



View & Do



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Issue 9

Your Monthly Viewing Guide

September 2005

Dragon Tales Try It You'll Like It

Everyone is excited about going to the Dragon Land amusement park and trying the new rides and tasty snacks! Zak is not so excited about trying unfamiliar things. His friends remind him that *everything* was new at one time and encourage him to try something. Zak reluctantly agrees, but dislikes the first snacks he tries. When he finds something he *does* like, he's ready to try more—even a wild ride! It takes Zak a little time to warm up, but in the end he learns that trying new things can be fun.

Like Zak, children tend to be wary of things that are unfamiliar to them, including people, food, and places. And of course, because they're young, *many* things are unfamiliar. Help children "warm up" and even *enjoy* new things by introducing them ahead of time and on several different occasions. Children will feel more comfortable when they know what to expect. For example, when introducing a new food, such as yogurt say, "Yogurt is cool and creamy, and it contains calcium to help your bones grow strong." Engage children in playful activities about new experiences. Role-play getting a haircut. Let your child be the stylist, with you as the client. Then switch roles. Talk about how it felt to be in both positions. Don't be discouraged if your child doesn't embrace new things immediately. Research shows that children often have to try something new several times before deciding if they like it.

You might also want to read:

Max's Breakfast by Rosemary Wells

Don't forget to check us out online.

Go to: www.sesamestreet.com

www.pbskids.org/dragontales



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<p>4051 Elmo's World: Computers Elmo discovers how much fun and how helpful computers can be. Tip: Introduce your child to computers at www.pbskids.org/sesame where you can learn and have fun together! Letter and Number: Q, 2</p>	<p>4086 When Baby Bear discovers that Alan is out of porridge he tries a healthy fruit salad—and loves it! Tip: Let your child choose differently colored fruits to make a fruit salad. Encourage her to describe the flavors of the fruits she eats. Letter and Number: Q, 8</p>
<p>4085 Global Grover: French Market A girl and her father shop at a market in Paris to prepare for a visit with her grandmother. Tip: Have your child name the different vegetables found at your grocery store. Together, make a healthy snack for a family member with the produce you've purchased. Letter, Number: G, 6</p>	<p>4052 Baby Bear and Telly find a strange object and have fun trying to figure out what it is. Tip: Place different objects inside a paper bag and have your child place his hands inside to feel—and figure out—what it is. Now take turns, and you guess! Letter, Number: U, 8</p>
<p>4093 Baby Bear makes friends with Little Red Riding Hood and other storybook characters on his first day of school. Tip: Pretend your child's favorite storybook character has come to visit. Take turns pretending to be the fairy tale character. What would he or she want to play? Letter and Number: A, 1</p>	<p>4101 Telly exercises with a child to keep their bodies strong and healthy! Tip: Play "Simon Says, Exercise!" with your child by taking turns shouting out then performing different moves, such as jumping jacks, running in place and hopping. Letter and Number: X, 17</p>
