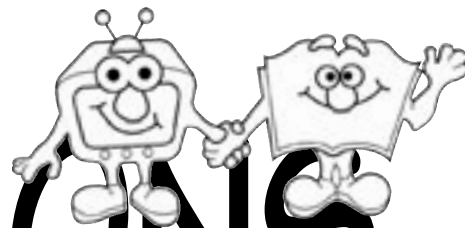


CONNECTIONS



Making good TV better for young children

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.



Book of the Month
Another Monster at the End of This Book
By Jon Stone

Starring lovable, furry, old Grover and equally lovable, furry, little Elmo in this fun read-aloud book!

Fun Things To Do With Your Child

- Before reading *Another Monster at the End of This Book* encourage your child to predict who the monster at the end of the book will be.
- Make a silly monster mask by cutting two holes for eyes in a paper plate. Decorate with crayons, markers, paints, scraps of paper, feathers, buttons, and other materials. Attach strings to each side as ties.
- Make puppets of Grover and Elmo using old socks or paper bags. Retell the beginning, the middle, and the end of the story using your puppets.
- Help your child to make up different versions of their favorite stories. READING RAINBOW on March 1st encourages children to use their imagination and BARNEY & FRIENDS on March 18th teaches about libraries and books.



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March Theme: Anger Management



Link IdahoPTV shows to a book to foster a love of reading.

Smart Ways to Handle Mad Moments

Your 4-year-old hits or grabs a favorite toy from a friend.

Say in a calm tone, "I know you're frustrated because you'd like to play with that toy, but hitting is not allowed." Then suggest the children take turns.

Your daughter "loses it" when you tell her she can't have a piece of candy at the supermarket.

Remain calm but firm. Interrupt your

shopping, if necessary, and take her outside until she cools down. Go over the "no candy" rule before your next shopping trip.

Your 6-year-old screams that he hates you and that you're the meanest mother in town.

Reframe the issue by saying, "Let's talk about why you're angry."



<http://pbskids.org/clifford/>

Weekdays at 9:30/8:30, 3:00/2:00 MT/PT and 4:30 PT

CLIFFORD THE BIG RED DOG invites viewers on a fun-filled journey through childhood, navigating the dips and curves along the way. Each episode concludes with a component of "Clifford's Big Ideas"—10 different attributes children learn to embrace.

Helping Children Handle Mad Moments

Most adults understand that getting mad is a normal part of life. But that doesn't make a child's anger feel any better—not for the child, who feels powerless or frighteningly out of control, and certainly not for the parents. Dealing with a child's anger is a tough part of parenting.

The key to helping a child express his anger in a healthy way is to tune into what's *really* making him mad. The big spark for much of the anger young children experience is frustration. Starting at age 2, a child quite naturally begins to develop autonomy—his sense of being a separate person from Mommy and Daddy. In doing so, he is trying to assert control over his circumstances. Then, as the child grows, he increasingly wants to achieve certain goals—climbing a playground structure, buttoning his jacket, getting a friend to share a toy—for which he hasn't yet developed the skills. On top of that, he may not have the words he needs to express what he wants or feels.

Teaching emotional and social skills to young children will hopefully have long-term effects as they get older. The most lasting lessons, of course, are the ones that parents teach. And those come with good role modeling—and a large dose of patience. The following strategies can help your little one learn to cool down.

Help your child understand by using "feeling words." Ask him, "Do you feel frustrated because you couldn't put that

puzzle together?" Now he has words for his emotions, which makes them less overwhelming.

Spell out the reasons behind the rules. When you explain, briefly and simply, why, for example, he's not allowed to play with the blow dryer, he may begin to see these limits as an effort to protect, not control him.

Enforce the rules. It's important to make it crystal-clear that hitting a sibling, breaking a toy, or teasing won't be tolerated. When you're consistent about rules, your child will learn them more easily.

Give options. Offer your child acceptable ways to express frustration, such as drawing an angry picture, counting to ten, or taking a run around the house. Whatever she chooses to do, she'll have discovered a healthier way to blow off steam.

