



View & Do



sesameworkshop™



Issue 1

Your Monthly Viewing Guide

January 2006

Dragon Tales 305 The Big Race

In the Dragon Land Road Race, pairs of friends have to work together to find a way to get through the race course. Enrique and Lorca get off to a great start, but the partners soon have trouble getting along. First, Enrique does not want Lorca's help, and then Lorca doesn't want Enrique's help later. Quetzal offers advice on working together so all the teams can finish the race.

Like the Dragon Tales gang, young children need a little extra help and encouragement in order to work together well, especially siblings who have to vie for possessions and attention. You can promote teamwork by providing opportunities for siblings (or friends) to cooperate. For example, you can form a sandwich line to prepare the family's lunch. An older child could spread on the peanut butter and jelly and a younger child could put the bread on top. Let your children know that working together makes these sandwiches even more special, and delicious!

You might also want to read:

Let's Play as a Team by P.K. Hallinan.

Don't forget to check us out online.

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



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

© 2006 Sesame Workshop. *Sesame Street* © 2006 Sesame Workshop. "Sesame Street," characters and related elements are trademarks of Sesame Workshop. All rights reserved. *Sesame Street Music Works* is a public service initiative that encourages children to explore, create and grow with music.

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. © 2006 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>4093 Big Bird searches for Ernie in a world filled with all types of vehicles. Tip: With your child, point out and name the different types of transportation you see throughout the day. Letter and Number: A, 1</p>	<p>4033 The letter of the day is "S" and Super Grover helps introduce its sound and shape. Tip: Celebrate "S"! Make up silly "S" sentences with your child, shape clay into "S"s and help your child practice writing the letter, too! Letter and Number: S, 19</p>
<p>4051 Spanish Word of the Day: Perro "Perro" means "dog" in Spanish. Tip: Read <i>Please, Puppy, Please</i> by Spike Lee and Tonya Lewis Lee. Letter and Number: U, 11</p>	<p>4099 Elmo watches a leaf floating in a bucket of water and is inspired to explore more! Tip: Take an "observation walk" with your child. Help him learn more about what he sees by asking questions, such as, "How do you think that happened?" "What do you think will happen if...?" Letter and Number: P, 15</p>
<p>4094 With lots of practice and encouragement from Gordon, Telly finally learns how to do the Groucheteer cheer! Tip: Ask, "Have you ever felt discouraged like Telly? What did you like about the way Gordon helped Telly?" Letter and Number: S, 19</p>	<p>4034 Spanish Word of the Day: Leche "Leche" means "milk" in Spanish. Tip: Drink a glass of cold low-fat milk with your child. Talk about how milk has calcium which helps bones stay strong and healthy. If your child is lactose intolerant, eat broccoli to get a dose of calcium. Letter and Number: M, 4</p>
<p>4032 Elmo learns about different kinds of love. Tip: Take turns with your child describing the feelings of love you have for each other, a family member, or a pet! Letter and Number: Q, 2</p>	<p>4100 Elmo's World: Jumping Jumping is a great way to exercise and make your body strong! Tip: Have fun playing jumping games with your child, such as hopscotch and leap frog. Letter and Number: R, 10</p>
<p>4095 Gordon offers Big Bird and friends fun ideas for staying active when bad weather keeps them indoors. Tip: Make a list of indoor activities with your child, such as playing "Simon Says" or dancing; then choose one to do today! Letter and Number: Z, 14</p>	<p>4035 Global Grover: Chinese Acrobats Grover just somersaulted back from China where he visited a boy learning how to be an acrobat. Tip: Offer your child props, such as a hula hoop and balls, and let her pretend to be an acrobat. Be sure to watch your child and ensure her safety. Letter and Number: J, 5</p>
<p>4049 The letter of the day is "R"! Tip: With your child, brainstorm a list of words that begin with "R" and write them on a piece of paper. Together, create sentences that use your different "R" words. Letter and Number: R, 18</p>	<p>4101 Luis helps Elmo, Zoe and Baby Bear understand that sharing and playing together is much more fun than arguing! Tip: Read <i>It's Mine</i> by Leo Lionni. Letter and Number: X, 17</p>
<p>4096 Rosita's friends bring Mexico to <i>Sesame Street</i> with decorations, Mexican food and traditional songs. Tip: Learn about a country your family has a connection to. Read a book or tell a story about it; make decorations, cook foods and listen to music to celebrate this special place! Letter and Number: B, 3</p>	<p>4037 Journey to Ernie: Shapes Big Bird follows the clues while searching for Ernie in Shape World. Tip: Make a batch of cookies with your child. Using cookie cutters or a plastic knife, help her cut the cookies into different shapes, such as a hexagon, rhombus, or pentagon. Letter and Number: F, 8</p>
<p>4052 Elmo's World: Music Elmo learns that music can be fast or slow, high or low, and loud or soft. Tip: Play music for your child. Together, explore the different variations of music by clapping your hands and stomping your feet to the beat. Letter and Number: V, 10</p>	<p>4102 Gina teaches Grover about animals as part of his training to be her veterinary assistant. Tip: Have your child think of something he would like to do when he grows up. Then together, visit the library or speak with a friend to learn more about it. Letter and Number: V, 16</p>
