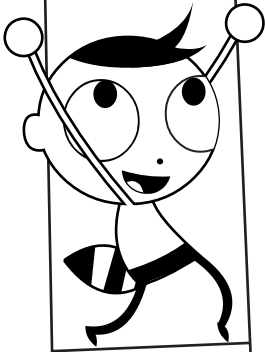
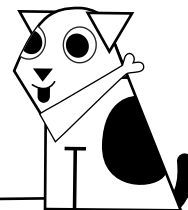
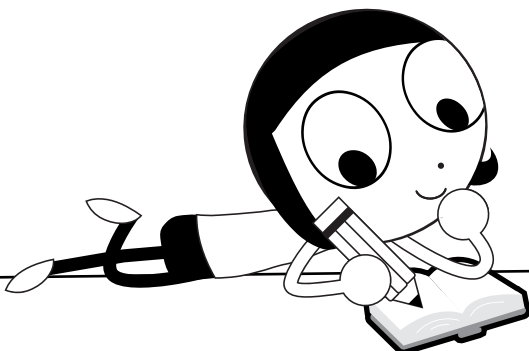
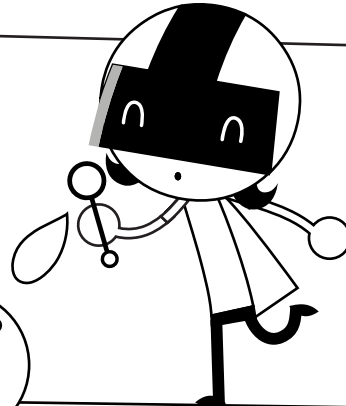




Learn at Home with PBS KIDS



# Healthy Me BINGO





# Learn at Home with PBS KIDS

**Week of  
December 28th**

## **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 Healthy Me 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: Developing Healthy Habits**

This week, we're learning how developing healthy habits is important because it helps us to take care of ourselves.

### **Show What You Know: Try a New Food Activity Activity**

The last activity in this packet is a perfect way for children to practice healthy eating habits.

**Tune in:** Watch SID THE SCIENCE KID at 8am ET on Tuesday, December 29th 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**

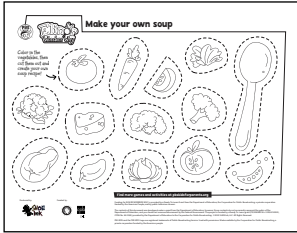


**Find free activities, articles and tips to support at-home learning on [pbskidsforparents.org](https://pbskidsforparents.org)**

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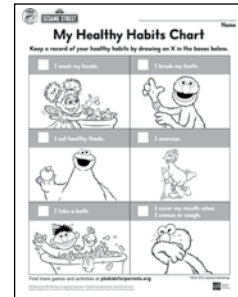
# Healthy Me BINGO



**Make Your Own Soup**



**Turn on the music and dance!**



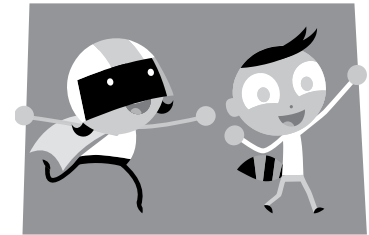
**My Healthy Habits Chart**



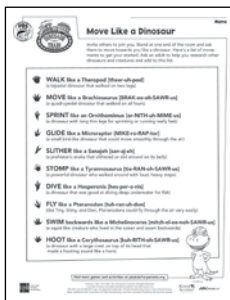
**Make decorations to celebrate the new year.**



