

TAKE CARE

WITH PEANUTS™

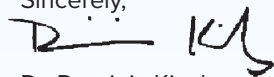
Dear Educator,

The beloved Peanuts gang is turning 70 this year, but their message is as timely as ever. No matter how far adventure has taken them — whether to outer space or Charlie Brown’s backyard — the Peanuts gang has never failed to show us what’s most important — caring for ourselves, for each other, and for the world around us.

Join the celebration and teach your students how to **Take Care with Peanuts**. These free educational activities, developed by Peanuts Worldwide and the curriculum specialists at Young Minds Inspired, will inspire your students and their families to embrace positivity and support each other, just like the Peanuts gang. Easy-to-implement and standards-based to complement your language arts curriculum, the lessons can be taught remotely or in the classroom, and each one includes extension ideas to continue the learning at home.

Please share this program with other grade 3-6 teachers at your school. And let us know your opinion of the program by visiting ymiclassroom.com/feedback-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

- Inspire a sense of responsibility toward oneself, one’s community, and the Earth
- Support language arts and social-emotional learning skills

Target Audience

Students in grades 3-6 and their families

How to Use This Program

This program includes three activity sheets. Download, copy, and distribute the sheets or share the PDFs through your school’s digital platform if you’re connecting with students remotely. You can also share the program link with parents to do the activities with their children. Students will need pencils, crayons, or markers to complete the activities. If applicable, have students take the completed sheets home to share the messages with their families.

**Activity 1
Take Care of Yourself**

In this activity, students brainstorm ways to care for themselves and learn why it is important to do so.

Ask students to share some of the things they do in a typical day. Write them on the board in chronological order if possible, for example, feed the dog in the morning, eat breakfast, get ready for school, go to class, sports after school, talk with friends, dinner, homework, watch TV, read, etc. Ask students if any of the activities can be defined as taking care of themselves. Answers might include eating healthy foods, physical activity, talking with friends, watching TV, and sleeping.

Explain that it’s important to take care of ourselves every day so we can do the things we have to do and the things we want to do. Beyond just ourselves, we also do things to take care of others, as well as the planet we live on. Ask students for examples of these two categories.

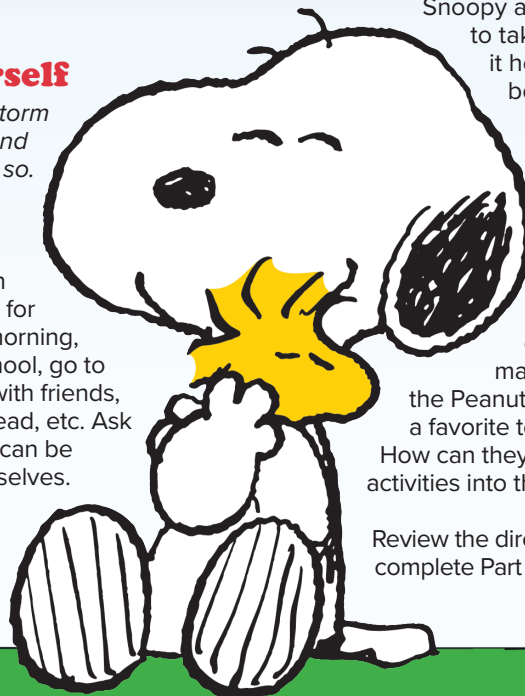
Tell students that you are going to introduce them to some famous cartoon characters who have been taking care of themselves, each other, and the Earth for 70 years — and making us laugh along the way.

Distribute the activity sheet and point out the Peanuts comic. Ask students: What are Snoopy and Woodstock doing? Why do you think they are doing those things, and how do you think those things make them feel? Tell students that Snoopy and Woodstock are taking care of themselves by being active, getting plenty of rest, and doing activities that make them feel better. Just like

Snoopy and Woodstock, we need to take care of ourselves too — it helps keep our minds and bodies healthy.

Ask students to brainstorm ways they can take care of themselves and write their ideas on the board. Point out that one way is to read or watch something that makes them smile — like the Peanuts comic strip, a book, or a favorite television show or movie. How can they add these types of activities into their day?

Review the directions and have students complete Part 1 of the activity individually.



Answers: 1. Read a good book. 2. Take a nap. 3. Go for a walk. 4. Bake or cook with your family. 5. Play a game with your family.

Use the students' brainstorming list as a prompt for Part 2 of the activity, then have students share their self-care recommendations with their classmates as you point out that we all like doing different things for ourselves because we are all different and should celebrate our differences. Have students take the sheet home to share with their families.

Activity 2 Take Care of Each Other

In this activity, students will discuss why it's important to take care of each other and ways we can care for those we love and those in our community.

Begin the activity by reading some scenarios to students. As you read, they should identify if the person in the scenario is taking care of someone.

1. A girl uses the last of her birthday money to buy ice cream for her sister.
2. A student gives a new pencil to a classmate whose pencil broke.
3. A person lets another person go ahead of them in line.

