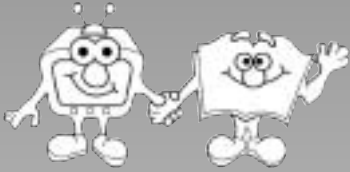


# CONNECTIONS

Making good TV better for young children

Vol. 66, February 2005



LINK IDAHOPTV SHOWS TO A BOOK TO FOSTER A LOVE OF READING.

Start with a great PBS show.

Connect to a book and an activity for fun and powerful learning.

Look inside for ideas on TV and book connections.



Build Literacy Skills with Television

Published monthly by Idaho Public Television  
1-800-543-6868  
[www.idahoptv.org/kids](http://www.idahoptv.org/kids)

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## February Theme: Dealing with Feelings

Children's ability to label and manage different feelings provides them with powerful social tools. Using words, children can talk through rather than act out their feelings. Children need to learn words to identify their emotions, just like they need to be taught appropriate solutions to common social problems.

Relationships can be built or broken with words; self-esteem raised or torn down. Having a broad vocabulary to express feelings can help avoid damaging outbreaks between children. "I hate you!" can become "I get angry when you..."

The following is a list of words to describe common feelings. Modeling the use of these words will help children develop a vocabulary to express their feelings.

*Happy* – amused, delighted, pleased, cheerful, grateful, enthusiastic, elated, glad or joyful.

*Fear* – panicky, frightened, anxious, threatened, afraid or tense.

*Frustrated* – blocked, trapped, burdened, smothered, torn, overwhelmed, or exasperated.

*Angry* – hostile, bitter, resentful, cheated or agitated.

*Adequate* – determined, fulfilled, secure, appreciated, proud or competent.

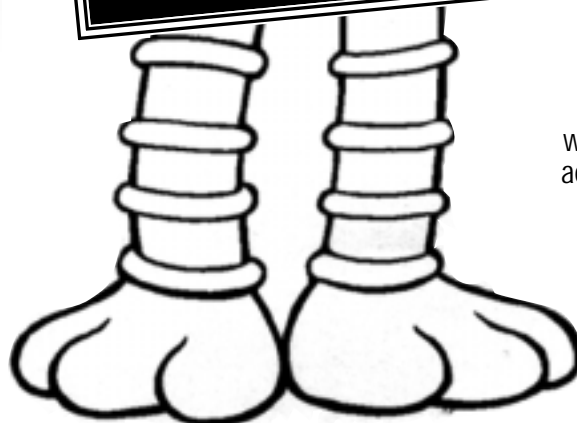
This list may function as a reference point toward a richer, more expressive language for you and the children in your life. Share these words with your children so they become more adept, along with you, in developing their word palette. Before you know it, you and your children will be painting with words the lovely pictures that your hearts desire.

Adapted from "Try Out Some New Feeling Words" by Laurie Kanyer, M.S., CFLE and "Emotions Matter: Making the Case for the Role of Young Children's Emotional Development for Early School Readiness" by Cybele Raver

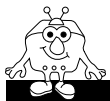


### TIPS FOR PARENTS

- Model constructive solutions to everyday problems.
- When a child struggles to find the right word, suggest a word or simple phrase he/she might use.
- Give words to your infant's actions and gurgles.
- Be consistent with the way you use descriptive words.



# February Theme: Dealing with Feelings



**VIEW**

## MAYA & MIGUEL

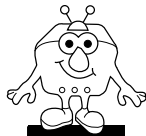
Friday, Feb. 4, 4:00/3:00 p.m. MT/PT  
*Problem solving, Inappropriate language*

## DRAGON TALES

Wednesday, Feb. 9, 7:00/6:00 am &  
 10:30/9:30 a.m. MT/PT  
*Coping with sibling rivalry & separation*

## SESAME STREET

Monday, Feb. 21, 11:30/10:30 a.m. MT/PT  
*Helping others deal with anger*

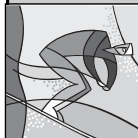


**VIEW**

## THE LEARNING TRIANGLE



**READ**



**DO**



**READ**

## Feelings

by Susan Canizares

Real photographs and simple text in a board book format give words to children's feelings.

## How Do Dinosaurs Get Well Soon?

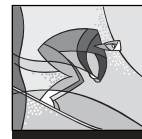
by Jane Yolen

The author helps put to rest children's fears of being sick and visiting the doctor with playful read-aloud verse and amusing pictures.

## The Kissing Hand

by Audrey Penn

Little Raccoon receives reassurance from his mother as he prepares for his first day of school.



**DO**

**Infants:** Give words to a baby's vocalizations. Share her/his delight as the baby smiles and chuckles. Comfort her/him when the child fusses or whines. Give a voice to the empathy you show in your facial expressions. "You love to play pat-a-cake!" or "Are you lonely?"