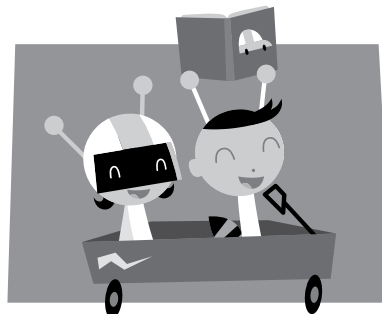
**Try a New Food**



**Play the Hokey Pokey.**



**Move Like a Dinosaur**



**As you read a book, act it out.**



**Happy, Healthy Snack Chart**

**PreK-K**

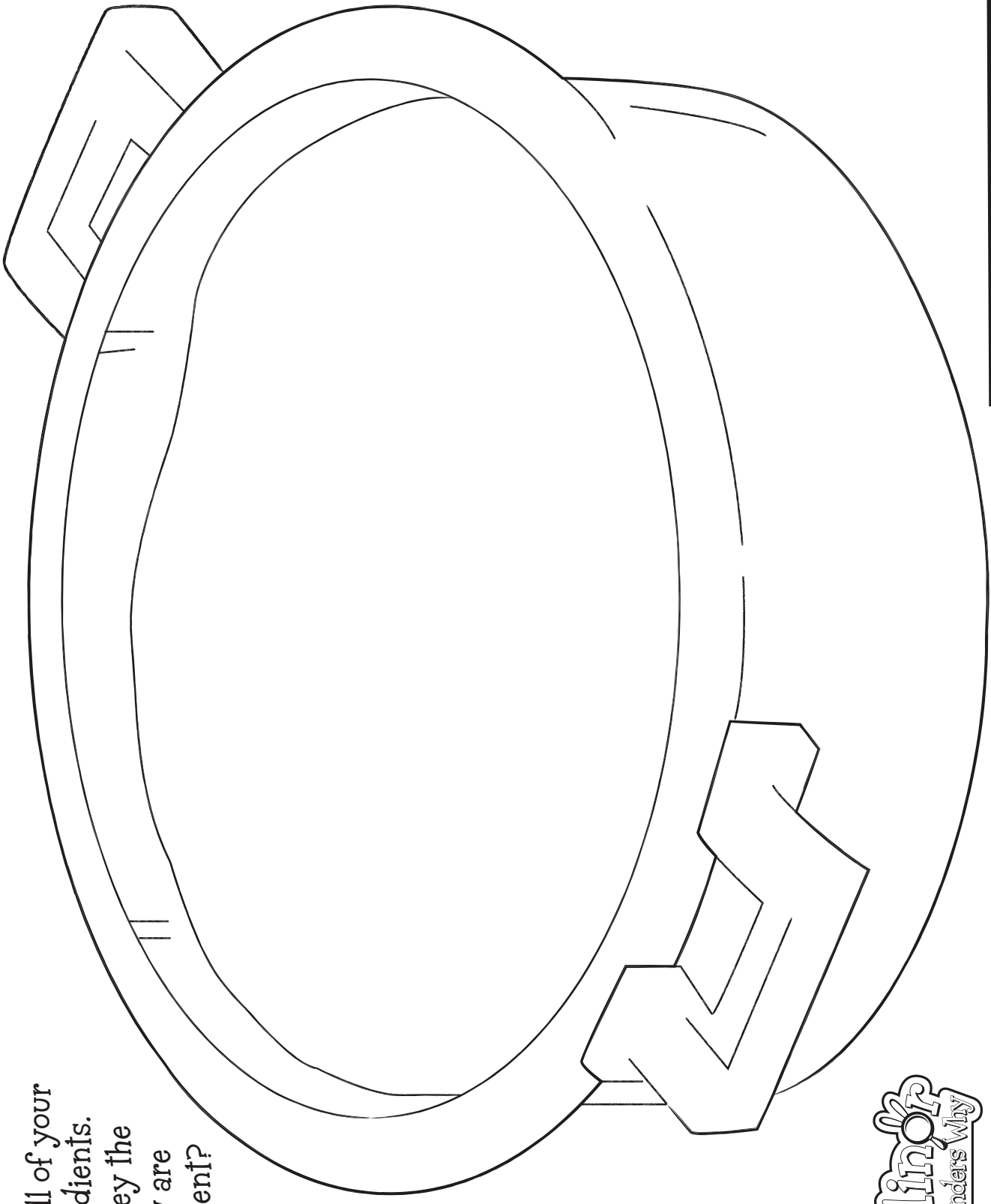
**Find more games and activities at [pbs.org/parents/learn-at-home](https://pbs.org/parents/learn-at-home)**



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Compare all of your  
soup ingredients.  
How are they the  
same? How are  
they different?



