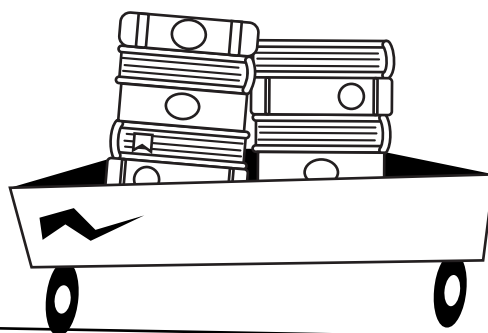
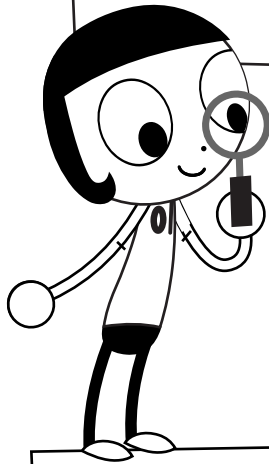




Learn at Home with PBS KIDS

# All About Emotions

# BINGO





# Learn at Home with PBS KIDS

**Week of  
May 3rd**

## **Hello, Families!**

Welcome to **Learn Along Bingo!** We're happy to share PBS KIDS activities with you and to work with PBS member stations and community partners across the country to help support learning at home. With Learn Along Bingo, children can view, explore, and play as they learn alongside their PBS KIDS friends on the PBS KIDS 24/7 channel. We hope your family will use it to inspire learning each and every day.

### **It's All About Emotions Week!**

In this packet, there are printable activities and everyday learning ideas for you and your child to choose from. As you complete each square, mark it off to celebrate the learning.

### **Learning Spotlight: Emotions**

Identifying emotions leads to understanding one's emotions. Children will learn to label emotions and how they can express them in different ways.

### **Show What You Know: When I Feel...**

The last activity in this packet is a perfect way for children to learn about emotions and how they express them.

**Tune in:** Watch DANIEL TIGER'S NEIGHBORHOOD at 8am ET on Tuesday, May 4th on the PBS KIDS 24/7 channel.

Ready for more? Watch your favorite PBS KIDS shows on the 24/7 channel and live stream at [pbskids.org/video/livetv](https://pbskids.org/video/livetv) or on your local PBS station.

**Happy learning!**  
**PBS KIDS**



**Find free activities, articles and tips to support at-home learning on [pbskidsforparents.org](https://pbskidsforparents.org)**

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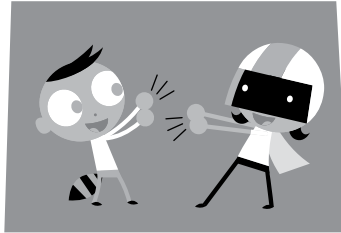


# All About Emotions

# BINGO



**Draw Your Feelings**



**Play, "If You're Happy And You Know It."**



**How Are You Feeling?**



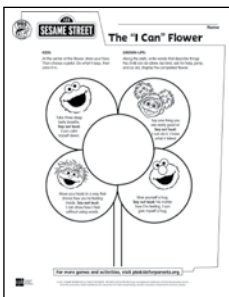
**Practice belly breathing to calm yourself down.**



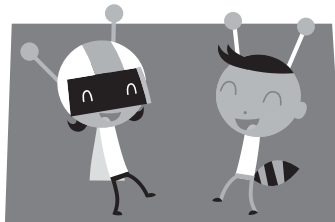
**When I Feel...**



**Look in a mirror and pretend you are feeling happy, sad, mad, and scared. How do your facial expressions change?**



**The "I Can" Flower**



**Invite someone to play. Face each other and then mimic (copy) the different faces you make.**



**Matching Feelings Faces**

**PreK-K**

**Find more games and activities at [pbs.org/parents/learn-at-home](https://pbs.org/parents/learn-at-home)**



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# DANIEL TIGER'S NEIGHBORHOOD®

Name \_\_\_\_\_

## Draw Your Feelings

You can have lots of different feelings when you think something is unfair, difficult or when something unexpected happens. Drawing pictures is one way you can help yourself feel better. Pictures can also help others understand more about your feelings, too. Draw a picture that shows how you are feeling today.



Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)

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# How Are You Feeling?

Feelings are a normal part of everyday life. Your facial expressions and body language help tell others how you might be feeling. Use this poster to help you learn about and name different feelings. Think about a time you felt each emotion and why you felt that way. How did you express your feelings? Did you use your words? Did you cry, jump, or scream?

<b>happy</b> 	<b>sad</b> 	<b>excited</b> 
<b>angry</b> 	<b>scared</b> 	<b>surprised</b> 
<b>proud</b> 	<b>embarrassed</b> 	<b>worried</b> 
<b>annoyed</b> 	<b>frustrated</b> 	<b>jealous</b> 

Find more games and activities at [pbskidsforparents.org](https://pbskidsforparents.org)



Name \_\_\_\_\_

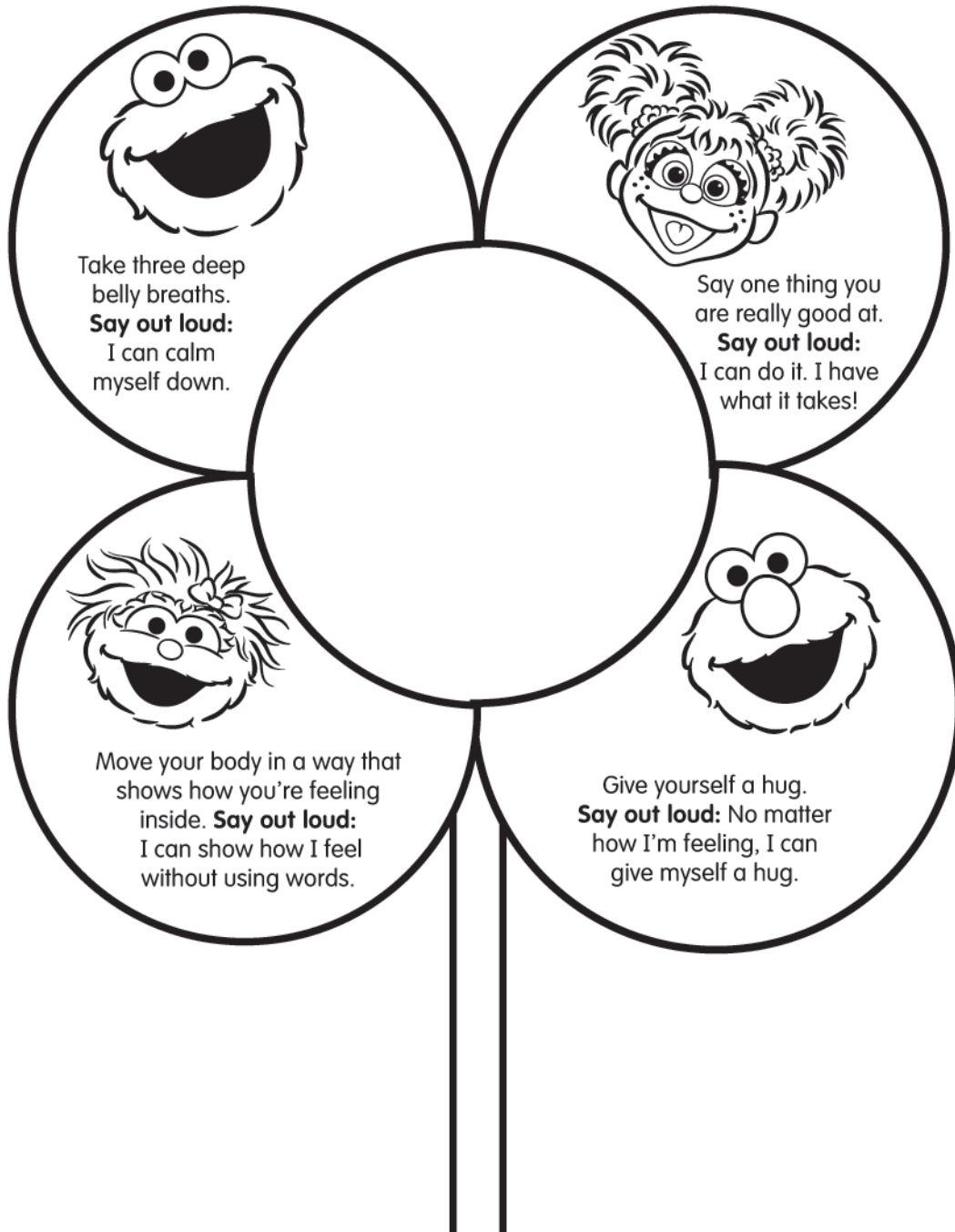
# The "I Can" Flower

### KIDS:

At the center of the flower, draw your face. Then choose a petal. Do what it says, then color it in.