Challenge your child to solve the problem. Ask him to think up a remedy to the situation that's making him mad—without losing his cool. Ask, "What do you think would happen if you...?"

Accentuate the positive. Let your child know when she's handled a conflict gracefully, and be as specific with your praise as possible. The positive reinforcement will promote more of the same behavior in the future.

Adapted from *Sesame Street Parents Magazine*.



<http://pbskids.org/caillou/>

Weekdays at 9:00/8:00 MT/PT

CAILLOU demonstrates how the first experiences of life, from going to the park to understanding one's own family, can be perceived with wonder and a sense of discovery. The stories address real problems and conflicts typical to a young child's development.

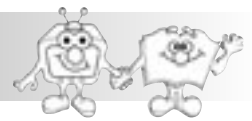


www.gpn.unl.edu/rainbow
Weekdays at 2:30/1:30 MT/PT

Mar. Titles

- | | | | | | |
|---|---|----|---|----|---|
| 1 | <i>Appelmando's Dreams</i> (Imagination) | 5 | <i>Hail to Mail</i> (The Mail System) | 20 | <i>How To Make An Apple Pie and See the World</i> (Science and cooking) |
| 4 | <i>The Lotus Seed</i> (Tradition and cultural heritage) | 6 | <i>Stellaluna</i> (Night animals) | 21 | <i>Owen</i> (Adjusting to change) |
| | | 7 | <i>My Shadow</i> (Light and shadow) | 22 | <i>How Much is a Million?</i> (Large Numbers) |
| | | 8 | <i>Ruth Law Thrills a Nation</i> (Heroes of Aviation) | 25 | <i>Always My Dad</i> (Family relationships) |
| | | 11 | <i>The Wonderful Towers of Watts</i> (Communities) | 26 | <i>Bread is for Eating</i> (Bread) |
| | | 12 | <i>Martha Speaks</i> (Dogs) | 27 | <i>Hotel Animal</i> (Proportion and size relationships) |
| | | 13 | <i>Alejandro's Gift</i> (Water) | 28 | <i>Someplace Else</i> (Travel) |
| | | 14 | <i>The Sign Painter's Dream</i> (Signs & advertising) | 29 | <i>Zin! Zin! Zin! A Violin</i> (Musical patterns) |
| | | 15 | <i>Archibald Frisby</i> (Science) | | |
| | | 18 | <i>Fly Away Home</i> (Homelessness) | | |
| | | 19 | <i>Uncle Jed's Barbershop</i> (Homelessness, freedom) | | |

March Theme: Anger Management



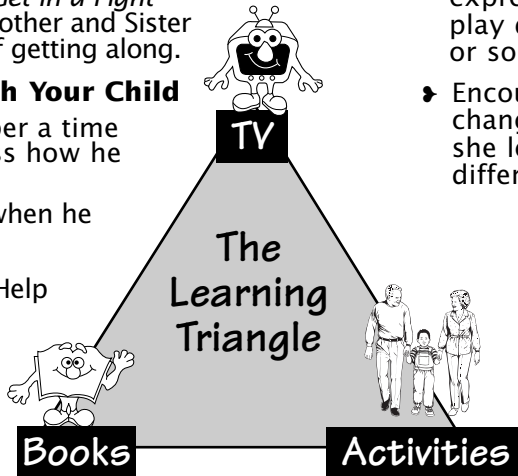
Watch: DRAGON TALES

Wednesday, March 13 at 10:30/9:30 and 5:00/4:00 MT/PT.
Zak and Wheezie learn to use words to work out their conflicts.

Read: *The Berenstain Bears Get in a Fight*
By Stan and Jan Berenstain. Brother and Sister Bear learn the valuable skill of getting along.

Things to Talk About With Your Child

- Ask your child to remember a time when he was mad. Discuss how he felt and how he acted.
- Explain to your child that when he is angry he also feels other emotions. Perhaps he is frustrated, sad, or scared. Help your child identify times he has had these feelings.
- Reassure your child that everyone has feelings of anger and that there are healthy ways to handle it.



(someone calls you a name, you lose at a game)?” Help your child think of ways that she can handle each situation in a positive way.