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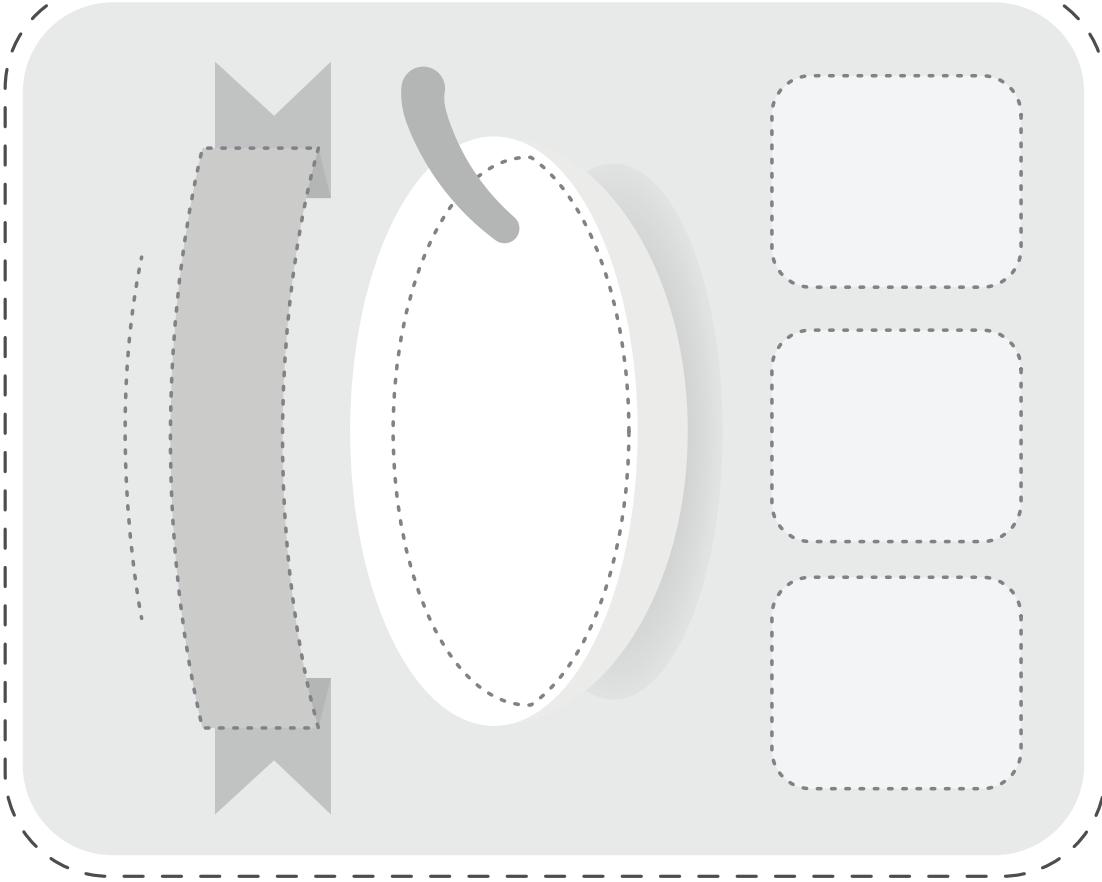


Find more games and activities at [pbskidsforparents.org](https://pbskidsforparents.org)

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Name \_\_\_\_\_



Ingredients:

Four vertical dashed lines for writing ingredients.

