



# View & Do



sesameworkshop.



Issue 8

Your Monthly Viewing Guide

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4110

## Abby's First Day of School

It's Abby's first day of Storybook Community School and she's so excited to learn and make new friends. Mrs. Goose introduces Abby to the class and they make her feel at home by singing her the "Welcome Song." When it's Abby's turn for Show and Tell, she realizes that she didn't bring something to show. Elmo can be her Show and Tell since he's such a good friend. Mrs. Goose allows Elmo to be a guest for the day and the class sings him the "Welcome Song." Abby is having a great first day of school and she is so happy to be learning so many new things.

Starting school can be an exciting yet anxious time for young children. Like Abby, your child may be unfamiliar with the routines at a new school. You can help your child prepare by talking to him about all the exciting things he'll learn and all the new friends he'll meet. Encourage him to ask questions.

To help your child prepare for the first day of school, visit the school and meet the teachers before the first day. Have your child explore his classroom and outside play areas. When you return home, have your child draw his favorite part of his new school. On the first day, allow your child to bring a toy or picture "friend" like Abby did to help make the classroom a friendly place.

### You might also want to read:

*The Kissing Hand* by Audrey Penn.

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

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<p><b>4094</b> Telly learns the official grouch cheer by practicing. <b>Tip:</b> Discuss something that has been hard for your child to learn. Talk about how she can learn to do this new skill with practice, believing in herself and support from others. <b>Letter and Number: S, 19</b></p>	<p><b>4112</b> Elmo plays the "What Comes Next Game" with Mr. Pattern. <b>Tip:</b> Create a pattern with two different items like a spoon, and crayon. Ask your child: What comes next? Let your child create a pattern. <b>Letter and Number: P, 15</b></p>
<p><b>4079</b> Miles and his band find a quiet place to practice a great song about Sesame Street. <b>Tip:</b> Ask: Why is it important for Miles and his band to keep practicing? <b>Letter and Number: W, 5</b></p>	<p><b>4113</b> Herb, the dinosaur, arrives on Sesame Street and learns a lot of new things. <b>Tip:</b> Ask: What are some of the things you have learned from your friends? <b>Letter and Number: W, 0</b></p>
<p><b>4058 Spanish Word of the Day: Baila</b> "Baila" means "dance" in Spanish. <b>Tip:</b> Put on your child's favorite music and say "baila" as you both dance. <b>Letter and Number: B, 8</b></p>	<p><b>4089 Elmo's World: Jumping</b> Elmo learns all about jumping and how it is great exercise! <b>Tip:</b> With your child, identify animals that jump. Then jump like the animals. <b>Letter and Number: R, 10</b></p>
<p><b>4089</b> Jane Tuesday encourages children to eat healthy red foods. <b>Tip:</b> With your child, go to the grocery store to pick out some healthy red foods that can be eaten as a snack. <b>Letter and Number: R, 10</b></p>	<p><b>4114</b> Elmo tries to help Snow White who keeps having her dwarves subtracted from her fairy tale. <b>Tip:</b> Put a line of items likes on a table. Count them together. Take one away and count them again. Explain that you are <i>subtracting</i>. <b>Letter and Number: O, 7</b></p>
