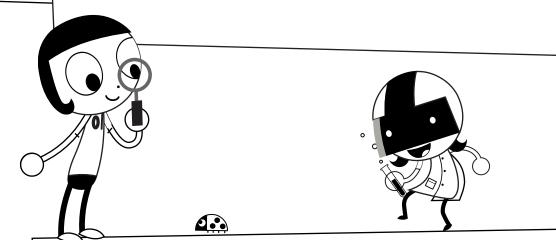
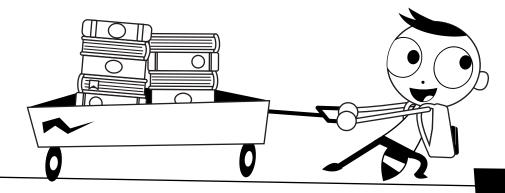


# Get Moving







Week of May 24th

### 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 "Get Moving" 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: Moving Your Body**

There are many ways that people can move their bodies. Children will practice controlling their bodies and grow developing gross motor skills.

### Show What You Know: Anna Pavlova

The last activity in this packet is a perfect way for children to learn about Anna Pavlova.

**Tune in:** Watch PINKALICIOUS & PETERRIFIC at 1pm ET on Tuesday, May 25th 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 or on your local PBS station.

# Happy learning! PBS KIDS

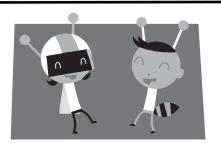




# **Get Moving**



**A Nature Cat Adventure** 



Practice mirroring the movements of a partner.



Let's Roll



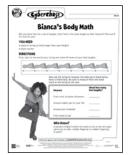
Find a prop (like a fabric or hat) to dance with.



Anna Pavlova



Draw the steps to a routine. Then, practice it.



Bianca's Body Math



Look at a dance from a different culture and practice it.



**Yoga Poses** 

Grades 1-2

Find more games and activities at pbs.org/parents/learn-at-home

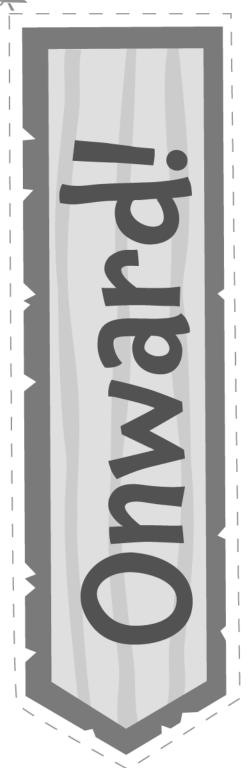


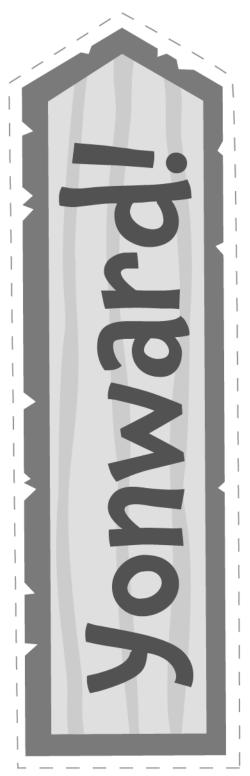




## **A Nature Cat Adventure**

Create your own Nature Cat adventure with these props. What adventures will you invite others to join? Will you create a map to a special treasure that others can find? Will you think of a question you are curious about and work together to explore the answer? Tally ho!