<p>4097 Telly has a great time caring for Rocco while Zoe is away taking swimming lessons. Tip: Plan a day of fun and games with your child and his favorite doll or stuffed animal. Letter and Number: H, 18</p>	<p>4038 Big Bird writes a great story but can't decide how to end it. Tip: Read a favorite book with your child, pointing out the beginning and middle of the story. Then, challenge her to make up different endings. Letter and Number: G, 15</p>
<p>4031 Everyone on Sesame Street is excited about karaoke night at Hooper's! Tip: Help your child learn a new song or nursery rhyme and encourage her to "perform" it for your family. Letter and Number: N, 17</p>	<p>4103 Miles' rockin' songs inspire everyone to eat delicious and healthy fruits and vegetables! Tip: Make a nutritious snack with your child. Talk about the different colors, flavors and textures while you're preparing—and eating—your healthy treat! Letter and Number: F, 11</p>
<p>4098 Gordon and an elephant get up and move their bodies because they know it's important to exercise every day! Tip: With your child, pretend to move like different animals. Do jumping jacks like a monkey! Leap like a frog! Letter and Number: Y, 5</p>	<p>4039 The number of the day is "9"! Tip: Go outside with your child and collect nine rocks, leaves and/or sticks. How many different ways can you sort the objects as you count to nine together? Letter and Number: B, 9</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>305 The Big Race Quetzal helps Lorca and Enrique learn to work better together. Soon, they're offering friends their own helpful teamwork suggestions! Tip: Ask your child what kinds of teamwork tips he would share with the group.</p>	<p>316 A Crown for Princess Kidoodle The group faces many challenges in order to deliver the crown to Princess Kidoodle's coronation. Tip: Create an obstacle course with your child. Have her crawl under a big table, over a mound of pillows, and more! Ensure her safety while she attempts the course.</p>
<p>306 Flip Flop A magical statue helps Zak and Wheezie understand each other's perspective. Tip: "Flip flop" roles with your child and explore the world from a different point of view. Together, talk about what you learned from your play.</p>	<p>317 Head Over Heels The bridge troll insists everyone perform a cartwheel before crossing his bridge. Can Emmy learn how to do it in time to reach Quetzal's sick brother? Tip: Help your child practice and learn a new skill, such as throwing a ball into a basket.</p>
<p>307 Max Loves a Train When Max's favorite train ride comes to a sudden end, his friends help him cope with his disappointment. Tip: Help your child recall a time when she was disappointed with a situation. What helped her manage her feelings?</p>	<p>318 Dragon Tunes: Speak Up This tune encourages you to try to speak up and let everyone know what you're thinking about—even if you're feeling a little shy. Tip: Read <i>So Shy</i> by Vicki Morrison.</p>
<p>308 El Día del Maestro Though reluctant at first, Cassie quickly steps up and takes on the responsibility of making chalupas for Quetzal's party. Tip: Plan a special meal with your child and let him manage a task, such as setting the table or making decorations.</p>	<p>319 Making It Fun Max, Emmy and the Dragons manage the big job of painting a path for the unicorns by making it fun! Tip: Help your child think of ways to make a large task fun, such as sorting laundry by color. Then try it!</p>
<p>309 Let's Dance Wheezie can't control her curiosity and opens some magical boxes—even though she was told not to. Tip: Help your child write a letter to Wheezie offering suggestions for how she might control her curiosity.</p>	<p>320 Cassie Catches Up Cassie is frustrated while the others have a great time playing—and winning—carnival games. Tip: Play a matching game using lotto or playing cards with your child, and focus on the fun of being together! Afterward, share your feelings about winning and losing.</p>
<p>310 Express Yourself Emmy helps Cassie think of different ways to express her emotions. Tip: With your child, explore new ways to express your feelings through words, facial expressions, dancing, and singing.</p>	<p>321 Try It, You'll Like It Everyone is excited about the new rides and food at the amusement park, but Zak is not so sure. Tip: The next time you're grocery shopping with your child, choose a new healthy food to try together.</p>
<p>311 Prince for a Day Ord is crowned prince and must choose the official healthy snack of the Flower Festival. Tip: Make a healthy snack with your child, such as apples slices with low-fat cheese and whole wheat crackers.</p>	<p>322 Dragon Tunes: Making It Fun This song declares, "Don't mope when you've got a tough job to do—just do it!" Tip: Help your child put fun into chores by playing music, singing or dancing while you sweep the floor or tidy a room.</p>
<p>312 The Balancing Act Ord needs to improve his balancing skills before he can learn to ride Emmy's skateboard. Tip: Play "Follow the Leader" with your child and challenge each other with balancing activities, such as walking with a book on your head.</p>	<p>323 Room for a Change Cassie is concerned about having to move into a new bedroom. Tip: Ask your child what he would say and/or do to help Cassie feel more comfortable with the change.</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>324 Dragon Scouts Emmy learns how to make new friends when Cassie leaves her alone at a Dragon Scouts meeting. Tip: Together with your child, talk about different ways she might approach children playing together at a park.</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>325 Something's Missing Max enjoys exploring Dragon Land while Emmy is at camp, but he still misses her. Tip: Help your child make a Memory Book for someone important to him.</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>326 Green Thumbs The group learns how to care for a baby flower that was uprooted by the rain. Tip: Read <i>Whose Garden Is It?</i> by Mary Ann Hoberman.</p>