

LEARNING TO TAKE CARE

WITH PEANUTS™

Dear Educator,

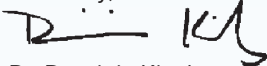
Nothing is more satisfying than watching your students delight in learning new things — even if they are hesitant to try at first. Trying something new can be a daunting challenge for young children. Fortunately, the Peanuts Gang is here to help!

Charlie Brown, Snoopy, and friends have continuously modeled a dedication to trying new things, facing new challenges, and encouraging each other along the way, teaching us timeless lessons about self-care, bravery, and friendship, which are all a part of their newest initiative, *Take Care with Peanuts*. With the help of the Peanuts Gang and these activities, your students can explore how to take care of themselves, how to become active listeners, and how to be a good sport. They will also discover strategies for facing challenges as they become resilient learners. Students will share new things they've tried, make "listening ears", and learn that it can be OK to fail.

Developed by Peanuts Worldwide and the curriculum specialists at Young Minds Inspired, these easy-to-implement lessons are designed to provide teachers with creative activities that complement their English language arts curriculum. Each activity includes extensions the whole family can enjoy.

Please share this program with other K-2 teachers at your school. And let us know your opinion of the program by visiting ymiclassroom.com/peanuts-takecare. We look forward to your comments and suggestions.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

Program Objectives

- Instill student confidence in trying something new
- Sharpen student active listening skills
- Help students build the connection between teamwork and being a good sport

Target Audience

Students in grades K-2 and their families

How to Use This Program

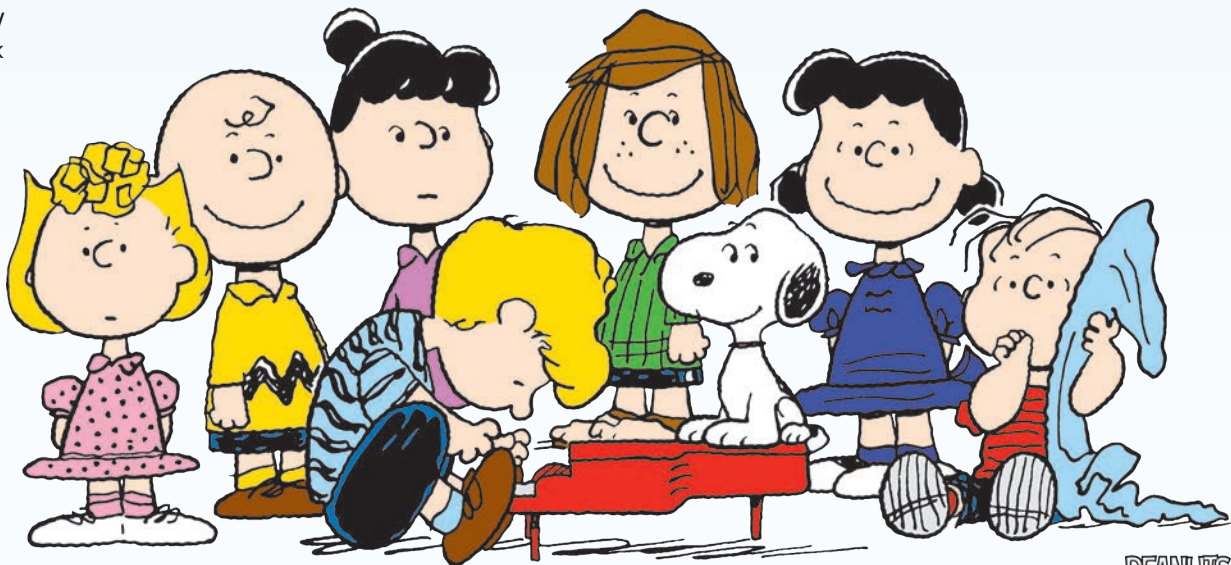
Before beginning the program, view the "Learning Is Everywhere" video at ymiclassroom.com/peanuts-takecare and have students share where and how they have experienced learning. Download, photocopy, and distribute the three reproducible activity sheets. Students will need pencils, crayons, or markers to complete the activities before taking them home to share with their families. Visit ymiclassroom.com/peanuts-takecare for standards alignment.