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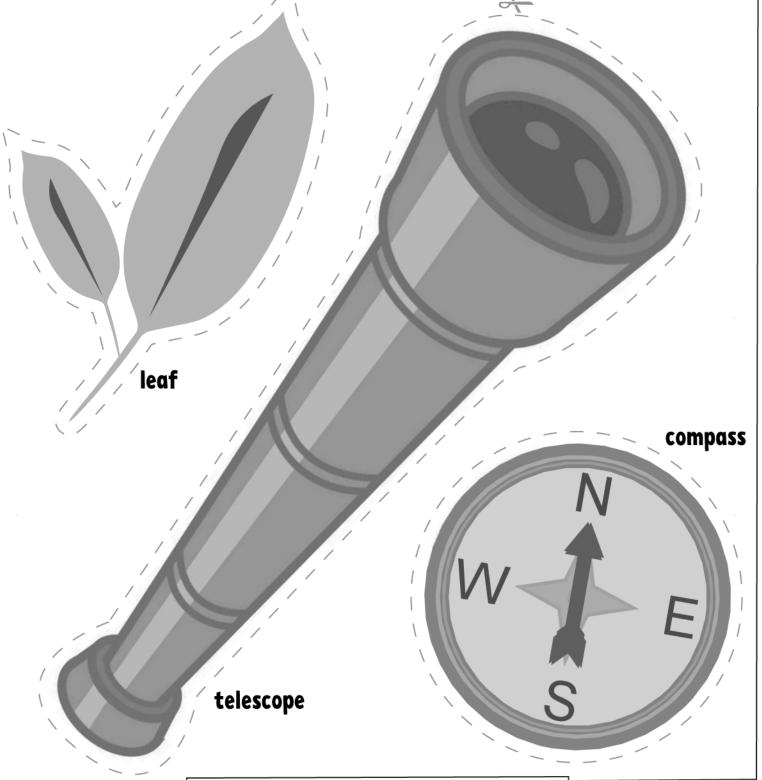






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Find more games and activities at pbskidsforparents.org



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## Let's Roll!

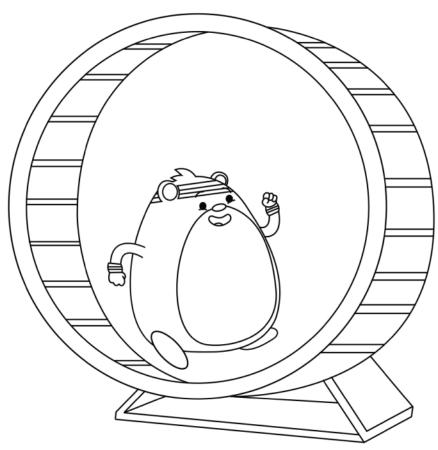
Name

Mateo makes his hamster wheel roll when he exercises. Make a list of 8 things that you can do to exercise!

2. \_\_\_\_\_\_ 6. \_\_\_\_

3. \_\_\_\_\_\_ 7. \_\_\_\_\_

4. \_\_\_\_\_\_ 8. \_\_\_\_



### Find more games and activities at pbskidsforparents.org

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# **Bianca's Body Math**

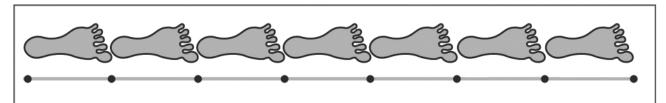
Did you know that for a lot of people, their foot is the same length as their forearm? Find out if it's true for you!

### **YOU NEED**

- piece of string (a little longer than your height)
- black marker

### **DIRECTIONS**

First, start at the end of your string and mark off seven of your foot-lengths.



Now use the string to measure the body parts listed below. Have a friend help. Be sure to measure from one black mark on the string to the next.



	About how many
Measure	foot lengths?

From wrist to elbow (forearm) \_\_\_\_\_

Around widest part of your fist \_\_\_\_\_\_

Around your forehead \_\_\_\_\_

From head to toe \_\_\_\_\_

### Who Knew?

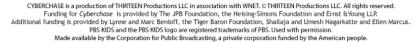
A person's height is often the same as his or her arm span (arms out to side, middle fingertip to middle fingertip). Is yours?

Find more games and activities at pbskidsforparents.org

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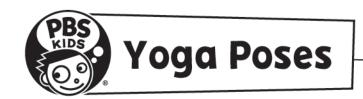