- Help your child release angry energy and express feelings in safe, creative ways like pounding play dough, running, drawing, making up stories or songs.
- Encourage your child to use a mirror while she changes facial expressions so she can see the ways she lets people know how she feels. Here are some different ways you show how you feel.
 - Angry—make a fist, stomp your feet, glare at someone;
 - Happy—smile, laugh, dance, clap, jump up and down;
 - Afraid—huddle together, hide your eyes, lower your head;
 - Sad—frown, cry, walk with slumped shoulders.
- Play a guessing game by taking turns acting out feelings and asking the others to guess what they are. But it’s important to let the children know that nobody can tell what somebody else is thinking. If we want other people to know what we’re thinking we have to tell them.

Activities:

- Children must practice positive ways to handle their anger at times when they are not angry. Play a “What if?” game to practice new skills. For example, ask your child, “What if your little brother breaks your toy

JAY JAY, THE JET PLANE and SAGWA, THE CHINESE CAT help children understand feelings.

JAY JAY, THE JET PLANE

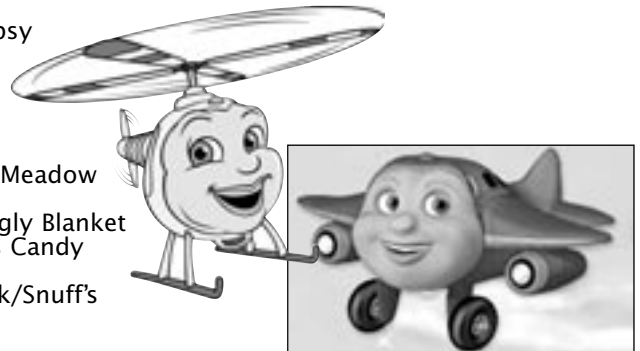
<http://pbskids.org/jayjay/>
Weekdays at 1:30/12:30 MT/PT

Mar. Topics

- 1 Concert Day/Snuffy's Favorite Color
- 4 And That's the Tooth/Big Jake's Team
- 5 I Love Your Funny Face/Snuffy's Rainbow
- 6 The Buddy System/Great Tarrytown Blackout
- 7 Jay Jay Meets Cloud King/ The Merit Badge
- 8 Are We There Yet?/Problem In Pangabula
- 11 Jay Jay's Dinosaur Hunt/Dough-Nutty
- 12 Snuffy Discovers the Ocean/Jay Jay's Speedy Delivery

- 13 Dog Gone Doggy/Herky's Hat Chase
- 14 Three Little Planes/I'm Swamped
- 15 Old Oscar Leads The Parade/Revvin' Evan's Day
- 18 Spending Time with Big Jake/The New Plane
- 19 Tracy's Shooting Star/Upsy Downsis
- 20 The Opposite Game/Tracy's Sonic Boom
- 21 Jay Jay's Butterfly Adventure/The Singing Meadow
- 22 Jay Jay Meets Captain Hightower/Tracy's Snuggly Blanket
- 25 Fire Engine Evan/Tracy's Candy Catastrophe
- 26 Tuffy the Tiny Tow Truck/Snuff's Snowman

- 27 Tuffy's Buried Treasure/Snuffy's Thanksgiving
- 28 Snuffy and the Colors of Fall/Snuffy's Birthday Surprise
- 29 Skylandia/Brenda's Mother's Day



SAGWA, THE CHINESE SIAMESE CAT

<http://pbskids.org/sagwa/>
Weekdays at 7:30/6:30 MT/PT
Sundays at 9:00/8:00 MT/PT

Mar. Topics

- 1 Lying/Telling the truth
- 3 Lying/Responsibility
- 4 Truth or exaggeration?/Seeking common goals
- 5 Valuing differences/The thought that counts
- 6 Peer pressure/Talk about it!
- 7 Fears /Conflict
- 8 Valuing differences/Seeking common goals

- 10 Truth or exaggeration?/ Seeking common goals
- 11 Fears/ Appreciating what you have
- 12 Conflict/False assumptions
- 13 Competition/ Jealousy and envy
- 14 Rules/Ego and pride
- 15 Friendships/Talk about it!
- 17 Fears/Appreciating what you have
- 18 Overcoming challenges/Lying
- 19 Ego and pride/Ego and pride
- 20 Telling the truth/Persevering
- 21 New responsibilities/Friendships
- 22 Peer pressure/Valuing talents