Activity 1

Learning When We Try

In this activity, students learn from Charlie Brown that it's important not to give up, even if you are facing a new challenge.

Everyone faces new situations, like trying a new activity for fun, doing something you never did before (like wearing a mask), or even moving to a new town or school. Sometimes it can be scary. Talk about a time you tried something new, such as trying a new recipe or hairstyle. While it may have been exciting, it was probably a little bit scary too — and that's normal. Ask students to reflect on a time they had to try something new. Then have them "pair and share" by discussing with a classmate how they reacted and what they learned.



Distribute the activity sheet and point out the image of Charlie Brown. Tell students that Charlie Brown is always willing to try new things and he never gives up, even when it's hard to keep trying. While it might be scary to try new things, that's how we learn. Many successful people fail at first, including athletes, scientists, and inventors! But they keep trying.

Tell students that we can help ourselves face new challenges by using coping strategies and mindfulness techniques. Taking a few deep, slow breaths can help relax the mind and body. Have students imagine they are blowing a bubble with a wand, first breathing in deeply through the nose, and then slowly and steadily out through the mouth. Or tell them to imagine they are inhaling the scent of a piece of hot pizza, and then blowing on it gently to cool it down!

Explain that giving ourselves a positive pep-talk can also help us face a new situation. For example, instead of saying "This is too hard," or "I'm going to embarrass myself," we can say "I can be brave and try!" or "I can work hard at this!" Ask them to think of what they would say to support a friend — and then say it to themselves instead. Have students share their completed drawings with classmates.

Extension: Ask students to think about something new they would like to try. Select a few ideas. As a group, brainstorm the steps they might need to take to prepare for that challenge (taking lessons to learn a needed skill, learning the rules to a new game from a friend or trusted adult, etc.).

Activity 2 Learning When We Listen

In this activity, students will learn from Linus' example that active listening is a wonderful way to learn how to help others as well as yourself.

Begin by asking students to listen carefully as you whisper a sentence such as "You are a great class." What did students hear? Were they sitting up straight? Looking at you? If so, this is called "active listening". Active listening is when you are really concentrating on what is being said. Your body sends a message that you care about what that person is saying. Explain to students that some other ways people can show they are active listeners include smiling, nodding their head, not fidgeting, or not interrupting the person talking.

Distribute the activity sheet and read the description of Linus. Being an active listener isn't just about being polite. It's also a good way to "hear" what is happening to people around us. We might learn that showing them support through small acts of kindness could help them. Listening can have a positive effect on getting along with each other. For example, in school, you might learn that your friend is sad because her dog is sick. You can make a get-well card. At home, you might offer to help your mom clean the kitchen because you hear her say she is tired.

Have students color and cut out the ears, then paste them on a paper headband. Encourage students to wear the ears by saying "Let's put on our listening Snoopy ears, just like Snoopy!" Pair students and ask them to actively listen to each other while they take turns sharing something about themselves, such as their birth date, favorite color, favorite animal, or if they have any siblings. Give them a minute to share their facts, then ask them to repeat what they learned. Have them use their "listening ears" to play a game of Simon Says.

Extension: Ask students to use their active listening skills to brainstorm ideas to help others. Have students write an

act of kindness they have performed on a strip of paper and add it to a paper chain that can be displayed on the wall and added to throughout the year, reinforcing the idea that small acts of kindness add up.

Activity 3 Learning When We Play

In this activity, students learn from Peppermint Patty about perseverance, teamwork, and what it means to be a good sport.

Ask students to share their favorite sport or recreational activity. Were they good at it the first time they tried it? Probably not! It can be difficult to learn to play a game or try something that is new, including activities that require teamwork. It takes time to improve, and having the support of a team can help. You can help teach each other and cheer each other on. As a team member, being rewarded by team support even when things don't go your way can inspire teammates and onlookers alike.

