cat: The Tree Problem	3-6	Math	
Splash and Bubbles Ocean Adventure	4-7	Ocean Science	
Wild Kratts Baby Buddies	4-8	Social Emotional Learning, Animal Science	
Wild Kratts Creature Math	4-8	Math	iOS only
Wild Kratts Rescue Run	4-8	Animal Science	
Wild Kratts World Adventure	4-8	Animal Science	



All apps are available for all devices unless otherwise indicated



Bright by Text is a free messaging program for parents and caregivers with children ages 0–8 years old.

Receive **free** activities, games, and resources from **WFSU** right to your cell phone. Messages are targeted to your child's age and include educational content from PBS KIDS, Sesame Street, and other partners.

Bright
by



Text: WFSU

To: 274448

To sign up!



Message and data rates apply.



You may opt-out of these messages at any time by texting **STOP** to 274448.
Text **HELP** to 274448 for help.