



# View & Do



sesameworkshop.



Issue 6

Your Monthly Viewing Guide

June 2007

## Sesame Street 4122

It's time for the "Healthy Food Pageant!" Prairie Dawn will play the piano while her *Sesame Street* friends dress up like different healthy foods and sing about them! Elmo will sing about broccoli—as soon as he can find his costume, and Telly is scheduled to go on as an asparagus, but decides he must first *taste* an asparagus before he can sing about one. The pageant turns out to be a big success and everyone learns how nutritious foods are delicious *and* help their bodies stay strong and healthy!

It's summertime! With all the colorful fruits and vegetables available this time of year, it's easier than ever to get kids excited about eating them—you may even encourage them to try something new! Visit a local farmer's market or grocery store with your child. Point out and describe the colorful summer fruits and vegetables like pink peaches, red strawberries, purple plums, dark green zucchini, and yellow corn. Together, select an assortment to bring home, including a fruit or vegetable your child has never tasted before. Let your child help wash and prepare it. Keep it simple: Slice fruit (into small bites) and serve plain or top with low-fat yogurt and granola; steam or sauté vegetables, or sprinkle over a salad. Have fun experimenting with—and *eating*—delicious, colorful, and healthy summertime foods together!

### You might also want to read:

*Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell

### Don't forget to check us out online.

Go to: [www.sesamestreet.com](http://www.sesamestreet.com)

[www.pbskids.org/dragontales](http://www.pbskids.org/dragontales)

[www.pbskids.org/sesamestreet](http://www.pbskids.org/sesamestreet)



The Workshop's mission to help all children reach their highest potential is made possible in part by the generous support of these partners.

© 2007 Sesame Workshop. *Sesame Street* © 2007 Sesame Workshop. "Sesame Street," characters and related elements are trademarks of Sesame Workshop. All rights reserved.

*Dragon Tales* is funded in part by a *Ready To Learn* grant from the Corporation for Public Broadcasting through funds from the U.S. Department of Education. *Dragon Tales* is underwritten in part by Kellogg's. © 2007 Sesame Workshop/Columbia Tristar Television Distribution. "Dragon Tales," characters and related elements are trademarks of Sesame Workshop/Columbia Tristar Television Distribution. All rights reserved.

See it on PBS KIDS logo TM & © PBS. All rights reserved. Used with permission. Funded in part by a *Ready To Learn* grant from the U.S. Department of Education through the Corporation for Public Broadcasting.