Tell students that in these scenarios, people are being kind. They made decisions to take action and help someone else or make someone else happy.

Ask students to think of a time when someone was kind to them. How did it make them feel? How did it make the other person feel? Suggest that it makes us feel good when we take care of someone, and it makes them feel good as well. Everyone wins when we are kind. Tell students that one of the reasons the Peanuts characters are so loved by all is because they take care of each other, and they make us want to do the same.

Distribute the activity sheet and show students the comic of Snoopy holding his ear over Woodstock to keep him dry in the rain. Ask students to share what Snoopy is doing. Point out that he is letting himself get wet to keep his friend dry. Ask students to share how the comic makes them feel, and what it teaches them.

Point out the panel of Lucy and Snoopy. Explain that Lucy is being kind to Snoopy

by patting him on the head. What are some ways we can be kind to each other? Let students share ideas, and then explain that we can take care of others by doing things for them — for example, mowing a neighbor's yard — or by encouraging them with kind words.

For Part 2, discuss the five “take care of others” actions listed on the activity sheet. Have students complete the list by adding five ideas of their own, then share their ideas with the class.

Activity 3 Take Care of the Earth

In this activity, students will learn why it is important to care for the Earth and brainstorm ways they can do so.

Pass out the activity sheet and point out the comic strip in Part 1. Can students guess what Snoopy is taking care of? Ask students to describe what they see. (Snoopy turning off the TV to save energy, collecting recyclable cans, fixing a faucet leak, and recycling bottles). Do they do those things at school and/or at home with their families? Why or why not? Explain that Snoopy is taking care of the Earth when he does these things.

Have students share examples of how they take care of the Earth at home and at school. For example, maybe they have a recycling bin in their classroom or at home for paper and plastic. Tell students that it's important to take care of the Earth because if we do things like conserve electricity and water, and recycle and reuse materials, it can help keep the Earth “clean and green” for ourselves and for future generations.



Follow up by inviting students on a scavenger hunt. They have one minute to find and bring back the following items (do them one at a time):

- A paper item that can be recycled
- A plastic item that can be recycled
- A plant to represent keeping the Earth green (real or artificial), or something the color green

For remote learning, ask students to name:

- Something they use with water to symbolize conserving water (example: a toothbrush — turn off the water while brushing your teeth)
- Something powered by electricity that they can turn off when not in use (example: a light, a game console)

Discuss how the items they found or named can remind students to take care of the Earth. Then have students test themselves on caring for the Earth by solving the crossword puzzle. **Answers:**
Across — 2. recycle; 5. plant; 6. reuse.
Down — 1. conserve; 3. litter; 4. water.

For Part 2, have students choose one way they can care for the Earth and design a badge to promote it, using the Peanuts “Take Care of the Earth” badges as inspiration. These images can be downloaded online at ymiclassroom.com/peanuts-takecare.

Extension Activities

Caring Charades — Play a game of charades in which students demonstrate how they care for themselves, others, and the Earth. For example: Taking care of others — one person acts out carrying a heavy pile of books; the second person offers to carry some of the books for them. Taking care of the Earth — a student acts out turning off the water while brushing his/her teeth. Teachers of younger students could create the ideas for the students to act out. Students in the older grades could contribute the ideas and select them from a “hat” to act out. Then, they could perform the caring charades for the rest of the class.

Spread the Word! — Have students create mini storybooks or posters to encourage others to Take Care. They will illustrate one image of inspiration for each of the three categories.

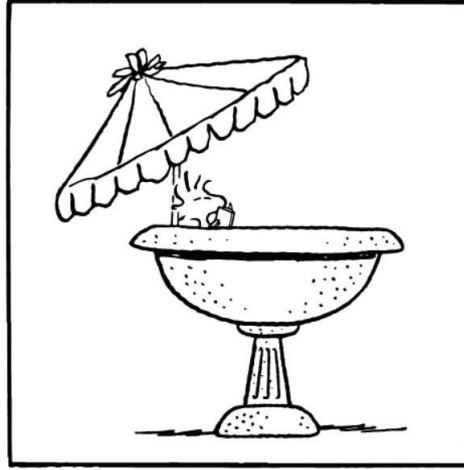
Resources

Peanuts — peanuts.com

YMI Lessons — ymiclassroom.com/peanuts-takecare

TAKE CARE OF YOURSELF

Part 1: Look at what Snoopy and Woodstock are doing. Describe what you see.



Think about ways you can take care of yourself. Unscramble the underlined words and then re-arrange the words into self-care sentences.

1. edra a good kobo: _____
2. apn a teka: _____
3. awlk go a fro: _____
4. lamify kabe your with or koco: _____
5. play with a maeg your afmily: _____

Part 2: Choose your favorite self-care activity. Write about what it is and why you enjoy it. Then write a recommendation to others to try your idea. Explain why they might like it.

My favorite self-care activity: _____

I recommend you try it! _____



Families, talk about how you each care for yourselves in different ways. How can you help support each other? For example, maybe take turns doing activities you each like, or give each other quiet time to read a book or relax.