Ask students to share their ideas of what it means to be a good sport — in times of both success and failure, as well as when you win and when you lose. How does being a good sport help the whole team or group?

Distribute the activity sheet and review the directions. Teachers of older students (in grade 2) may also ask students to write about how they can be a good sport while playing their favorite game — even if they aren't so good at it at first. If time allows, ask student volunteers to share what they drew with their classmates.

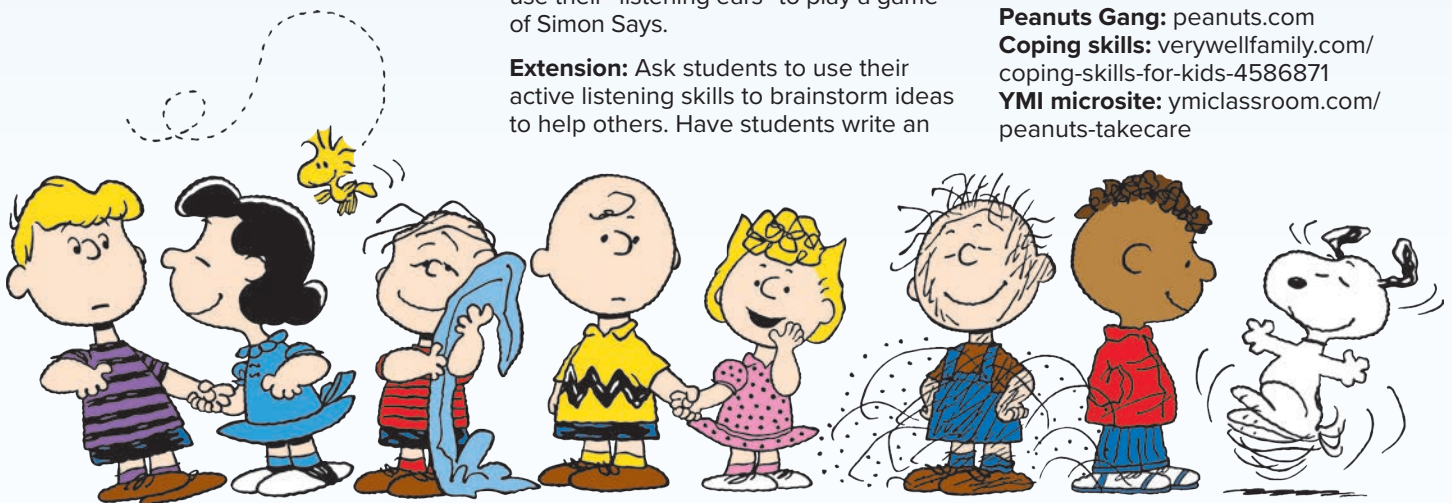
Extension: Have student groups create a slogan and poster encouraging themselves and other students to be team players and good sports. The images can be posted on the classroom wall as a reminder throughout the school year.

