

Family Activity Booklet





Dear Families:

Recently, our team at Discovery Kids set out to learn what qualities children need to become effective lifelong learners. We talked to pediatricians, teachers, parents and psychologists, and used what we learned to develop **Ready Set Learn!**, a commercial-free block of preschool programming that airs every weekday morning on TLC and the Discovery Kids Channel.

Every expert overwhelmingly agreed that persistence and the ability to bounce back from mistakes and feelings of disappointment are the most important qualities of effective learners. They agreed, too, that while some children are more resilient and optimistic by nature, all children can learn the skills necessary to develop these attributes.

The activities in this booklet are inspired by the stories and characters in **Ready Set Learn!**, and are designed to help you develop skills that promote optimism and resilience in your children. Each activity provides your child with experiences that focus on important skills regarding practice, persistence and patience—and bouncing back from failures! As Paz, the loveable penguin host of **Ready Set Learn!**, demonstrates, “If at first you don’t succeed, try try again!”

We hope you enjoy the activities together again and again.

Sincerely,

Connie Williams Coulianos

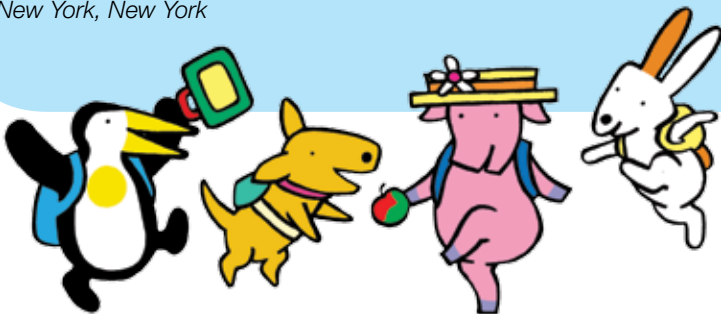
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TEAM UP WITH
THE SAVE-UMS

Do Together Now

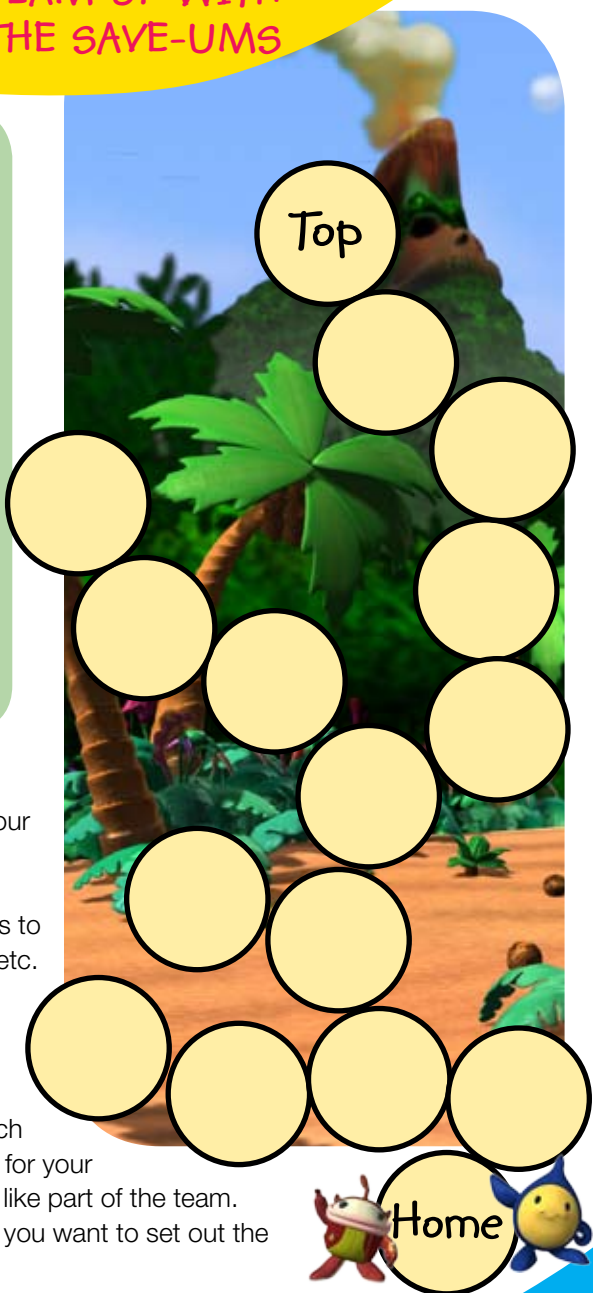
Join our Save-Ums friends, Foo and Ka-Chung, as they climb to the TOP of the volcano and back HOME. To play, you'll need a penny and a nickel. Pretend a penny is the Save-Ums' vehicle and place it on HOME. Take turns flipping the nickel to see how many spaces to move the penny. Heads = 1 space (hold up one finger); tails = 2 spaces (hold up two fingers). After each flip, talk together to decide the best way to move the penny on the path to the TOP and back HOME.

Do Together Later

Look for ways to team up with your child as you do everyday chores together. Some ideas: Make the beds, sort socks, match coupons to foods in the store, set the table, etc.

