



# View & Do



sesameworkshop.



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Your Monthly Viewing Guide

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4096

## Mexico Comes to Sesame Street

Rosita is feeling homesick for her abuela (grandmother) and for Mexico, the country she is from. Seeing how much Rosita misses Mexico and her abuela, Big Bird and friends decide to bring Mexico to her by decorating Sesame Street to look just like Mexico! They also bring in authentic Mexican food and Luis sings a traditional Mexican song. Rosita is truly surprised and grateful when she realizes what all her friends have done for her! To everyone's surprise, Rosita's abuela shows up too! She missed Rosita so much that she had to fly in to see her. Rosita couldn't be happier! They all continue the fiesta together.

Children face new experiences when moving to a different place or school. When having to adjust to these new situations, they need time to talk about and express their feelings. Even children who are not moving can benefit from learning about how other people have moved, where they've come from and how they feel about the change.

Discuss a place your child has been before and misses or a place where your child originally came from. Ask your child: What does this place look like? What kinds of foods do you have there? What kind of activities do you do there? Are there songs you sang there? Make something that reminds your child of the place. Explain to your child that you can make any place feel like home or a favorite spot with a little imagination.

### You might also want to read:

*Going Home* by Eve Bunting

### 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)

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<p><b>4104</b> The letter of the day is <i>W</i>! <b>Tip:</b> Have your child find pictures of things that start with the <i>W</i> sound. Then, label the picture for your child, using both the upper and lower case letter. <b>Letter and Number: W, 0</b></p>	<p><b>4044 Spanish Word of the Day: Teléfono</b> "Teléfono" means "telephone" in Spanish. <b>Tip:</b> Find all of the "Teléfonos" in your home. Remember to repeat the word each time you see a telephone. <b>Letter and Number: W, 14</b></p>
<p><b>4040</b> Ernie shows Bert how to pat his head and rub his tummy while singing a song. <b>Tip:</b> Ask your child to listen and follow your direction: Pat your head! Rub your tummy! Now, sing a song at the same time! Having fun taking turns as you follow each other's directions. <b>Letter and Number: T, 0</b></p>	<p><b>4094</b> After Baby Bear's first day of school, he realizes that while he missed his family, it's great to see them after school so that he can tell them all the great things he learned and played that day! <b>Tip:</b> Read <i>The Kissing Hand</i> by Audry Penn. <b>Letter and Number: A, 1</b></p>
<p><b>4105</b> Two boys make a healthy low-fat sundae topped with lots of fruit. Yum! <b>Tip:</b> Ask your child: What would you make for a healthy snack. <b>Letter and Number: Q, 8</b></p>	<p><b>4046 Spanish Word of the Day: Cara</b> "Cara" means "face" in Spanish. <b>Tip:</b> Ask your child to draw pictures of his "cara". When he has finished, ask him to describe his "cara." <b>Letter and Number: O, 2</b></p>
<p><b>4041</b> Natalie Portman comes to Sesame Street to play Princess and the Elephant with Elmo, but trouble arises when both want to be the elephant. <b>Tip:</b> Have your child tell you what she would do if this happened to her. <b>Letter and Number: E, 6</b></p>	<p><b>4095</b> Learn the sign for exercise in today's sign language moment. <b>Tip:</b> Do an exercise with your child while you make the sign for "exercise." <b>Letter and Number: U, 8</b></p>
<p><b>4106</b> Today, you can learn to use sign language to count to 10! <b>Tip:</b> With your child, practice signing the numbers to 10. <b>Letter and Number: C, 2</b></p>	<p><b>4047 Elmo's World: Birds</b> Elmo and friends discover the world of birds, including those that fly and those that don't. <b>Tip:</b> Read <i>About Birds: A Guide for Children</i> by Cathryn Sill. <b>Letter and Number: D, 4</b></p>
<p><b>4042 Elmo's World: Fish</b> Elmo wants to learn more about fish! <b>Tip:</b> Read <i>What's It Like to Be a Fish?</i> by Wendy Pfeffer. <b>Letter and Number: K, 12</b></p>	<p><b>4096</b> Jane Tuesday shares what she knows about blue foods and encourages children to eat their colors! <b>Tip:</b> Ask your child: What blue fruits and vegetables do you like to eat? What do you like about them? <b>Letter and Number: B, 3</b></p>
<p><b>4107</b> Children learn about a vegetable that grows underground and can be baked, mashed, stuffed and more: a potato! <b>Tip:</b> With your child, think of healthy ways to cook a potato. <b>Letter and Number: M, 20</b></p>	<p><b>4048</b> Baby Bear and Telly Monster are convinced that Rosita's new frog friend is really a prince. <b>Tip:</b> Read <i>Do Princesses Really Kiss Frogs</i> by Carmela LaVigna Coyle. <b>Letter and Number: H, 7</b></p>
<p><b>4108 Global Grover: Tibetan Family's Yak's Milk</b> Grover travels to Tibet, where people milk yaks, the same way people milk cows. <b>Tip:</b> Read <i>Tibetan Tales for Little Buddhas</i> by Naomi C. Rose. <b>Letter and Number: L, 7</b></p>	<p><b>4097</b> A grapefruit sings about what makes grapefruits so good: they're round, juicy, sour, sweet, and tasty! <b>Tip:</b> Ask your child to draw pictures of several citrus fruits he knows, like oranges, tangerines, grapefruit, and lemons. How are they alike and different? <b>Letter and Number: J, 9</b></p>
<p><b>4043</b> When Rocco, Zoe's pet rock, is disguised as a circus clown, a chicken mistakenly thinks Rocco is an egg, disguised as a circus clown. <b>Tip:</b> Ask your child: How would you dress Rocco? <b>Letter and Number: L, 13</b></p>	<p><b>4050</b> In today's Journey to Ernie, Big Bird must to find Ernie hiding among the sea and surf. <b>Tip:</b> Hide an object in a room. Ask your child to find the object but ask her to find it by asking you questions about where it is hidden. <b>Letter and Number: A, 3</b></p>
<p><b>4093</b> Buzz Aldrin talks to Cookie Monster about what the moon is made of. <b>Tip:</b> Ask your child: What do you think the moon is made of? Then, read <i>If You Decide To Go To The Moon</i> by Faith McNulty. <b>Letter and Number: T, 2</b></p>	<p><b>4098</b> The Number of the day is 5! <b>Tip:</b> With your child do a variety of physical movements five times. <b>Letter and Number: Y, 5</b></p>