<p><b>4067</b> The letter of the day is K! <b>Tip:</b> With your child, search for words that start with K in a magazine. <b>Letter and Number: K, 4</b></p>	<p><b>4067</b> Elmo discovers that he can make music with many different friends. <b>Tip:</b> Read <i>Bein With You This Way</i> by W. Nikola-Lisa. <b>Letter and Number: K, 4</b></p>
<p><b>4059</b> Big Bird has to find Ernie and he is hiding behind something that grows. <b>Tip:</b> Take a walk outside with your child. Ask him: What do you see that grows? What do things need to grow? <b>Letter and Number: N, 3</b></p>	<p><b>4115</b> Luis and Maria try to have a romantic picnic to celebrate their anniversary, but are interrupted by "H" day. <b>Tip:</b> With your child, talk about some words that start with the letter "H." Then, act out one of the words. <b>Letter and Number: H, 3</b></p>
<p><b>4064</b> Zoe's pet rock, Rocco, teaches Elmo a new dance. <b>Tip:</b> With your child, make up a new dance featuring a body part, like a finger dance or elbow dance. <b>Letter and Number: A, 1</b></p>	<p><b>4082 Elmo's World: Dinosaurs</b> Elmo learns all about dinosaurs. <b>Tip:</b> Ask: What's your favorite dinosaur? What more would you like to learn about dinosaurs? Help your child find the answer, using the computer, television, or book. <b>Letter and Number: Z, 11</b></p>
<p><b>4087</b> Children learn that strawberries are red, sweet and healthy. <b>Tip:</b> Discuss the benefits of eating strawberries with your child. Then, prepare and eat a bowl of strawberries. <b>Letter and Number: E, 5</b></p>	<p><b>4116</b> At Alan's pretend school outside Hooper's Store, an elephant learns to rhyme. <b>Tip:</b> Pick a simple word like cat or hot and see how many rhymes for the word your child can make. <b>Letter and Number: L, 11</b></p>
<p><b>4096 Elmo's World: Skin</b> Elmo learns why skin is important. <b>Tip:</b> With your child, discuss ways to protect your skin: keeping it safe from the sun by wearing sunscreen and a hat and keeping it healthy by eating lots of healthy fruits and vegetables. <b>Letter and Number: B, 3</b></p>	<p><b>4078</b> In this episode, monster siblings sing the "Tortellini" song. <b>Tip:</b> Explain that tortellini is a kind of pasta you eat. Sing the tortellini song or another simple song with your child. <b>Letter and Number: V, 8</b></p>
<p><b>4109</b> Big Bird realizes the importance of people's jobs. <b>Tip:</b> Walk through your neighborhood and have your child tell you about the jobs different people have and how they help. <b>Letter and Number: F, 3</b></p>	<p><b>4117</b> Elmo celebrates the letter of the day, "J," by changing his name to "Jelmo" and doing things that start with the letter "J." <b>Tip:</b> Have your child pick the first letter of his name and add it to the beginning of other words like "egg, elephant and apple." <b>Letter and Number: J, 9</b></p>
<p><b>4110</b> The sight word today is subway. <b>Tip:</b> Talk with your child about what a subway is. Ask your child to draw a picture of herself and her family and friends riding the subway together. <b>Letter and Number: C, 2</b></p>	<p><b>4076</b> Baby Bear is upset to learn that Curly has a louder growl than he does. <b>Tip:</b> Together discuss some of the things she's good at and some of her sibling's or friends' strong qualities. <b>Letter and Number: G, 20</b></p>
<p><b>4111 Elmo's World: Telephones</b> Elmo learns all about telephones. <b>Tip:</b> Ask your child to tell you all they know about telephones. Now role play making telephone calls. <b>Letter and Number: Q, 10</b></p>	