<p>4094 With encouragement from friends and lots of practice, Telly finally learns the Grouchketeer Cheer! Tip: Help your child practice and learn a new skill, song or poem. Invite her to share it with family members and applaud her accomplishment. Letter and Number: S, 19</p>	<p>4031 Everyone is looking forward to Karaoke Night at Hooper's except Telly who's nervous about singing in front of his friends. Tip: Ask, "Why do you think Telly is so nervous? What would you say to Telly to help him be able to sing?" Letter, Number: N, 7</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. Then crunch away together as you bite into the healthy treat. Letter and Number: Z, 14</p>	<p>4102 Gina gets a new veterinary assistant—Grover! She soon discovers that Grover needs to learn more about animals and other living things so that he can be a better helper. Tip: Read <i>Animal Action ABC</i> by Karen Pandell. Letter and Number: V, 16</p>
<p>4096 Elmo's World: Skin Elmo learns that animals and people have skin, and that keeping skin clean helps bodies stay healthy. Tip: Sing, "This is the way we wash our hands..." with your child while showing him how to do it. Letter and Number: B, 3</p>	<p>4033 Cookie Monster and Cookie Hood sing a song to honor their favorite food—cookies, of course! Tip: Have your child name her favorite food and explain why she likes it so much. Together, make up a song celebrating its delights! Letter and Number: S, 19</p>
<p>4097 While Zoe is attending swimming class, Telly cares for Rocco by reading rock stories and singing rock music songs. Tip: Have fun with your child by singing her favorite songs and reading beloved stories! Letter and Number: H, 18</p>	<p>4103 By writing a story together, Telly and Baby Bear learn the benefits of compromise. Tip: Write a story with your child. Begin by making a list of the things you'd each like to include then add them to the story as you write. Letter and Number: F, 11</p>
<p>4098 Little Miss Muffet and Little Jack Horner turn to Alan for advice when Goldilocks steals their nursery rhymes. Tip: Discuss Alan's advice with your child. Ask, "What else could they have done? How do you think Goldilocks felt after she apologized?" Letter and Number: Y, 5</p>	<p>4034 Ernie plans a surprise birthday party for Bert who would much rather have some peace and quiet. Tip: Read <i>A Birthday Basket for Tía</i> by Pat Mora. Letter, Number: M, 4</p>
<p>4032 Rosita helps Elmo express his feelings of love for Gina in many different ways. Tip: Read <i>Papa, Do You Love Me?</i> by Barbara M. Joose. Letter, Number: Q, 2</p>	<p>4104 Donald Grump is looking for a new apprentice. Oscar, Grundgetta, and Elmo are put through counting and sorting tasks to find out who will be chosen. Tip: Invite your child to count and sort household items, such as shoes or silverware; or natural objects, such as rocks. Letter and Number: W, 0</p>
<p>4099 Elmo, Zoe, and Telly experiment with a leaf, a rock, and a triangle to see whether they float or sink. Tip: Try the experiment with your child. Let him choose several objects. Hypothesize what might happen before placing them in water, then talk about the results. Letter and Number: P, 15</p>	<p>4035 United Nations leader, Kofi Annan visits <i>Sesame Street</i> and talks about the importance of being helpful. Tip: Give your child opportunities to be helpful, such as folding laundry and helping to prepare meals. Acknowledge his contributions with complimentary words and a big hug! Letter, Number: U, 11</p>
<p>4049 With encouragement from Baby Bear and Telly, Stinky decides to write a story—and Zoe helps act it out! Tip: Help your child act out a favorite story. Provide scarves, hats and other household items as props then read aloud while she performs. Letter, Number: R, 18</p>	<p>4105 Super Grover worries that Super Chicken will take his place until friends assure him he's the <i>only</i> hero on <i>Sesame Street</i>! Tip: Tell your child how much you appreciate her just for being who she is. Share what you each appreciate about other family members. Letter and Number: N, 13</p>