<p><b>4104</b> Elmo wants to be Donald Grump's new apprentice and competes in the counting and sorting challenge. <b>Tip:</b> Take turns with your child making up your own counting and sorting challenges: Count the number of squares in her room, sort toys, etc. <b>Letter and Number: W, 0</b></p>	<p><b>4123</b> Baby Bear, Telly, and Elmo become upset when their Automatic Lemonade Machine won't work but a little mouse urges them to keep trying. <b>Tip:</b> Ask, "What would you say to the friends to encourage them not to give up?" <b>Letter and Number: U, 12</b></p>
<p><b>4115</b> The letter of the day is "H" and it's Luis and Maria's wedding anniversary! They celebrate by dancing the hula and having a healthy picnic. <b>Tip:</b> Celebrate the letter H with your child. Prepare a healthy picnic with plenty of colorful fruits and vegetables, play hopscotch, and sing, "Happy H Day to You!" <b>Letter and Number: H, 3</b></p>	<p><b>4101</b> When Zoe and Elmo argue over a ball they found, Luis helps them realize that instead of arguing, they can share the ball and play together. <b>Tip:</b> Play ball games with your child. Take turns rolling, bouncing, throwing, and thinking of different ways to play with it. <b>Letter and Number: H, 18</b></p>
<p><b>4116</b> Elmo's pretend school is so much fun! Alan is the pretend teacher and his students draw pictures, listen to stories, and sing the alphabet song. <b>Tip:</b> Play pretend school with your child and take turns playing student and teacher. What fun things will <i>you</i> learn? <b>Letter and Number: L, 11</b></p>	<p><b>4124</b> Oscar reassures Slimey that he's not too small to be a hero—in fact he's just the right size! <b>Tip:</b> Ask, "What is a hero? Have you ever needed a hero? Have you ever been a hero? What kinds of things would you do as a hero?" <b>Letter and Number: N, 6</b></p>
<p><b>4106</b> Rosita and Telly have so much fun signing the alphabet with Bob's niece Samara, who is deaf and can't hear well. Everyone on <i>Sesame Street</i> wants to join in and do it! <b>Tip:</b> Visit the library or look on the Internet with your child and find more information on sign language. Try signing your names! <b>Letter and Number: C, 2</b></p>	<p><b>4126 Global Grover: Argentine Chocolate Factory</b> Grover returns from Argentina where he visited Lucía and her grandparents who showed him how they make chocolate in their chocolate factory. <b>Tip:</b> Read <i>La Tortilleria (The Tortilla Factory)</i> by Gary Paulsen. <b>Letter and Number: X, 17</b></p>
<p><b>4118</b> Maria tries to get Oscar to say the word, "button" by having him name words that start with the letter "B." <b>Tip:</b> Play a 'B' word guessing game with your child. Take turns offering hints, such as "It's round and bounces," and guessing the answer. <b>Letter and Number: B, 3</b></p>	<p><b>4127</b> Oscar just got his very own dog, a Rottendoodle named Cranky but Oscar gets disappointed since he's not cranky or grouchy at all. <b>Tip:</b> With your child, discuss things every pet needs, such as food, water, exercise, and love. Ask, "If you could have any pet, what would it be? How would you care for your pet?" <b>Letter and Number: T, 2</b></p>
<p><b>4079</b> Big Bird searches for Ernie in danceland with the clue, "step, step, step, hop!" <b>Tip:</b> Have fun with your child making up dance patterns using similar words, such as "step," "hop," "slide," "twirl," "stomp." Play some lively music and try out your new dance steps together! <b>Letter and Number: W, 5</b></p>	<p><b>4130 Elmo's World: Fast and Slow</b> Elmo learns that some animals move fast like rabbits and others move slow like turtles; and that people can move their bodies fast and slow, too! <b>Tip:</b> Explore fast and slow with your child. How fast can she blink her eyes, tap her fingers or clap her hands? How slowly can she walk across the room? <b>Letter and Number: G, 1</b></p>
<p><b>4119</b> The <i>Sesame Street</i> adults are so busy that Big Bird wishes they were kids again so they could play together all the time. <b>Tip:</b> Describe for your child what your life was like when you were his age. Ask, "What do you think your life will be like when you're grown up?" <b>Letter and Number: F, 17</b></p>	<p><b>4128 Number of the Day: 8</b> The number of the day is 8—and that's great! <b>Tip:</b> Explore the number 8 with your child. Practice counting to eight by twos, then fours. Sort eight objects into different combinations that add up to eight, such as five and three. <b>Letter and Number: R, 8</b></p>
<p><b>4120</b> Baby Bear, Big Bird, Elmo, and Zoe work together to write a new story about "The Three Bears"—in space! <b>Tip:</b> Have your child choose a favorite book. Read it together then take turns adding different characters, settings, adventures, and endings to create a new story. <b>Letter and Number: M, 4</b></p>	<p><b>4131 Letter of the Day: D</b> The letter of the day is "D." <b>Tip:</b> Help your child cut upper- and lowercase Ds from old magazines, along with objects that begin with D. Design a D poster by gluing your Ds and D objects onto a piece of paper. Display it prominently! <b>Letter and Number: D, 11</b></p>
<p><b>4121 Elmo's World: Cats</b> Elmo learns that all cats love to play, eat, and sleep; and that there are domestic cats, including Siamese and Tabby, and wild cats, such as tigers and lions. <b>Tip:</b> Read <i>Have You Seen My Cat?</i> by Eric Carle. <b>Letter and Number: S, 5</b></p>	<p><b>4104</b> Elmo feels so happy and proud to be riding a tricycle. It's fun and a great way to stay healthy and strong! <b>Tip:</b> Help your child practice riding a tricycle or another fun physical activity she's learning. Praise her for trying! <b>Letter and Number: W, 0</b></p>
<p><b>4122</b> A young girl explains how nutritious foods give your body energy that lasts and keeps the body healthy. <b>Tip:</b> Involve your child in planning a healthy dinner menu and include things like lean meat and vegetables. Talk about the energy your bodies will get while preparing your healthy meal then take a family walk after dinner! <b>Letter and Number: A, 13</b></p>	<p><b>4106 Spanish word of the day: Canta</b> Canta means "sing" in Spanish. <b>Tip:</b> Choose some favorite songs to "canta" with your child. Before beginning each song shout out, "Canta!" Invite family and friends to canta with you! <b>Letter and Number: C, 2</b></p>

The Workshop's mission to help all children reach their highest potential is made possible in part by the generous support of these partners.