### GROWN-UPS:

Along the stalk, write words that describe things the child can do (draw, be kind, ask for help, jump, and so on). Display the completed flower.



**For more games and activities, visit [pbskidsforparents.org](https://pbskidsforparents.org)**





# Matching Feelings Faces

People feel emotions every day. Sometimes they feel happy, sad, or mad. Invite someone to play a matching game with you. Color the faces and cut out the squares. Then, flip all cards upside-down. Take turns choosing two cards. If you find a pair, talk about the feeling and make a stack with the cards. If the cards do not match, turn them face down and the next person will take their turn. Take turns until all of the pairs have been found.



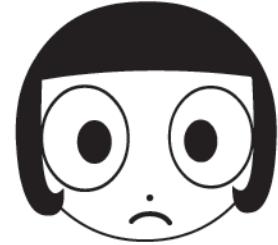
happy



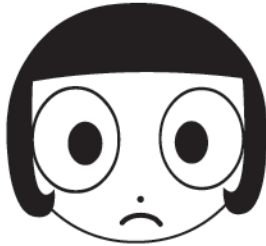
happy



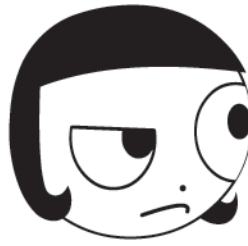
sad



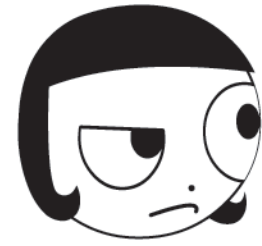
sad



mad



mad



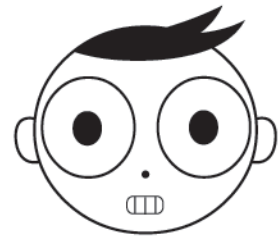
excited



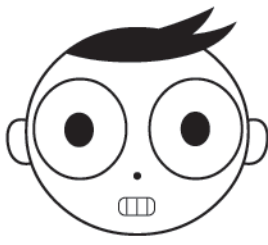
excited



scared



scared



proud



proud



Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)



(Name)

# When I Feel...

Here's a drawing  
of what I do  
when I feel  
happy.

## When I feel happy, I like to...

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Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)

Fold here

Here's a drawing  
of what helps me  
when I feel scared.

## When I feel scared, it helps me when I...

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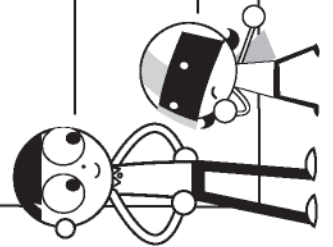
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Here's a drawing of what helps me when I feel sad.

When I feel sad, it helps when I...



Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)

Here's a drawing of what helps me when I feel mad.

When I feel mad, it helps when I...



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Fold here



# Learn at Home with PBS KIDS

**Schedule Begins May 3, 2021**

Explore reading, math, science, life lessons, and more on the PBS KIDS 24/7 channel and live stream! The TV schedule below offers you and your child a chance to learn anytime alongside your friends from PBS KIDS.