**Toddler:** Look through magazines and find pictures of people expressing feelings of happiness, sadness, laughter, crying and other emotions. Glue the pictures on cardboard squares. Punch a hole in each square; tie with a ribbon to make a feelings book for your toddler.

Draw a happy face on one side of a plastic spoon and a sad face on the other side. Talk with your toddler about what makes him happy or sad.

**Preschool:** Practice social language. Use a puppet or create skits to make up situations in which your child can learn to say hello to a grown-up, goodbye to friends at the end of a play visit, or use words to express her/his feelings.

Read and discuss books about feelings. Try *Yoko* by Rosemary Wells, *Stevie* by Jon Steptoe, or *Where the Wild Things Are* by Maurice Sendak.

**After school :** Create skits for mixed ages of children that allow them to see appropriate responses to common social conflicts and situations. Consider conflicts which arise on the playground, in the hallway or at lunch.



## FEBRUARY TITLES

Weekdays at 2:30/1:30 MT/PT ... [www.gpn.unl.edu/rainbow](http://www.gpn.unl.edu/rainbow)

- |    |  |    |   |    |   |
|----|--|----|---|----|---|
| 1  | <i>Come a Tide</i><br>(Natural disasters/dramatic weather)     | 11 | <i>Sophie and Lou</i><br>(World dance)  | 22 | <i>Archibald Frisby</i><br>(Science)  |
| 2  | <i>The Shaman's Apprentice</i><br>(Rainforest/Medicinal herbs) | 14 | <i>Mufaro's Beautiful Daughters</i><br>(African culture)                            | 23 | <i>The Wall</i><br>(Vietnam Veteran's Memorial and other monuments)                   |
| 3  | <i>Opt: An Illusionary Tale</i><br>(Optical illusions)         | 15 | <i>Follow the Drinking Gourd</i><br>(Underground Railroad and freedom from slavery) | 24 | <i>Owen</i><br>(Adjusting to change)  |
| 4  | <i>Tar Beach</i><br>(George Washington Bridge)                 | 16 | <i>Uncle Jed's Barbershop</i><br>(Homelessness/Freedom)                             | 25 | <i>Badger's Parting Gifts</i><br>(Remembrance/Dealing with death)                     |
| 7  | <i>Abiyoyo</i><br>(Story telling techniques)                   | 17 | <i>Amazing Grace</i><br>(Inspirational women)                                       | 28 | <i>My America: A Poetry Atlas of the United States</i><br>(Poetry/Celebration of USA) |
| 8  | <i>Hip Cat</i><br>(Jazz music)                                 | 18 | <i>Ruth Law Thrills a Nation</i><br>(Heroes of aviation)                            |    |   |
| 9  | <i>Berlioz the Bear</i><br>(Musicians)                         | 21 | <i>Meanwhile Back at the Ranch</i><br>(The Old West)                                |    |   |
| 10 | <i>Mama Don't Allow</i><br>(Music)                             |    |   |    |   |

## The Berenstain Bears

Weekdays 2:00/1:00 a.m. MT/PT  
[pbskids.org/berenstainbears](http://pbskids.org/berenstainbears)

### Feb. Topic

- 1 Celebrate individuality/  
Work hard & you'll succeed
- 2 Make the most of each day/  
Be patient
- 3 Planning ahead/  
Everyone is important
- 4 Acting out/ Reading aloud
- 7 Storytelling/Losing friends
- 8 Conversation/Storytelling
- 9 Boasting/Fears
- 10 Storytelling/Media literacy
- 11 Teasing/Healthy eating
- 14 Working mothers/Teasing
- 15 **DIALOGUE FOR KIDS:**  
Electricity
- 16 Pet-sitting/Taking  
responsibility for actions
- 17 Believing rumors/  
Helping a neighbor
- 18 Earning money/  
Standing up to a bully
- 21 Always try your best/  
Count your blessings
- 22 Taking responsibility/  
Everyone has unique talents
- 23 Not being afraid/Letting go  
of something you love
- 24 Thinking of others/Jealousy
- 25 Making a wish come true/  
Homework
- 28 Taking it all in stride/  
Following rules

## CLIFFORD THE BIG RED DOG



Weekdays 9:30/8:30 a.m.  
[www.pbskids.org/clifford](http://www.pbskids.org/clifford)

### Feb. Topic

- 1 Don't play tricks on people/  
Doing the right thing
- 3 Following through on a  
responsibility/Perfectionism
- 4 School fears/Hard work is  
rewarded/ Winners aren't  
always obvious
- 7 Playing by yourself can be  
fun/Managing feelings of fear