## Family Tips

<p><b>325 Something's Missing</b> Cassie helps Max have fun in Dragon Land—even though Emmy isn't with him. <b>Tip:</b> Pretend you and your child are apart and have him call you on a play phone to talk about how he's feeling. When you're finished, give him a big hug!</p>	<p><b>322 The Big Race</b> Quetzal helps Lorca and Enrique understand that being a team means working together. <b>Tip:</b> Talk with your child about what it means to work as a team. Then work on something together, such as building a block city or putting together a puzzle.</p>
<p><b>327 Cassie, the Green-eyed Dragon</b> Cassie discovers that she has a special gift when it comes to calming her brother, Finn. <b>Tip:</b> Help your child make a badge from construction paper, markers, and ribbon that celebrates her special gift, such as being helpful. Encourage her to wear it proudly!</p>	<p><b>123 Sounds Like Trouble</b> Ord is afraid to enter the dark cave in search of Max's goo ball because there are so many scary sounds inside! <b>Tip:</b> Go on a listening walk with your child. Take turns describing the different sounds you hear and identifying where they come from.</p>
<p><b>329 Finders Keepers</b> Everyone tries to help Wheezie find the aquarium tickets she's lost by suggesting different ideas, such as retracing her steps. <b>Tip:</b> Ask, "What do you think about everyone's ideas? Can you think of other things to do?" Try some of your ideas the next time something is lost.</p>	<p><b>305 Itching for a Cure</b> Mungus is suffering from a terrible itch so the friends bring him to Dr. Booboogone for help. <b>Tip:</b> Recall with your child times when she has gone to the doctor for help. Then pretend being doctors and care for stuffed animal or doll "patients."</p>
<p><b>326 Green Thumbs</b> The friends help care for a baby flower that was uprooted after a heavy rain. <b>Tip:</b> Read <i>Planting a Rainbow</i> by Lois Ehlert.</p>	<p><b>303 Dragon Tunes: Zak &amp; Wheezie</b> Zak and Wheezie are very different but they're just right for each other! <b>Tip:</b> Together, think of words or phrases that describe the differences and similarities between you and your child, such as "I love cats," "You love dogs," and "We both enjoy soccer."</p>
<p><b>315 Dragonberry Drought</b> The friends have everything they need to pick delicious dragonberries but there's just one problem—they're all gone! <b>Tip:</b> Visit the grocery store and let your child choose some summer berries to try. Add them to cereal or salads, or eat them plain.</p>	<p><b>322 Bye, Bye Baby Birdie</b> Emmy must say goodbye to her a new friend, a baby bird. Her friends comfort her by helping her understand it's for the best. <b>Tip:</b> Read <i>Owl Babies</i> by Martin Waddell.</p>
<p><b>327 Hello, Miss Tipps</b> While Quetzal is away a substitute teacher takes his place and Lorca is upset by the change in routine. <b>Tip:</b> Together with your child think of ways to change your routines. You might read a different book at bedtime or try a new vegetable for dinner.</p>	<p><b>124 The Greatest Show in Dragon Land</b> When Zak and Wheezie break a wing their friends make the most of a long walk instead of flying. <b>Tip:</b> Take a walk through your neighborhood with your child. Along the way, play a game, such as "I Spy," sing songs, or walk in a silly way.</p>
<p><b>329 Dragon Tunes: Friends</b> This ditty describes all the wonderful things a friend can be and do. <b>Tip:</b> Have your child describe his friends to you, including what they do together and why he likes them. Help him write a sentence about his friends and illustrate it with a picture.</p>	<p><b>312 The Balancing Act</b> Emmy takes her new skateboard to Dragon Land and happily shares it with Ord. <b>Tip:</b> Ask, "Is it difficult or easy for you to share things with your friends? Why do you think that is? How do you feel when someone shares something special with you?"</p>
<p><b>326 Hand in Hand</b> Enrique is upset with Max and Emmy's arguing. <b>Tip:</b> Ask, "Why do you think Enrique was so upset? How would you feel if your friends were arguing? How would you encourage them to stop arguing and get along again?"</p>	<p><b>304 Making It Fun</b> The Dragon Land friends volunteer to paint a path for the unicorns but it's a big job! <b>Tip:</b> Help your child draw a path for toy cars on a large piece of paper. While drawing, discuss how the dragon friends kept working even though it was difficult.</p>
<p><b>315 All That Glitters</b> Max loses Quetzal's golden dragon scale and must tell him the truth. <b>Tip:</b> Ask your child how she thinks Max felt about what happened. Help her write down the names of those emotions and have her draw faces to illustrate each one.</p>	<p><b>328 Super Snow Day</b> Max and Emmy are excited to introduce Enrique to sledding, one of their favorite activities! <b>Tip:</b> Ask your child to tell you about something she loves to do. Have her draw a picture of herself doing it and help her write a description underneath.</p>
<p><b>305 Dragon Tunes: Hola</b> This snappy song introduces different Spanish words, including "hola" which means "hello." <b>Tip:</b> Practice saying "hola" (oh-la) with your child and use it to greet friends and family. Learn some other Spanish words from the song and practice using them together.</p>	<p><b>124 Prepare According to Instructions</b> Emmy decides they don't need Quetzal's map and instructions for their journey and soon the friends lose their way. <b>Tip:</b> Have your child hide something in his room. Help him make a map of your house and write instructions for how to find the hidden item.</p>
<p><b>303 Musical Scales</b> Zak and Wheezie practice a song they're performing for Princess Kidoodle. <b>Tip:</b> Help your child practice a song or skill and have him perform it for the family. Praise him for his performance and the hard work he put into preparing for it.</p>	