



View & Do



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Issue 5

Your Monthly Viewing Guide

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Dragon Tales The Big Sleepover

Everyone's getting ready for Zak and Wheezie's sleepover but Cassie isn't sure she wants to go—she's never spent the night away from home before and is a little anxious about it. Emmy encourages Cassie to come by suggesting she bring a favorite family photo along to remind her of home. While at the sleepover, Cassie enjoys popping dragoncorn, playing games, and getting into pillow fights. Having that special photo with her really helped but she misses her parents all the same.

One of the more challenging experiences for young children is separation from their parents or primary caregiver. Even when the separation is for a happy occasion, such as a sleepover, the experience may be distressing. Help calm children's concerns about spending time away from home by reassuring them you'll be there when they return. Talk about what to expect ahead of time and encourage children to express their feelings. Pretend play is another way to explore and work through separation anxiety. For example: Act out children's bedtime rituals and talk about what they like best. Pretend a doll is nervous about a sleepover and have your child talk to and comfort the doll. Engaging children in this sort of practice play gives them a safe place to express their feelings and helps them learn to manage new experiences of all kinds.

You might also want to read:

Edward's Overwhelming Overnight by Rosemary Wells

Don't forget to check us out online.

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<p>4094 Gordon encourages Telly to keep practicing the Official Grouch Cheer. Soon, he <i>can</i> do it! Tip: Allow your child to pick a nursery rhyme to learn. Practice it together then share it with your family. Letter and Number: S, 19</p>	<p>4073 Baby Bear patiently teaches Curly Bear how to draw—disappointing Oscar and Grundgetta who were waiting for something grouchy to happen. Tip: Ask your child why she thinks Baby Bear was so patient. What can she learn from the way Baby Bear was with Curly? Letter and Number: Q, 16</p>
<p>4095 While on a hike, Maria encourages Big Bird and Snuffy to look closely for interesting things that they may not have notice. Tip: Walk around your neighborhood together. When you see something interesting say, “I spy something... (small and round, etc.)” to describe it. Encourage your child to guess what it is. Letter and Number: Z, 14</p>	<p>4074 Telly joined the “Letter of the Month Club” and is very excited when his first letters arrive. Tip: Help your child write his name on a large piece of paper, emphasizing each letter and letter sound. Decorate the letters and post on his. Letter and Number: R, 18</p>
<p>4096 Spanish Word of the Day: Siesta “Siesta” means “nap” in Spanish. Tip: Have your child draw a picture of herself taking a nap and help her write “siesta” underneath. Letter and Number: B, 3</p>	<p>4076 Papa Bear helps Baby Bear understand that he should be very proud—not jealous—of his sister. Tip: Take out a family/friend photo album. Discuss with your child things she likes about herself, siblings and/or friends. Letter and Number: G, 20</p>
<p>4107 Big Bird discovers a whole new world when Mumford accidentally makes him very small. Tip: With your child, pretend you’re as little as an ant. Take a trip around your house or yard noticing all the things that an ant might see. Letter and Number: M, 20</p>	<p>4077 Zoe and Elmo argue about almost everything until Gabi steps in to help. Tip: Have your child and a friend make a “sharing snack.” Let them take turns scooping their choice of mini pretzels, dry cereal, etc., into a bowl; mix and enjoy! Letter and Number: U, 3</p>