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## Family Tips

<p><b>208 Three's A Crowd</b> When Cassie finally speaks up about feeling left out, Emmy is surprised to learn her friend's feelings. <b>Tip:</b> Ask your child: What would you do if your friends left you out of an activity?</p>	<p><b>112 A Feat on Her Feet</b> Cassie learns to skate so that she can get the jingle flowers to Singing Springs. <b>Tip:</b> Ask your child: What else could the group have done to help Cassie learn to skate?</p>
<p><b>209 Knuck, Knuck Who's Where?</b> Cassie and Emmy have to work together to get out from a knuckerhole. <b>Tip:</b> Give your child and a friend a list of items they need to find in your home. Remind them to work together.</p>	<p><b>113 A Kite for Quetzal</b> The children and dragons need to come up with a plan to find all the parts to make a kite for Quetzal. <b>Tip:</b> Read <i>Swimmy</i> by Leo Lionni.</p>
<p><b>106 The Fury Is Out on This One</b> When Max gets angry, he unleashes a Fury that can only be controlled by managing his anger. <b>Tip:</b> With your child, brainstorm strategies for dealing with her anger like counting, thinking of other things, and taking deep breaths.</p>	<p><b>114 Dragon Drop</b> Emmy helps Zak and Wheezie prepare for the Dragon Fair by helping them learn to catch a ball. <b>Tip:</b> Find a safe place to play a game of ball with your child. As he masters one skill practice another skill like catching a smaller ball.</p>
<p><b>107 The Big Sleepover</b> When Zak and Wheezie invite all their friends to a sleepover, Cassie worries that she'll miss her parents. <b>Tip:</b> Read <i>Froggy's Sleepover</i> by Jonathan London.</p>	<p><b>115 Dragon Tune "Wiggle"</b> Fingers and toes are just some of the body parts you can wiggle when you sing the wiggle song. <b>Tip:</b> Have your child wiggle different body parts as they move to the music.</p>
<p><b>108 Talent Pool</b> Cassie visits the magical talent pool to find help in identifying her special talent. <b>Tip:</b> Ask your child to demonstrate his talents.</p>	<p><b>216 The Shape of Things to Come</b> The group have to match the shapes on the door that guards Crystal fountain. <b>Tip:</b> With your child, walk through your neighborhood and take turns pointing out squares, circles, and triangles.</p>
<p><b>109 Dragon Sails</b> The children and dragons work to find a way to make sure Ord can ride in their boat to rainbow canyon. <b>Tip:</b> Ask your child: What else could the group have done to help Ord in the boat?</p>	<p><b>217 Hide and Can't Seek</b> Ord tries out some new seeking strategies in a game of Hide and Seek. <b>Tip:</b> Play a game of Hide and Seek with your child using some of the strategies that Ord used to find his friends.</p>
<p><b>110 Dragon Tune "Hum"</b> When you're feeling scared and your heart begins to drum, just relax and hum! <b>Tip:</b> With your child, identify times she likes to hum. Then practice humming her special song.</p>	<p><b>218 Hands Together</b> When Ord has trouble learning a new dance; his friends encourage him to do the dance at his own pace. <b>Tip:</b> Read <i>The Chick and the Duckling</i> by Mirra Ginsburg.</p>
<p><b>211 I Believe in Me</b> The children and dragons help Cassie overcome her fears of performing. <b>Tip:</b> Read <i>Amazing Grace</i> by Mary Hoffman</p>	<p><b>219 Sneezzy Does It</b> When the Big Whistling Wind gets sick, the children and dragons go to Dr. Booboogone for a cure. <b>Tip:</b> With your child, discuss ways she can take care of herself to stay healthy and what she can do when she gets a cold.</p>
<p><b>212 Dragon Tune "Cassie"</b> This tune is a tribute to Cassie – a dragon who knows her way around all the places in Dragon Land. <b>Tip:</b> Help your child create a song about himself.</p>	<p><b>220 Give Zak A Hand</b> Zak has hurt his wrist, and now has a fear that he will bump his wrist again. <b>Tip:</b> Read <i>Margaret and Margarita</i> by Lynn Reiser.</p>
<p><b>213 Dragon Tune "Wake Up"</b> Jump up and say "good morning" to the day with a song. <b>Tip:</b> Have your child draw a picture of the early morning. Talk about what he likes about the morning time.</p>	<p><b>116 It Happened One Nightmare</b> Ord had a bad dream and now he is afraid to take a nap for fear of having another bad dream. <b>Tip:</b> Have your child tell you what she would do if she had a nightmare.</p>
<p><b>214 Green Thumbs</b> When a baby flower gets uprooted by the rain, the group have to figure out how to keep her healthy and happy. <b>Tip:</b> Look at some plants in your neighborhood. Do plants need to stay healthy?</p>	<p><b>117 Dragon Tune "Shake"</b> It's time to get on up, move your feet, and shake your dragon tail! <b>Tip:</b> With your child shake your dragon tails to some fun music!</p>
<p><b>111 Sky Pirates</b> The children and dragons help Captain Scaliwag, a pirate who is searching for a treasure he buried a long time ago. <b>Tip:</b> Hide an item in your home. Draw some picture clues and ask your child to find the item using the clues.</p>	