- 24 Persevering/Lying
- 25 Peer pressure /Jealousy
- 26 Peer pressure/My needs, your needs
- 27 Different points of view/ Conflict
- 28 Appreciating what you have/ Developing values
- 29 Valuing differences/Seeking common goals
- 31 Peer pressure/Jealousy



**Theme &
Book of the
Week**

TV & Activity Connections - March



Sunday

31



Monday



Tuesday

Wednesday

www.idahopty.org
Web site resources include episode descriptions and more activities and ideas for children and those who care for them.

Thursday

Friday

Saturday

3

ANNE OF GREEN GABLES
Liking yourself
11:00/10:00
MT/PT

4

BARNEY AND FRIENDS
Individual differences
2:00/1:00
MT/PT

5

SAGWA, THE CHINESE SIAMESE CAT
Valuing differences
7:30/6:30
MT/PT

6

ARTHUR
Liking yourself
7:00/6:00
10:00/9:00
3:30/2:30
MT/PT

7



CAILLOU
All about me
9:00/8:00
MT/PT

8

SAGWA, THE CHINESE SIAMESE CAT
Valuing differences
7:30/6:30
MT/PT

9

Help you child make a book about himself/herself. It's fun to do a new book each year to see how your child has grown and changed.



1

10

TOTS TV
Robots
7:30/6:30
MT/PT

11

ZOOM
New experiments everyday!
4:30/3:30
MT/PT

12

JAY JAY, THE JET PLANE
Oceans
1:30/12:30
MT/PT

13

CYBERCHASE
Solving math problems
4:00/3:00
MT/PT

14



ZOBOOMAFOO
Animal survival
12:30/11:30
MT/PT

15

READING RAINBOW
Science
2:30/1:30
MT/PT

16

Make colored ice cubes using food coloring in water. Place two different colored cubes in a clear container and see what happens when they melt!

17

ADVENTURES FROM THE BOOK OF VIRTUES
Perseverance
10:30/9:30
MT/PT

18

SAGWA, THE CHINESE SIAMESE CAT
Persevering to overcome challenges.
7:30/6:30
MT/PT

19



JAY JAY, THE JET PLANE
Ups and downs
1:30/12:30
MT/PT

20

SAGWA, THE CHINESE SIAMESE CAT
Overcoming challenges
7:30/6:30
MT/PT

21

READING RAINBOW
Adjusting to change
2:30/1:30
MT/PT

22

CLIFFORD
Overcoming embarrassment
9:30/8:30
3:00/2:00
MT/PT
4:30 PT

23

Make an "I Did It" badge to congratulate your child for good work on something that he accomplished.

24



ARTHUR
Bad moods
9:30/8:30
MT/PT

25

ARTHUR
D.W., All Fired up
7:00/6:00
10:00/9:00
3:30/2:30
MT/PT

26



DRAGON TALES
Sibling rivalry
10:30/9:30
5:00/4:00
MT/PT

27

SAGWA, THE CHINESE SIAMESE CAT
Resolving conflict
7:30/6:30
MT/PT

28

CLIFFORD
Feeling jealous
9:30/8:30
3:00/2:00
MT/PT
4:30 PT

29

BETWEEN THE LIONS
Feeling sad
11:00/10:00
MT/PT
5:00 PT

30

Ask your child what makes her happy, sad, excited, or frustrated.

INDIVIDUALITY

An Extraordinary Egg

By Lio Lionni

I Love You the Purplest

By Barbara M. Joosse

SCIENCE

If I Had a Robot

By Dan Ydaccarino

Archaeologists Dig for Clues

By Kate Duke

CHALLENGES

"I Can't" Said the Ant

By Polly Cameron

Flat Stanley

By Jeff Brown

COPING WITH FEELINGS

When I Feel Angry

By Cornelia Maude Spelman

Where the Wild Things Are

By Maurice Sendak