Resources

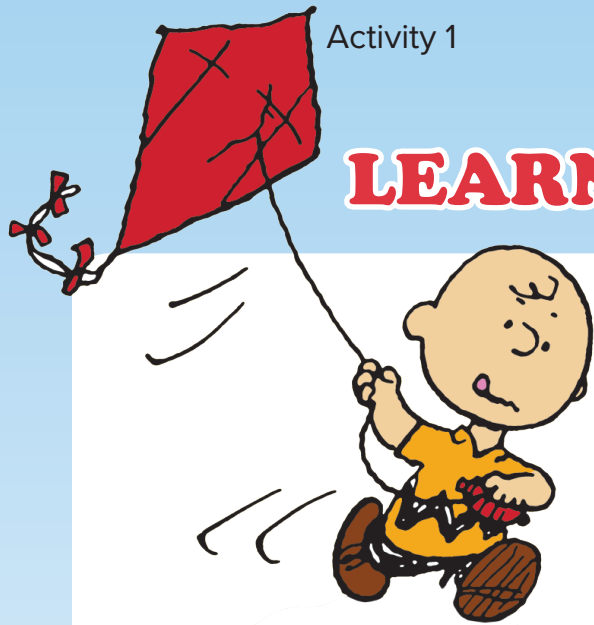
Peanuts Gang: peanuts.com

Coping skills: verywellfamily.com/coping-skills-for-kids-4586871

YMI microsite: ymiclassroom.com/peanuts-takecare



LEARNING WHEN WE TRY



Charlie Brown never gives up! He always keeps trying even if something is hard to do. This is called *persevering*. What is one new thing you would like to try? Maybe a new sport or a new food? Or maybe making a new friend?

First, write what you'd like to try:

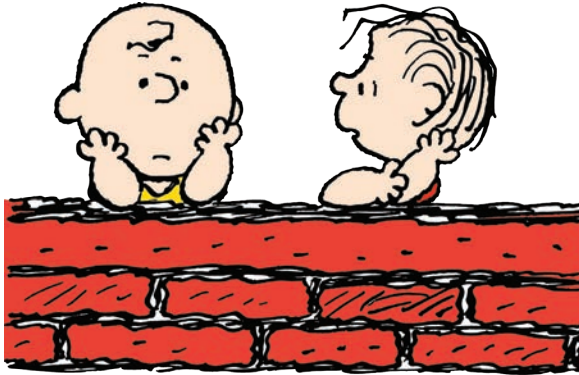
Now draw a picture of yourself doing it!

A large rectangular area with a dashed border, intended for a child to draw a picture of themselves trying a new activity.



Families: As a family, talk about some new things you would like to try together. Maybe you want to try a new hobby or test your taste buds with a new food at dinnertime. Have fun and keep learning as you try new things.

LEARNING WHEN WE LISTEN

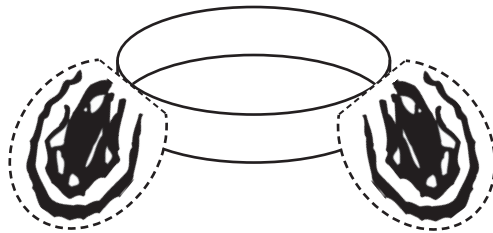
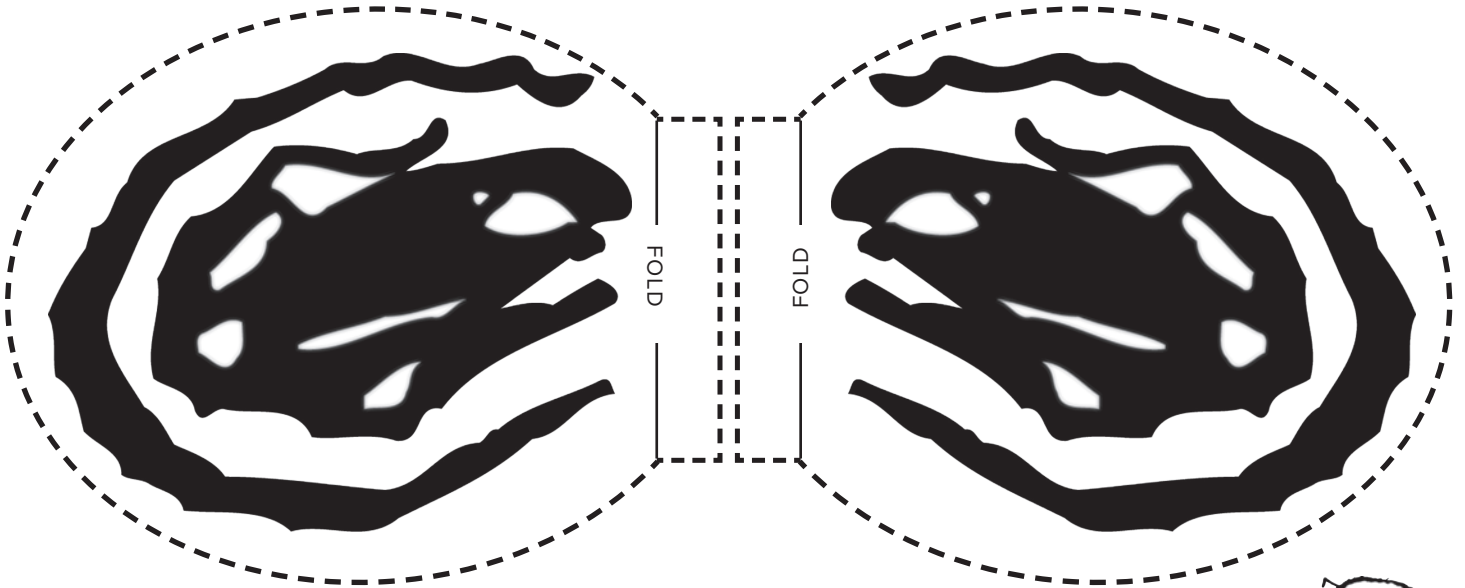