<p>4108 Little Big Bird learns a valuable lesson from a ladybug who encourages him to keep trying no matter what obstacles he faces. Tip: Read <i>George Shrinks</i> by William Joyce. Letter and Number: L, 7</p>	<p>4078 The number of the day is 8! Tip: Have a healthy 8 day with your child! Put up a sign with a big number 8 on it. Then, do jumping jacks, toss then bounce a ball—all 8 times each! Have fun counting as you go! Letter and Number: V, 8</p>
<p>4064 Elmo’s World: Dance Elmo learns that dancing is fun and healthy, and there are many different kinds of dances to try! Tip: Play different types of music and dance with your child. Wave a scarf to the rhythm or try expressing different emotions through your moves. Letter and Number: A, 1</p>	<p>4080 Elmo wishes that he was a feathery bird like Big Bird—so his Fairy Godperson grants his wish! Tip: Pretend to be different animals with your child: Stretch your neck like a giraffe, swing your arms like a monkey, “oink” like a pig! Letter and Number: X, 2</p>
<p>4065 Journey To Ernie: Shapes Big Bird searches for Ernie with clues that lead him to a circle, triangle, and square! Tip: Have your child draw different shapes on a piece of paper, such as a rectangle, pentagon and octagon. Help him write the names of the shapes. Letter and Number: I, 7</p>	<p>4081 Everyone helps cheer up Rosita who’s feeling sad after some kids tease her about her accent. Tip: Ask, “Why did they make fun of Rosita? What would <i>you</i> have done to be a good friend to Rosita?” Letter and Number: Y, 7</p>
<p>4066 Baby Bear tries to keep Goldilocks from eating his porridge by writing a <i>new</i> story called, “Goldilocks and the Four Bears.” Tip: Help your child write and illustrate a story that could help solve a problem, such as “How I Learned to Tie My Shoe.” Letter and Number: J, 9</p>	<p>4082 Global Grover: Visit to an Egyptian Farm Grover visits his friend Ahmed who lives on an Egyptian farm where he makes bread and milks goats. Tip: When you’re at the grocery store with your child, look for items that come from a farm, such as eggs, milk, and vegetables. Letter and Number: Z, 11</p>
<p>4067 Global Grover: Australian Dugout Global Grover returned from Australia where he visited a boy from a desert that’s so hot in the summer, that people live in homes underground to stay cool! Tip: Read <i>Houses and Homes</i> by Ann Morris. Letter and Number: K, 4</p>	<p>4058 Zoe, Telly, Elmo, and Baby Bear become frustrated with each other while arguing about who has the best pet. Tip: Ask, “What do you think about the way Maria helped the friends?” Letter and Number: B, 8</p>
<p>4068 The letter of the day is “L”! Tip: Make lemonade with your child. Add ice, pour into a glass and sip while singing, “Lah, lah, lah lemonade is lovely!” Letter and Number: L, 11</p>	<p>4059 The number of the day is 3! Tip: Encourage your child to <i>search</i> for the number 3—on signs, clocks, in magazines throughout the day. Letter and Number: N, 3</p>
<p>4071 Super Grover opens a School for Super Heroes and teaches his students everything about being a super hero. Tip: Discuss with your child the differences and similarities between cartoon super heroes and real life heroes, such as firefighters, doctors, even parents! Letter and Number: H, 13</p>	<p>4060 Big Bird is delighted to discover that Natalie can make a birdseed milkshake just as he likes it! Tip: Ask your child to describe things she likes you to do for her because of the very special way you do them. Letter and Number: D, 17</p>
<p>4072 The letter of the day is “P”! Tip: Celebrate “P” with a healthy pizza! Let your child spoon tomato sauce on whole wheat English muffins, add a colorful array of vegetables, and top with shredded low-fat cheese. Letter and Number: P, 15</p>	