<p>211 I Believe in Me When Cassie expresses her fear of trying out for the school play, her friends encourage her to believe in herself. Tip: Help your child make an "I Believe in Me!" collage using photos of herself, construction paper, markers, and pictures from magazines.</p>	<p>224 Puzzlewood Max and Emmy help their friends find their way out of a forest thick with puzzles. Tip: Have your child glue a picture she's made onto a piece of cardboard. When it's dry, cut it into puzzle pieces. Take turns putting the picture back together!</p>
<p>212 Dragon Scouts Cassie leaves Emmy alone at a Dragon Scouts meeting where she must learn to make new friends. Tip: Ask, "How would you feel if you were in a similar situation? How might you approach other children and begin to make friends?"</p>	<p>225 Just the Two of Us Polly Nimbus causes some very crazy conditions with her weather machine. Tip: Make a list of different types of weather with your child. Together, name the activities your family likes to do in the varying conditions, such as flying a kite on a blustery day.</p>
<p>213 Dragon Tune: Wake Up Sing along to this stimulating song which is sure to get you up and out of bed! Tip: Talk about the song's suggestions for shaking off sleepiness. Then take turns sharing what you each do day.</p>	<p>301 To Fly with a New Friend Max and Emmy help Enrique realize that he'll be able to make lots of friends in his new home. Tip: Ask, "How do you make friends?" Provide paper, crayons, glue and wrapping paper scraps for your child to make a "My Friend(s)" poster.</p>
<p>214 Sticky Situation While baby sitting young animals, Max becomes distracted, and one of them gets away! Tip: Give your child a daily task, such as watering plants. Discuss the responsibility that comes with such a task and compliment her when the job is well done.</p>	<p>302 Rise and Bloom Max's friends help him prepare for a sunrise event by offering suggestions for how to wake himself up. Tip: Make a delicious healthy breakfast with your child. Try whole grain cereal with berries and low-fat milk, or scrambled eggs with grated zucchini and cheese.</p>
<p>216 The Shape of Things to Come The gang must match several shapes in order to get to the Crystal Fountain. Tip: Help your child cut large shapes from construction paper and place on the floor. Take turns calling out shape names and jumping onto their matching paper shapes.</p>	<p>303 Musical Scales Zak and Wheezie overcome their embarrassment and successfully perform a song for Princess Kidoodle. Tip: Ask your child to describe how he thinks Zak and Wheezie felt about losing their scales. Help him compare that to how he thinks they felt <i>after</i> their performance.</p>
<p>217 The Art of Patience Max has trouble waiting for Quetzal's party to start and his impatience eventually causes problems. Tip: Ask, "How do you think Max felt after learning to be more patient?" Together, brainstorm ways to help your child cope with waiting, then help him practice.</p>	<p>304 Sky Soccer Ord's friends cheer him on as he tries out for the soccer team. Tip: Remind your child of a difficult skill she learned through practice. Together, choose a new goal, such as whistling, and help her practice by offering helpful tips and encouraging words.</p>
<p>218 So Long Solo Zak and Wheezie learn to compromise after they run into trouble practicing for the talent show. Tip: Discuss the meaning and the benefits of "compromise" with your child. Share a time when you compromised successfully and help her do the same.</p>	<p>305 Dragon Tune: Hola Want to make "amigos" ("friends" in Spanish)? Say "Hola!" to everyone you meet! Tip: Teach your child how to say "hello" in different languages: "Aloha" in Hawaiian and Ni Hao ("Nee-how") in Chinese. Then use these greetings to welcome friends and family.</p>
<p>219 Sneezzy Does It The gang discovers that The Big Whistling Wind has a cold and needs their help. Tip: Have your child choose a stuffed animal or doll to care for as if it were ill. Provide blankets, pretend bandages, etc.</p>	<p>306 Just for Laughs Quetzal challenges the gang to find six eggs for a special treat. Tip: Send your child on a scavenger hunt. Make a list of ten things to find around your house. Have him cross off items as he finds them. Celebrate with a cool drink!</p>
<p>220 Give Zak a Hand After hurting his wrist, Zak thinks he can't participate in any games. Then his friends show him some imaginative options. Tip: Take turns with this challenge: Walk around with a bean bag or stuffed animal balanced on different body parts: head, hand, shoulder.</p>	<p>307 Lucky Stone Max and Emmy help Ord find his lucky heart-shaped stone. Tip: Ask, "Do you have a lucky object? What is it and why do you think it's lucky?" Help her write a poem or story about her lucky charm.</p>
<p>209 Knuck, Knuck, Who's There? Cassie and Emmy get lost in a Knuckerhole, but they stay together and use their memories to find their way out. Tip: With your child, make a map of your neighborhood from memory. Venture outside to see how accurate your memory map is.</p>	<p>308 El dia del Maestro Cassie learns to take charge as the gang prepares a special celebration for Quetzal. Tip: Ask your child why he thinks Cassie found it so difficult to take charge. How does he think Cassie felt <i>after</i> the celebration?</p>
<p>223 Putting the Fun in Fun Houses The gang helps Ord overcome his fear of the Carnival Fun House. Tip: Share with your child something that used to frighten you. What helped you overcome your fear? Together, brainstorm ways to help your child cope with a fear he has.</p>	<p>309 Finn's Blankie Finn plays dress-up with a pile of laundry while the others search for his missing blankie. Tip: Play dress-up with your child. Find old clothes and simple props—turn an empty paper towel tube into a wand—to inspire your imaginations.</p>