Meet Linus! He's a good listener. He uses what he learns through listening to help others. When we *really* listen, we can learn what other people need and how we can help them.

Make your own Snoopy "listening ears" and practice being an active listener!

To make your ears:

1. Cut on the dotted line.
2. Fold on the solid line.
3. Paste the folded flap to a 1-inch strip of paper.
4. Glue the strip of paper to make a headband.

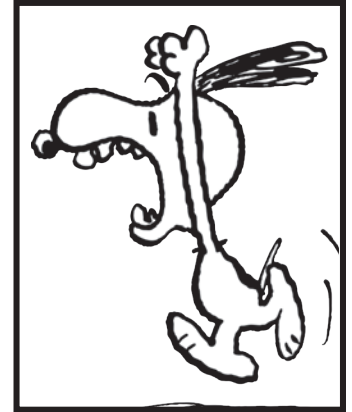
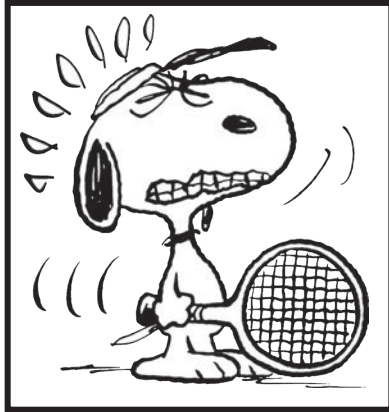
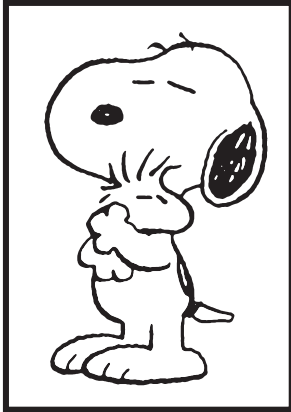


Families: Ask your child what they learned about being an "active listener" and then help them practice using these skills. Play a game — name five to ten items, like types of food, colors, numbers, story characters, etc., and have your child repeat them. Take turns. Share stories about when you were your child's age or have an elderly relative talk with your child about their past and have your child share what they learned.



LEARNING WHEN WE PLAY

Peppermint Patty knows how to be a good sport. She always tries hard, plays fair, and supports her playmates. Follow her example! Circle the images below that show what you can do to be a good sport. Cross out the “poor sport” pictures. Then draw a picture of yourself playing your favorite sport and/or learning a new skill.



A large rectangular area with a dashed border, intended for drawing a picture of oneself playing a sport or learning a skill.

Families: Today your child learned that it’s important to keep trying — even if they fail at first — and to have a good attitude along the way by being a good sport and encouraging others. Talk with your children about how you can be good “teammates” at home as well. How can you help each other with homework and chores? Reinforce the support with “thumbs up” notes on the fridge when a “teammate” needs it.