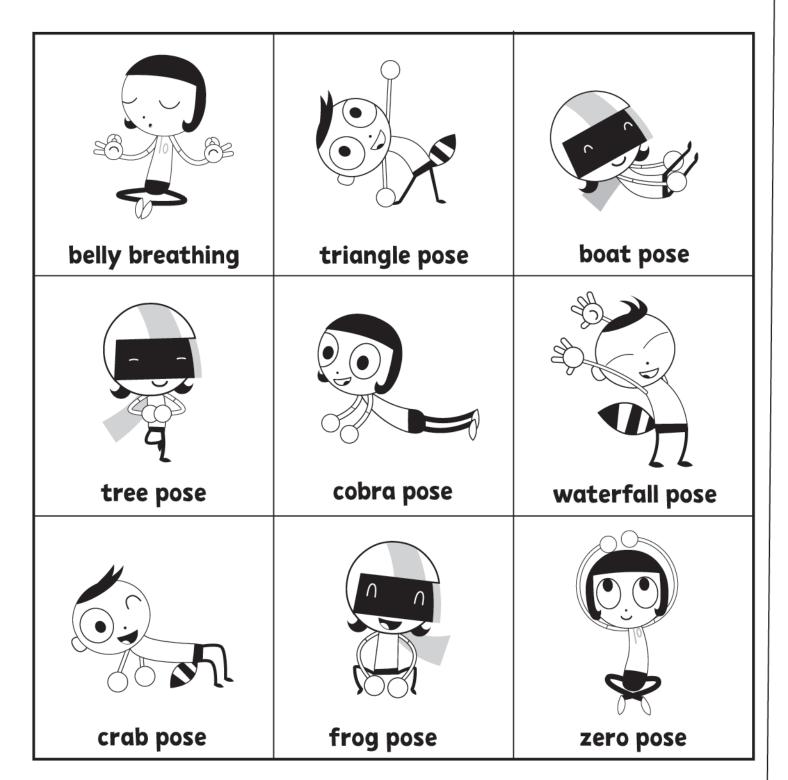








### Practice these kid-friendly yoga poses.



Find more games and activities at pbskidsforparents.org



# Take a Closer Look

- Circle two ballets that Anna Pavlova danced in.
- What did Anna do when she fell down? Draw a box around how you know.





 What is one thing you are practicing to get better?

more stories of great people, Join Xavier and friends for ust like you!

Based on the

book series

PEOPLE CHANGE pbskidsforparents.org

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KIDDIE SI ACADEMY.



# Anna Pavlova

When you love something, keep trying!



Anna Pavlova was a ballet dancer from Russia. Ballet is a graceful style of dancing.



Russia is the largest country in the world.

# Setting the Stage

Russia in 1881. When mother took her to see born in St. Petersburg, Beauty. Anna loved it. She said that one day Anna was young, her the ballet Sleeping Anna Pavlova was she would dance



circled) in her ballet class when she

the part of Sleeping Beauty.

# In the Spotlight

back to the crowd. Anna got right back up, she tripped and fell. She landed with her When Anna performed for the first time, smiled, and kept dancing. Anna practiced and worked hard for many performed all over the world—including in one of the best Russian ballet companies. She became famous for her delicate and expressive dancing. During her life, she years. When she graduated, she joined the ballet Sleeping Beauty!

# **Amazing Fact!**

her dancing as a swan animals. This inspired observing nature and She is best known for many of her dances. in Swan Lake.



This is a photograph of Anna

As a girl, Anna loved

said to come back when she was 10. Two

years later, Anna tried again. She got in!

Anna left home and lived at school. She

studied dance, fencing, and music.

eight. The head of the school said no. He

school. She tried to get in when she was

Anna wanted to go to a special ballet

Learning to Dance



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



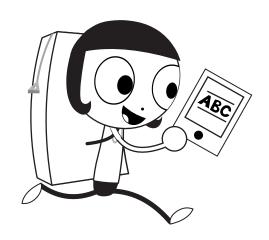
Play and learn anytime and anywhere with free apps from PBS KIDS! Use the chart below to find the app that aligns to your child's grade, learning goal, and favorite PBS KIDS show - then download it on your on your mobile or tablet device to play online, offline, or anytime.

### **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)

PK-K	Literacy, Math
PK-K	Science and Engineering
PK-K	Science
PK-K	Science
PK-K	Science
PK-K	Science and Engineering
PK-K	Science and Engineering
K-2	Science and Engineering
K-2	Science
	PK-K PK-K PK-K PK-K PK-K

ology, Engineering & Math)			
Ready Jet Go! Space Explorer	K-2	Science	
Ready Jet Go! Space Scouts	K-2	Science and Engineering	
Nature Cat's Great Outdoors	K-3	Science	
PBS KIDS ScratchJr	1-2	Coding	
Outdoor Family Fun with Plum	1-3	Science and Engineering	
Cyberchase Shape Quest	1-5	Math, Science	
PBS KIDS Games app	K-2	Multiple Learning Goals	
PBS KIDS Video app	K-2	Multiple Learning Goals	



pbskids.org/apps