Talk Together

As you work together, offer your child positive feedback such as, "Your help makes this job so much easier and quicker. Thanks!" Ask for your child's opinion so he or she feels like part of the team. For example, you might say, "Do you want to set out the cups or the silverware first?"



It Feels Good to Help Others!





Do Together Now

Ralph Porcupine wants to dance. But he's worried his sharp quills might poke his dance partners. Connect the dots to make a smooth cover for Ralph's quills. Then draw yourself dancing with Ralph!



Do Together Later

Pick four of your child's dolls or action figures. As your child watches, pretend two of them exclude a third because of some obvious difference (size, color, shape, etc). Use the fourth toy to note that it's OK that we ALL have differences and similarities, and that with acceptance we can learn a lot from each other. Play again; let your child choose which toy characters he or she wants to act out.

Talk Together

Play a game in which you take turns noting one similarity and one difference about the same physical attribute or personality preference. ("We both have hair; you have blond hair and I have brown hair.") Guide your child to see how we all share similarities and differences.



Believe in Yourself!



WIGGLE AND ROAR

Do Together Now

The Hi-5 friends love to pretend they are animals, and now you and your child can pretend to be animals, too! Choose one animal shown on this page to pantomime. Let your child guess which one you are. Then let your child act one out for you to guess. Each animal can be depicted in many different ways—try choosing one animal that you can both depict in as many ways as possible. Use this page to play again and again.



Do Together Later

Dance to the Hi-5 opening song! See if you can emulate the movements shown on the show, then see how many different ways you can depict each animal using your own interpretations.

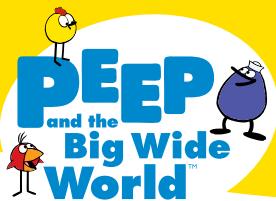
Talk Together

As you dance and act out animals together, be sure to offer your child positive feedback by commenting specifically about the different ways he or she interprets each animal. ("Oh! I see you are swinging your arms like the elephant's long trunk!" or, "You're using your fingers to show the bird's beak!") Invite your child to describe your antics, too!



You Can Do It!

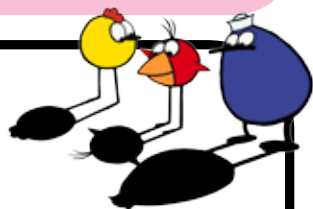




HANDY SHADOW PLAY

Do Together Now

Place this page in the sun. Help your child get the shadow of his or her hand in the box below. Trace around the shadow and then color it in together!



Do Together Later

As the sun sets, cast your LONG shadows side-by-side. Play Simon's Shadow Says: One player moves a body part (lift an arm, bend a knee, etc.) so that his or her shadow moves. The other must move so the shadow shapes match. Play Shadow Tag: Have your shadows chase each other on the ground.

Talk Together

Encourage your child to notice and discuss shadow science. Wonder aloud about shadow shapes. ("I wonder why our shadows are different sizes at different times of the day. Let's go to the library and find out!")



I Like Practicing This One!



SCAVENGER HUNT

Do Together Now

It's time for an indoor science scavenger "field trip!" Find each object described, then help your child draw each one in the space provided.

1. A silver coin
2. A blue square
3. Something soft & yellow
4. A hard red triangle

Challenge:

Can you find more than one object for each box?

Do Together Later

Create your own scavenger "field trip" with a particular destination or environment in mind—the beach, the forest, the city, etc. Compile a list of objects with attributes you imagine you might see there (a soft leaf or a white pebble), then collect the actual objects or just draw the objects that correspond to your list.

Talk Together

Play a game of "I Spy!" in which you take turns describing and identifying objects with more than one attribute. You might say, "I spy with my little eye something that is round and rough," or "I spy with my little eye something that is red and squishy." When your child guesses correctly, have him or her describe something for you to guess.



Make a Plan! It's Fun!





HAVE A BALL



Do Together Now

Go outdoors with a large play ball.

Stand facing your child with enough space between you so that if you roll or toss the ball, he or she will probably not catch it easily. Roll or throw the ball to your child. When your child misses the ball say something like, “Let’s start smaller and try again!” Practice until your child is able to catch the ball consistently. Then move away from each other again. Each time your child misses step closer and say, “Let’s start smaller and try again!” Keep practicing until you can consistently move the ball back and forth at a distance that is longer than when you started.

Do Together Later

When your child is still learning how to do a chore (and does a less than wonderful job), acknowledge the part of the job he or she did do well, (“Thank you for giving our thirsty plants a drink of water.”) before suggesting the part that needs attention or improvement (“Here’s a way to hold the watering can so next time the water doesn’t drip.”).

Talk Together

Look through family photo albums with your child. Emphasize the persistence your child showed while learning how to walk, eat with utensils, speak, etc. Say something like, “It was great the way you practiced talking and walking when you were little. You were so eager to learn—just like now!”



Start small and try, try again!



Watch Ready Set Learn!
Every Weekday Morning
on TLC and Discovery Kids