TIME (M-F)	SHOW	GRADE	LEARNING GOALS
6/5c am	The Cat in the Hat Knows a Lot About That!	PK-1	Science & Engineering
6:30/5:30c am	Ready Jet Go!	K-2	Science & Engineering
7/6c am	Peg + Cat	PK-K	Math
7:30/6:30c am	Super WHY!	PK-K	Literacy
8/7c am	Daniel Tiger's Neighborhood	PK-K	Social & Emotional Learning
8:30/7:30c am	Daniel Tiger's Neighborhood	PK-K	Social & Emotional Learning
9/8c am	Sesame Street	PK-K	Literacy, Math, Social & Emotional Learning
9:30/8:30c am	Elinor Wonders Why	PK-K	Science & Engineering
10/9c am	Clifford the Big Red Dog	PK-K	Social & Emotional Learning, Literacy
10:30/9:30c am	Dinosaur Train	PK-K	Science
11/10c am	Let's Go Luna!	K-2	Social Studies
11:30/10:30c am	Nature Cat	K-3	Science
12 pm/11c am	Nature Cat	K-3	Science
12:30 pm/11:30c am	Xavier Riddle and the Secret Museum	K-2	Social & Emotional Learning
1/12c pm	Molly of Denali	K-2	Literacy
1:30/12:30c pm	Hero Elementary	K-2	Science & Engineering
2/1c pm	Cyberchase	1-5	Math & Science
2:30/1:30c pm	Pinkalicious & Peterrific	PK-1	The Arts
3/2c pm	Pinkalicious & Peterrific	PK-1	The Arts
3:30/2:30c pm	Elinor Wonders Why	PK-K	Science & Engineering
4/3c pm	Donkey Hodie	PK-K	Social & Emotional Learning
4:30/3:30c pm	Curious George	PK-K	Math, Science & Engineering
5/4c pm	Curious George	PK-K	Math, Science & Engineering
5:30/4:30c pm	Xavier Riddle and the Secret Museum	K-2	Social & Emotional Learning
6/5c pm	Molly of Denali	K-2	Literacy
6:30/5:30c pm	Hero Elementary	K-2	Science & Engineering

**Access FREE, at-home learning activities, tips, and more on [pbskidsforparents.org](https://pbskidsforparents.org)**



# Learn at Home with PBS KIDS

Play and learn anytime and anywhere with free apps from PBS KIDS! Use the chart below to find the app that aligns to your child's grade, learning goal, and favorite PBS KIDS show - then download it on your on your mobile or tablet device to play online, offline, or anytime.

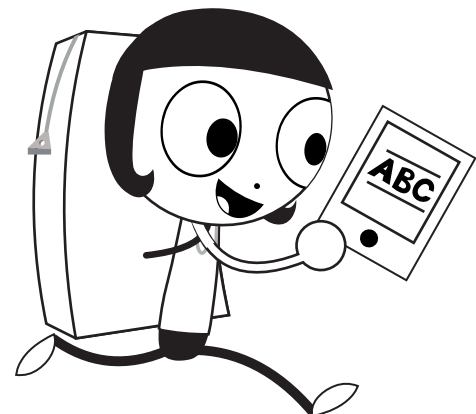
## Apps for Social & Emotional Learning

Daniel Tiger for Parents	PK-K	Social & Emotional Learning
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals



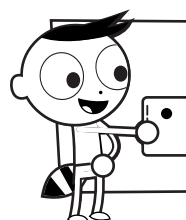
## Apps for Literacy Learning

Dinosaur Train A to Z	PK-K	Literacy, Science
Molly of Denali	K-2	Literacy
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals



## Apps for STEM Learning (Science, Technology, Engineering & Math)

PBS Parents Play & Learn	PK-K	Literacy, Math	Ready Jet Go! Space Explorer	K-2	Science
Play & Learn Engineering	PK-K	Science and Engineering	Ready Jet Go! Space Scouts	K-2	Science and Engineering
Play & Learn Science	PK-K	Science	Nature Cat's Great Outdoors	K-3	Science
Splash and Bubbles for Parents	PK-K	Science	PBS KIDS ScratchJr	1-2	Coding
Splash and Bubbles Ocean Adventure	PK-K	Science	Outdoor Family Fun with Plum	1-3	Science and Engineering
The Cat in the Hat Builds That!	PK-K	Science and Engineering	Cyberchase Shape Quest	1-5	Math, Science
The Cat in the Hat Invents	PK-K	Science and Engineering	PBS KIDS Games app	K-2	Multiple Learning Goals
Jet's Bot Builder: Robot Games	K-2	Science and Engineering	PBS KIDS Video app	K-2	Multiple Learning Goals
Photo Stuff with Ruff	K-2	Science			



[pbskids.org/apps](https://pbskids.org/apps)