TAKE CARE OF EACH OTHER

Part 1: Look at this picture of Snoopy and Woodstock. Can you describe what Snoopy is doing and why?



Now look at this picture of Snoopy and Lucy. Why do you think Lucy is patting Snoopy on the head? How do you think it makes Snoopy feel?

Part 2: Take care of someone by making them smile. In the space below, brainstorm five things you can do to help someone who might be having a difficult day, or just to make someone happy. Check out the five ideas to get started, then add your own. Pick one and try it!

1. Give someone a compliment.
2. Sing a song.
3. Draw a picture for someone.
4. Send someone a nice note.
5. Do a chore at home without being asked.

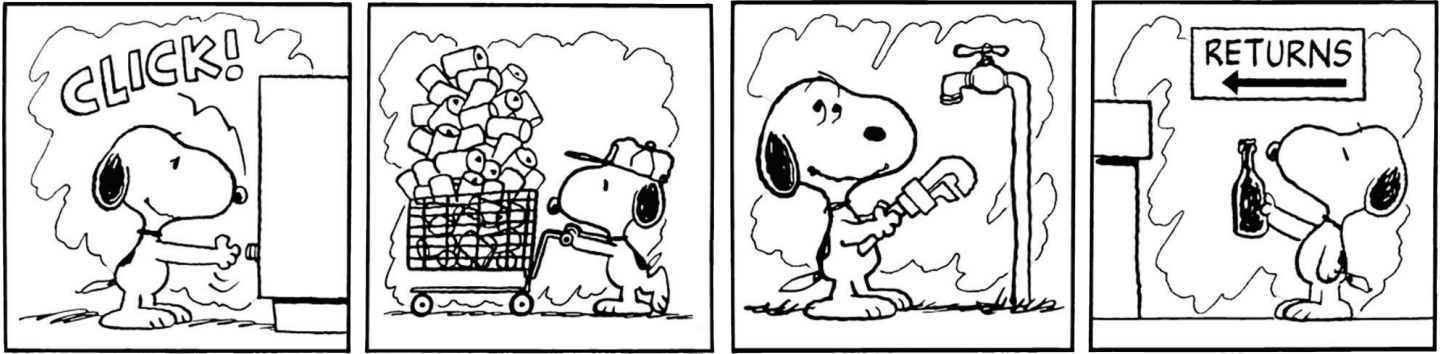
6. _____
7. _____
8. _____
9. _____
10. _____



Families, brainstorm ways you can care for each other and the people in your community, such as checking on elderly neighbors, walking dogs, delivering groceries, or even something as simple and as fun as coloring sidewalks to brighten someone's day!

TAKE CARE OF THE EARTH

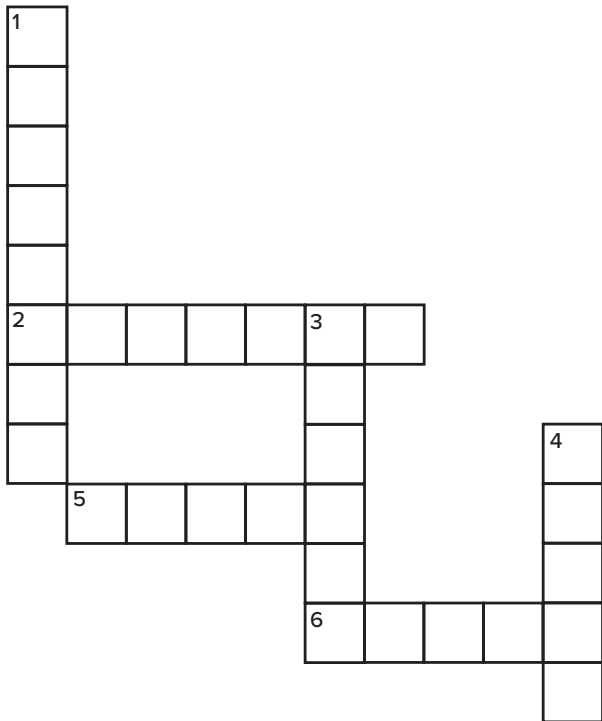
Part 1: Look at this picture of Snoopy. What is he doing to “keep it clean, keep it green”?



SCHULZ

Test your Earth smarts! Do you know how to take care of the Earth? Fill in the answers to this crossword puzzle.

Word Bank: water, conserve, plant, litter, recycle, reuse



Across

- 2. _____ paper and plastic.
- 5. _____ trees to make the Earth greener and healthier.
- 6. _____ things instead of throwing them away.

Down

- 1. _____ energy by turning off the lights.
- 3. Pick up _____ from the streets.
- 4. Use less _____ by turning off the faucet when we brush our teeth.



Part 2: Now choose one way you can care for the Earth and design a badge to inspire others to join you. Use the Peanuts “Take Care of the Earth” badges for inspiration.

Families, think about what you do to care for the Earth. Then, implement a plan to try something new, such as start a composting pile, or turn down the heat by a couple of degrees.