<p><b>327 Hello Miss Tips</b> A substitute teacher brings a story to life for the children and dragons. <b>Tip:</b> Read your child's favorite story and then act it out together. Ask your child: What is good about exploring a story a new way?</p>	<p><b>209 Knuck, Knuck Who's Where?</b> When Emmy and Cassie follow the Giant of Nod into a Knuckerhole, they get lost and have to find there way back out. <b>Tip:</b> Have your child tell you what she would do if she gets lost.</p>
<p><b>328 Make No Mistake</b> Zak is excited about being in the school play until he realizes he may make a mistake in front of the audience. <b>Tip:</b> Ask your child: Have you ever been afraid to make a mistake? Explain that making mistakes is a part of learning.</p>	<p><b>211 Dragon Tunes: The Ord Shuffle</b> This dragon tune is a tribute to a dragon who is as big as he is sweet and gentle. <b>Tip:</b> Ask your child: What are some words that describe Ord?</p>
<p><b>329 Finders Keepers</b> The group has to help Wheezie clean up her room so they can find the tickets for the aquarium. <b>Tip:</b> Have your child help you clean up his toys and talk about why putting things away makes playing more fun for everyone.</p>	<p><b>212 Dragon Scouts</b> When Cassie leaves Emmy with her Dragon Scout friends, Emmy has a hard time making a new friend. <b>Tip:</b> With your child, discuss other ways Emmy could have made friends with the Dragon Scouts.</p>
<p><b>201 Dragon Tunes: Doodli-Do</b> Do the Doodli-Do to chase away the winter blues! <b>Tip:</b> 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><b>213 The Serpent's Trail</b> When Cyrus the Serpent swipes Emmy's detective kit, the group has to do some detective work to find him. <b>Tip:</b> Read <i>Alphabet Mystery</i> by Audry Wood.</p>
<p><b>202 Very Berry</b> When searching for dragonberries, Ord finds himself stuck inside a dark and scary cave! Yikes! <b>Tip:</b> Ask your child: What else could the group have done to make Ord feel better and get unstuck?</p>	<p><b>214 Green Thumbs</b> The dragons and children need to learn how to care for an uprooted plant named Lily. <b>Tip:</b> Plant grass seed with your child in a plastic cup. Put the cup in the window, water it every day and watch it grow!</p>
<p><b>203 Remember the Pillow Fort</b> When a game between Max and Ord turns to fighting, Zak and Wheezie write a song to help them work out their differences. <b>Tip:</b> Ask your child: What messages they learned from Zak and Wheezie's song?</p>	<p><b>215 Dragon Tunes: Cassie</b> Cassie is a shy and smart dragon who knows her way around Dragon Land! <b>Tip:</b> Make a list of all the things that your child is good at. Then, encourage your child to do one of them.</p>
<p><b>204 Big Funky Cloud</b> 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. <b>Tip:</b> Brainstorm ways that your child can cheer himself up.</p>	<p><b>217 The Art of Patience</b> When the group prepares for a party for Quetzal's birthday, Max struggles to be patient. <b>Tip:</b> Ask your child: What else could the dragons and Emmy have done to help Max pass the time?</p>
<p><b>205 One Big Wish</b> When Max is granted his wish to be bigger than Mungus the Giant, he finds the being big is not what he expected. <b>Tip:</b> With your child, make a list of things that are good about being her size.</p>	<p><b>218 Hands Together</b> Ord learns that dancing can be fun even if you don't get all the steps right when the group performs at the Happy Hearts Festival. <b>Tip:</b> Read <i>Pearl's New Skates</i> by Holly Keller.</p>
<p><b>206 Have No Fear</b> Ord has to put his fears aside when Cassie's pet butterfrog is missing. <b>Tip:</b> 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><b>219 Sneezzy Does It</b> When the Whistling Wind gets a cold, the dragons and children find out what they can do to help. <b>Tip:</b> With your child, discuss what she should do if she gets a cold.</p>
<p><b>208 A Crown for Princess Kidoodle</b> When the friends have to find Princess Kidoodle's crown, the dragons have to overcome their own obstacles to reach their goal. <b>Tip:</b> Read <i>Paper Lanterns</i> by Stefan Czernecki.</p>	<p><b>220 Give Zak a Hand</b> When Zak gets a bad case of bumpophobia, it's up to his friends to find away to get him to come to Spike's fiesta. <b>Tip:</b> Ask your child: Is there something that you are afraid to do or try? Then, discuss ways to make the activities less scary.</p>