



View & Do



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Issue 10

Your Monthly Viewing Guide

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Sesame Street 4157

When Elmo teaches Abby what it means to make believe she can't wait to pretend that she is a chicken. Elmo helps her peck, "bawk" and act like she has wings and feathers. Together Elmo and Abby learn that they can pretend to be anything. All they need is their imagination!

When your child uses her imagination to pretend she is not only having fun but also learning about the world, developing thinking skills, exploring new words and testing out her abilities. Encourage your child to pretend by gathering special items in a "pretending box". You might include costume pieces like scarves, towels and hats as well as things that can be used for props like; wooden spoons, plastic cups, paper, envelopes, an old clip board, the list goes on and on...

You might also want to read:

Alexander's Great Pretending Day by Bunny Crumpacker

Don't forget to check us out online.

Go to: www.sesamestreet.com
www.pbskids.org/dragontales



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<p>4106 Rosita and Telly have so much fun signing the alphabet with Bob's niece Samara, who is deaf and can't hear well. Tip: Visit the library or look on the Internet with your child and find more information on sign language. Try signing your names! Letter and Number: C, 2</p>	<p>4087 The Bear family runs and jumps together in the forest while waiting for their porridge to cool. Tip: Encourage your child to jump and hop like the bears do. Moving keeps bodies healthy and strong! Letter and Number: E, 5</p>
<p>4155 Baby Bear needs help in getting Ralphie, his pet parrot, from the tree branch. His Sesame friends help him find ways to solve this dilemma. Tip: Ask your child, what other things would you have tried to get Ralphie back? Letter and Number: H, 3</p>	<p>4135 The number of the day is 8. Tip: Cut an egg carton so it has 8 egg holders. Go on a hunt and find 8 things to fill each holder. Try removing a few items, how many will you now need to have 8 altogether again? Letter and Number: F/I, 8</p>
<p>4107 Big Bird discovers a whole new world when Mumford accidentally makes him very small. Tip: With your child, pretend you're as little as an ant. Take a trip around your house or yard noticing all the things that an ant might see. Letter and Number: M, 20</p>	<p>4088 Elmo, Zoe and Baby Bear all think that one special ball belongs to them. Tip: Ask your child what he learned from the way Elmo, Zoe and Baby Bear learn to share the ball. Letter and Number: X, 17</p>
<p>4108 Count along to the number of the day--the spectacular number 7! Tip: Ask your child to count out seven objects. Ask, "What else can you do to show 7?" Letter and Number: L, 7</p>	<p>4136 Gordon and Susan's nephew, Chris, looks through the newspaper to find a job. Tip: Ask your child what type of job he would like to have someday. Together find out more about that job. Letter and Number: Y, 5</p>
<p>4156 Baby Bear has a very special parrot, Ralphie that can rhyme. Tip: Together, play a rhyming parrot game. One of you can pretend to be Baby Bear and call out a word; the other can be Ralphie and squawk out a word that rhymes with it. Letter and Number: W, 9</p>	<p>4089 <i>Sesame Street</i> is transformed into the "American Fruit Stand" show, where everyone is singing and dancing about yummy, healthy foods! Tip: Together, make up a healthy food song, such as "Yummy granola for you!" sung to the "Happy Birthday" song. Letter, Number: O, 4</p>