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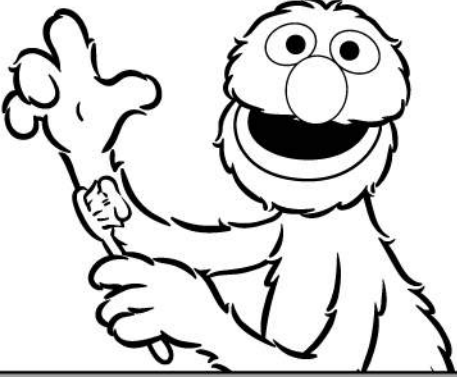
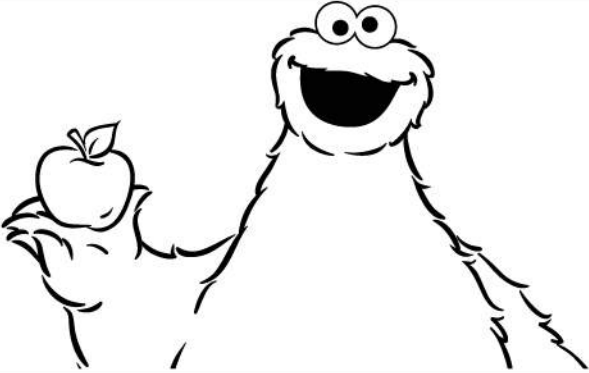



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# My Healthy Habits Chart

Keep a record of your healthy habits by drawing an X in the boxes below.

<input type="checkbox"/> I wash my hands.	<input type="checkbox"/> I brush my teeth.
	
<input type="checkbox"/> I eat healthy foods.	<input type="checkbox"/> I exercise.
	
<input type="checkbox"/> I take a bath.	<input type="checkbox"/> I cover my mouth when I sneeze or cough.
	

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

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Name \_\_\_\_\_

# Move Like a Dinosaur

Invite others to join you. Stand at one end of the room and ask them to move towards you like a dinosaur. Here's a list of movements to get your started. Ask an adult to help you research other dinosaurs and creatures and add to this list.



## WALK like a Theropod [theer-uh-pod]

(a bipedal dinosaur that walked on two legs)



## MOVE like a Brachiosaurus [BRAK-ee-oh-SAWR-us]

(a quadrupedal dinosaur that walked on all fours)



## SPRINT like an Ornithomimus [or-NITH-uh-MIME-us]

(a dinosaur with long thin legs for sprinting or running really fast)



## GLIDE like a Microraptor [MIKE-ro-RAP-tor]

(a small bird-like dinosaur that could move smoothly through the air)



## SLITHER like a Sanajeh [san-aj-eh]

(a prehistoric snake that slithered or slid around on its belly)



## STOMP like a Tyrannosaurus [tie-RAN-oh-SAWR-us]

(a powerful dinosaur who walked around with loud, heavy steps)



## DIVE like a Hesperonis [hes-per-o-nis]

(a dinosaur that was good at diving deep underwater for fish)



## FLY like a Pteranodon [tuh-ran-uh-don]

(like Tiny, Shiny, and Don, Pteranodons could fly through the air very easily)



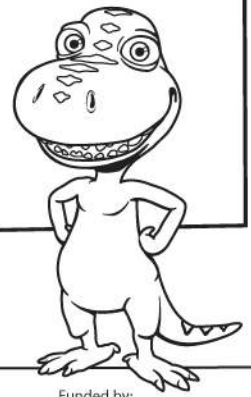
## SWIM backwards like a Michelinoceras [mitch-el-ee-noh-SAWR-us]

(a squid-like creature who lived in the ocean and swam backwards)



## HOOT like a Corythosaurus [kuh-RITH-oh-SAWR-us]

(a dinosaur with a large crest on top of its head that made a hooting sound like a horn)



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

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Name: \_\_\_\_\_

Week of: \_\_\_\_\_

# Happy Healthy Snack Chart

Keep track of all the healthy snacks you eat.