- 8 Accepting oneself/  
Recognizing that others like  
you and not your belongings
- 10 Setting reasonable rules/  
Diversity
- 11 Boastfulness and respect/  
Team spirit
- 21 Compromise/Cooperation
- 22 Eavesdropping mix-up/  
Friendships exist despite  
differences
- 24 Missing those you love/  
Accomplishments/Wishing  
and accepting yourself
- 25 Be yourself/Giving to those  
you love
- 28 Be yourself/Caring for a pet



Wednesdays at 9:30/8:30 a.m. MT/PT  
 Sundays at 8:30/7:30 a.m. MT/PT  
[pbskids.org/cliffordspuppydays](http://pbskids.org/cliffordspuppydays)

### Feb. Topic

- 2 Family/Change/  
Frustration/Joys of sharing
- 6 Adjusting to a new  
baby/Flying kites
- 9 Problem solving/  
Resourcefulness
- 13 Keeping your commitments
- 14 Fear of trying something new/  
Doing for others is rewarding
- 15 Helping those that are  
younger/Appropriate time  
and place for certain  
behaviors
- 16 Maintaining respect through  
ambitious endeavors/Dealing  
with disappointment
- 17 Problem solving — setting a  
wrong right/Covering up the  
truth
- 18 Fear of trying something  
new/Doing for others is  
rewarding
- 20 Respect for others/Friendship
- 23 Helping those who are  
younger /Appropriate  
behavior
- 27 Volunteering/Appropriate  
behavior



Weekdays 10:00/9:00 a.m..  
 3:00/2:00 p.m MT/PT & 4:30 PT  
[pbskids.org/arthur](http://pbskids.org/arthur)

### Feb. Topic

- 1 Restaurant manners/Social  
graces/Cool vs. smart/dares
- 2 Family time/ Perseverance/  
Love/Farm life
- 3 Stress can lead to poor  
solutions/ Hard work vs.  
quick fix/Showing off
- 4 Problem solving/Community  
helpers/A job well done/  
Resourcefulness
- 7 Storytelling/Creativity/Fear
- 8 Music/Creativity/Overcoming  
stage fright/Learning the  
meaning of words
- 9 Dealing with disappointment &  
frustration/Solving a mystery
- 10 Adjusting to change/Self-  
doubt/Creativity/ Resource-  
fulness/ Resisting temptation
- 11 Disappointment and problem  
solving/Into the minds of babies
- 14 Family/Pride/Flexibility/Band
- 15 Dealing with fear/Discovering  
new cultures
- 16 When success goes awry/  
Respecting people's privacy/  
Deciphering clues
- 17 Diversity/Learning happens in  
all different ways/Accepting  
what you have
- 18 Family/Dreams/Rhyming/  
Muteness/Frustration
- 21 Sportsmanship/Disappoint-  
ment and problem solving
- 22 Adjusting to change/Mom goes  
to work/Fear
- 23 Gardening/Composting/Good  
behavior/Fairness
- 24 Health & nutrition/Self-  
image/Bullies/Photography
- 25 Popularity and sibling rivalry/  
Problem solving/Friendship
- 28 Group problem solving/Dealing  
with disappointment/Adjusting  
to change

# February VIEW-DO-READ Theme Weeks



**Sunday**

## PROBLEM SOLVING

**Silly Little Goose!**  
by Nancy Tafuri

**It's Mine!**

by Leo Leonni



**Monday**



## STORYTELLING

**Cherries and Cherry Pits**  
by Vera B. Williams

**Peter Spier's Rain**

by Peter Spier



**Tuesday**



**BETWEEN THE LIONS**  
"Too young" to play  
11:00/10:00 a.m.  
MT/PT

**Wednesday**



**CLIFFORD'S PUPPY DAYS**  
Family/Change  
9:30/8:30 a.m.  
MT/PT

**Thursday**



**CAILLOU**  
It's O.K. to ask for help  
9:00/8:00 a.m.  
MT/PT

**Friday**



**ARTHUR**  
Problem solving/  
Community helpers  
10:00/9:00 a.m. &  
3:00/2:00 p.m. MT/PT,  
4:30 p.m. PT

**Saturday**

5

Choose a common conflict such as sharing. Create a skit. Model the conflict & possible solution. Have children take turns performing the skit.

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6

**JAKERS!**  
Writing stories for the newspaper  
9:00/8:00 a.m.  
MT/PT

**Monday**



7

**BERENSTAIN BEARS**  
Remembering stories about family  
2:00/1:00  
MT/PT

**Tuesday**



8

**BERENSTAIN BEARS**  
Researching stories  
2:00/1:00  
MT/PT

**Wednesday**



9

**READING RAINBOW**  
Beritioz the Bear  
2:30/1:30 p.m.  
MT/PT

**Thursday**



10

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2:00/1:00  
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