<p>4157 Chris helps Elmo practice and practice in order to become a better bowler. Even though Elmo feels frustrated, he keeps on trying until he can do it! Tip: Read <i>Yoko & Friends School Days: Practice Makes Perfect</i> by Rosemary Wells. Letter and Number: Z, 10</p>	<p>4092 Elmo's World: Cats Elmo learns all about cats including pet cats, like Siamese and tabbies, and wild cats, like lions and tigers. Tip: Read <i>The Best Book of Big Cats</i> by Christiane Gunzi. Letter and Number: Z, 14</p>
<p>4083 Global Grover: Biking in the Netherlands A girl learns how to ride a real bike by practicing "walking" a bike first. Tip: What is something your child is learning right now? Discuss what steps could help her get ready to learn and practice something new. Letter and Number: D, 4</p>	<p>4137 Today's word on <i>Sesame Street</i> is "dog." Tip: Go on a walk through your neighborhood or local park to look for different kinds of dogs. Talk together about how these dogs are both similar and different. Letter and Number: A, 11</p>
<p>4158 Elmo and Abby learn that they can pretend to be anything with their imagination. Tip: Draw pictures of things that both of you can pretend to be. Put the pictures in a paper bag, grab one, and pretend to be the thing on that picture. Letter and Number: C, 16</p>	<p>4095 Spanish Moment of the Day: Zanahoria "Zanahoria" means "carrot" in Spanish. Grover sings about the meaning of zanahoria and how carrots are good for the body. Tip: Make a healthy zanahoria snack! Your child can wash the carrots and you can cut them. Letter and Number: Z, 14</p>
<p>4084 Slimey and some worm friends "stretch, wiggle, and yay," while having fun and exercising at the same time. Tip: Play a song that your child likes to move to and stretch, wiggle, and yay. Letter and Number: J, 9</p>	<p>4138 Elmo shares his favorite book, <i>Lucy the Lazy Lizard</i>, with his <i>Sesame Street</i> friends. Tip: Talk together about the title of this book. What letter comes at the beginning of almost every word? That's right. The letter "L"! Now search your own books for the lovely letter "L." Letter and Number: L, 14</p>
<p>4159 Rosita, Abby, and Zoe have trouble playing together because they each want to play a different game. They eventually learn to take turns picking what each person wants to play. Tip: Think of some games and write them on the edge of a paper plate. One person can spin it while the other points to one of the games. Letter and Number: D, 17</p>	<p>4096 Spanish Word of the Day: Familia "Samilia" means "family" in Spanish. Tip: Have your child create a "Mi Familia" or "My Family" collage using crayons, markers, paint, and family photos you've provided. Display for everyone to see! Letter and Number: B, 3</p>
<p>4085 Elmo and Zoe search for four differently colored nutritious foods in "The Healthy Food Game." Tip: With your child, find four (or more) differently colored fruits or vegetables in your kitchen, and use them to make a tasty snack. Letter, Number: G, 6</p>	<p>4139 When Peter Piper and Prince Paul accidentally end up on <i>Sesame Street</i>, Abby must come up with the perfect rhyme to poof them back to fairy tale land. Tip: Pretend that you and your child are helping Abby to send these characters home. What silly rhyme would you say? Letter and Number: P, 10</p>
<p>4160 Oscar the Grouch is the host of the Grouch News Network. Tip: Together host your own news show. Everyone can give an update on their day. Letter and Number: G, 9</p>	