Draw a picture of the foods under each day of the week!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



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Name \_\_\_\_\_

# Try a New Food. It Might Taste Good!

## If you try lots of different foods, you might find something that's grr-ific!

Did you know that you should try a new food more than ten times? Your taste buds need to get used to it! Talk with your child about the different food groups.



Try out foods from each group:

**fruit**











**protein**

**grain**

**vegetable**

**dairy**

Draw a picture of the food you tried. For each food, circle the picture of the face that shows if you thought it was good or if you will try it again.

<b>A Fruit</b> (Like a banana, a kiwi, or a pear)		 Good	 I'll try it again.
<b>A Vegetable</b> (Like lettuce, a cucumber, or an eggplant)		 Good	 I'll try it again.
<b>A Protein</b> (Like beans, nuts, or eggs)		 Good	 I'll try it again.
<b>A Dairy Food</b> (Like yogurt or cheese)		 Good	 I'll try it again.
<b>A Grain Food</b> (Like quinoa, wheat bread, or pita)		 Good	 I'll try it again.

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



# Learn at Home with PBS KIDS

**Schedule Begins October 5, 2020**

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 favorite PBS KIDS characters.



TIME (M-F)	SHOW	GRADE	LEARNING GOAL
6/5c am	Splash and Bubbles	PK-K	Science
6:30/5:30c am	WordWorld	PK-K	Literacy
7/6c am	Peg + Cat	PK-K	Math
7:30/6:30c am	Peep and the Big Wide World	PK-K	Science
8/7c am	Sid the Science Kid	PK-K	Science
8:30/7:30c am	Super WHY!	PK-K	Literacy
9/8c am	Pinkalicious & Peterrific	PK-1	The Arts
9:30/8:30c am	Clifford the Big Red Dog	PK-K	Social & Emotional Learning, Literacy
10/9c am	Let's Go Luna!	K-2	Social Studies
10:30/9:30c am	Dinosaur Train	PK-K	Science
11/10c am	The Cat in the Hat Knows a Lot About That!	PK-1	Science & Engineering
11:30/10:30c am	Martha Speaks	K-2	Literacy
12 pm/11c am	Nature Cat	K-3	Science
12:30 pm/11:30c am	Ready Jet Go!	K-2	Science & Engineering
1/12c pm	Arthur	K-2	Social & Emotional Learning
1:30/12:30c pm	Odd Squad	K-2	Math
2/1c pm	Cyberchase	1-5	Math
2:30/1:30c pm	Molly of Denali	K-2	Literacy
3/2c pm	Pinkalicious & Peterrific	PK-1	The Arts
3:30/2:30c pm	Elinor Wonders Why	PK-K	Science & Engineering
4/3c pm	Sesame Street	PK-K	Literacy, Math, Social & Emotional Learning
4:30/3:30c pm	Daniel Tiger's Neighborhood	PK-K	Social & Emotional Learning
5/4c pm	Curious George	PK-K	Math, Science & Engineering
5:30/4:30c pm	Curious George	PK-K	Math, Science & Engineering
6/5c pm	Wild Kratts	K-2	Science
6:30/5:30c pm	Wild Kratts	K-2	Science

**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.

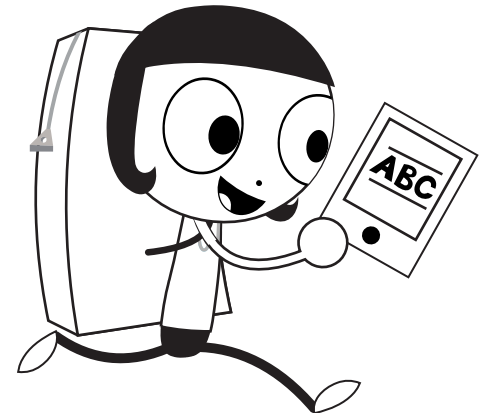
## Apps for Social & Emotional Learning

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



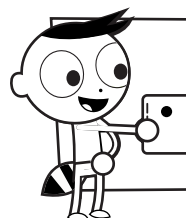
## Apps for Literacy Learning

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)