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Family Tips

<p>225 Just the Two of Us Pollynimbus' weather machine is making crazy weather and the group can't decide what to play! Tip: Look outside and ask your child to describe the weather. Then brainstorm different things you might do today—and have fun doing them!</p>	<p>127 Quetzal's Magic Pop-up Book Quetzal opens up his magical storybook and invites the group to join in the stories! Tip: Together, make paper bag puppets of your child's favorite storybook characters. Act out familiar scenes and make up new storylines starring the two of you!</p>
<p>116 Staying Within the Lines When the group repaints the Stickleback Mountains Max gets carried away with the blue he's using for the stream. Tip: Encourage your child's creativity by painting a mural together. Discuss the images and colors before you begin, then enjoy the process!</p>	<p>128 Dragon Tunes: Pretend You can go anywhere you want to—all you need is your imagination! Tip: Spark your child's imagination with pretend play: Imagine you're on a rocket ship to the Planet Purple. Describe what you see, smell, and hear, and who you meet.</p>
<p>117 Follow the Dots The group must figure out a numbers challenge to find an important clue. Tip: Help your child use a black marker to cover a piece of paper with dots. Offer her colored markers to create patterns by connecting the dots.</p>	<p>129 Zak Takes a Dive Zak doesn't want to learn how to swim but Wheezie encourages him to give it a try. Tip: The next time you're grocery shopping with your child, let her choose a new food to try. Find a recipe, prepare, and enjoy it together!</p>
<p>118 Quibbling Siblings Zak is excited about trying to find a rare Jugglebug but Wheezie is making things very hard for him. Tip: Read <i>Sisters</i> by David McPhail.</p>	<p>130 My Emmy or Bust Max bravely goes off to Dragon Land without Emmy. He has fun but he misses Emmy, too. Tip: Read <i>Fathers, Mothers, Sisters, Brothers</i> by Ann Hoberman.</p>
<p>119 Stormy Weather The group helps Ord cope with his fear of thunderstorms by distracting him with tickling and playing games. Tip: Talk with your child about something he used to be frightened of but isn't anymore. How might he help Ord?</p>	<p>131 Follow the Leader Emmy leads an especially challenging game and doesn't care that Max can't keep up. Tip: Discuss with your child Emmy's behavior and Max's feelings. Then play a fun game together and root for each other!</p>
<p>120 Blowin' with The Wind Cassie and Emmy convince Windy that she <i>can</i> whistle if she just keeps trying. Tip: Discuss with your child something she learned that took a lot of practice. How did it feel to keep trying? Praise her efforts and accomplishments!</p>	<p>132 Rope Trick Emmy helps Zak and Wheezie learn how to jump rope. Tip: Help your child learn to jump rope. Start by jumping over a rope on the floor, then over a gently swinging rope then one day, try going all the way!</p>
<p>121 Treasure Hunt Quetzal explains important instructions for everyone to get in and out of Treasure Trove—but the group forgets them! Tip: Hide an object from your child and give him instructions for finding it. Offer hints if needed and celebrate his discovery!</p>	<p>133 Roller Coaster Dragon Wheezie learns to be patient while waiting in line for a ride. Tip: Nurture your child's patience through gardening. Have him spoon soil into a plastic cup, add seeds, sprinkle with water. Observe seeds daily, noticing their slow but steady growth.</p>
<p>122 The Jumping Bean Express The group becomes frustrated while chasing Quetzal's magic beans but vows to complete the task no matter how difficult. Tip: Together, build a block city with streets, houses, and skyscrapers. Offer your child encouraging words to support her persistence when towers tumble.</p>	<p>134 Up, Up and Away The group has fun playing Pop the Bubbles but accidentally creates a bubble geyser! Tip: Have your own bubble fun! Take turns with your child blowing, counting, chasing, and popping bubbles!</p>
<p>123 Backwards to Forwards Magical music sparkles rain down on Dragon Land and everything goes backwards! Tip: Write a story with your child describing what it would be like if everything went backwards in his neighborhood. How would he get to school? Play with friends?</p>	<p>135 Whole Lotta Maracas Go On The gang runs into challenges while making maracas for Quetzal on Teacher's Day. Tip: Make a healthy dish for your family. Together, tear lettuce into a bowl, add cherry tomatoes, shredded carrots and zucchini; toss with dressing and serve!</p>
<p>124 The Greatest Show in Dragon Land The kids and dragons are excited about flying to Wonder World until they learn Zak and Wheezie have a broken wing. Tip: Ask, "Have you ever felt disappointed? How did you express your feelings? What helped you overcome your disappointment?"</p>	<p>136 The Ugly Dragling The group comforts Priscilla by explaining that being different is okay—because everyone is different in <i>some</i> way! Tip: Together, describe the physical characteristics and personalities of your child's friends and family. Point out how wonderful it is that everyone is different and special!</p>
<p>125 Dragon Tunes: Clap Clap your hands to the beat of this jammin' tune! Tip: Clap a simple pattern and have your child repeat it back to you. Switch places and let her create a clapping rhythm for you to copy.</p>	<p>137 Lights, Camera, Dragons! Max feels frustrated and sad after Emmy tells him he can't be in her video. Tip: Ask, "What do you think about the way Emmy acted? What advice would you give her about being a good director and friend?"</p>
<p>126 Crash Landings After a terrible crash Zak decides not to enter the flying relay race. Tip: Ask, "What do you think about the helpful ideas the gang came up with to encourage Zak? What would you say to him?"</p>	