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Family Tips

<p>209 Dragon Tunes: Dance You can dance with the Dragon Tales gang as they sing this lively tune. Tip: Give your child and her friends some instruments like a trash can top and some spoons. Have them make music and dance!</p>	<p>313 On Thin Ice Emmy gives Zak and Wheezie balancing tips when they learn how to ice skate. Tip: Have your child think of something he would like to learn, such as skating, and practice the new skill.</p>
<p>110 Eggs Over Easy Cassie must overcome her fear of the slinky serpent so she can stand up to him and tell him he cannot have the Rhyme Bird's egg. Tip: Read <i>Goggles!</i> by Ezra Jack Keats.</p>	<p>314 Down the Drain The group has to think of ways to refill Dragon Lagoon when Captain Scalawag accidentally pulls the plug. Tip: Ask, "What are some other ways you could fill Dragon Lagoon?"</p>
<p>211 Dragon Tunes: The Ord Shuffle This dragon tune is a tribute to a dragon who is as big as he is sweet and gentle. Tip: Ask your child: What are some words that describe Ord?</p>	<p>315 Dragon Tune: Dance Dance along with your <i>Dragon Tales</i> friends. Tip: Ask your child to make up some dance steps, and then have her teach the dance to you.</p>
<p>212 Dragon Scouts When Cassie leaves Emmy with her Dragon Scout friends, Emmy has a hard time making a new friend. Tip: With your child, discuss other ways Emmy could have made friends with the Dragon Scouts.</p>	<p>205 Dragon Tunes: Friend The gang sings about the special people who make you smile and pick you up when you've fallen down. Tip: Ask your child: "What makes a good friend?"</p>
<p>201 Dragon Tunes: Doodli-Do Do the Doodli-Do to chase away the winter blues! Tip: You may not be able to go outside with your child, but you can dance inside and pretend that you're playing on favorite playground.</p>	<p>313 Feliz Cumpleaños, Enrique The group plays homemade maracas and chants "¡Feliz Cumpleaños!" to wish Enrique a happy birthday! Tip: Make musical instruments with your child: Decorate an empty oatmeal box drum with markers and use two empty paper towel tubes as drum sticks.</p>
<p>202 Very Berry When searching for dragonberries, Ord finds himself stuck inside a dark and scary cave! Yikes! Tip: Ask your child: What else could the gang have done to make Ord feel better and get unstuck?</p>	<p>314 Dragon Tunes: C'mon & Blow Be like the wind blowin' thru the trees! Blow petals from a flower, or blow out candles on a cake. Tip: Offer your child some bubbles to blow and watch them float away! What else can you blow?</p>
<p>203 Remember the Pillow Fort When a game between Max and Ord turns to fighting, Zak and Wheezie write a song to help them work out their differences. Tip: Ask your child: What messages they learned from Zak and Wheezie's song?</p>	<p>315 All That Glitters Max loses a scale from the Glided Dragon and must gather the courage to tell Quetzal the truth. Tip: Using dolls or puppets, you and your child can pretend to be Max and Quetzal and role play how they work things out.</p>
<p>204 Big Funky Cloud Ord can't shake a bad feeling or a big rain cloud that is following him around until he cheers up with the help of his friends. Tip: Brainstorm ways that your child can cheer himself up.</p>	<p>205 One Big Wish When Max is granted his wish to be bigger than Mungus the Giant, he finds the being big is not what he expected. Tip: With your child, make a list of things that are good about being her size.</p>
<p>201 The Me-First Wizard The only way the dragons and kids can get rid of the bothersome Me-First Wizard is to cooperate. Tip: Read <i>Share and Take Turns</i> by Cheri J. Meiners.</p>	<p>206 Have No Fear Ord has to put his fears aside when Cassie's pet butterfly is missing. Tip: Ask you child: Are you afraid of any animals? Discuss each of your child's fears and how she can cope with them.</p>
<p>202 Very Berry When searching for dragonberries, Ord finds himself stuck inside a dark and scary cave! Yikes! Tip: Ask your child: What else could the group have done to make Ord feel better and get unstuck?</p>	<p>324 Rise and Bloom Max has trouble waking up in the morning so his Dragon Land friends offer advice. Tip: Talk with your child about the importance of starting your day with a healthy breakfast. Let her help prepare a meal of whole-grain cereal with fruit and low-fat milk.</p>
<p>203 Remember the Pillow Fort When a game between Max and Ord turns to fighting, Zak and Wheezie write a song to help them work out their differences. Tip: Ask your child: What messages they learned from Zak and Wheezie's song?</p>	<p>325 Dragon Tunes: Zak & Wheezie This spirited song points out the differences between this brother and sister duo. Tip: Talk with your child about the differences between you. Reassure him that differences are normal and should be appreciated and celebrated. Then give him a big hug!</p>
<p>204 Big Funky Cloud Ord can't shake a bad feeling or a big rain cloud that is following him around until he cheers up with the help of his friends. Tip: Brainstorm ways that your child can cheer himself up.</p>	