

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, sharpen listening skills, 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 grade 3-6 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

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 3-6 and their families

How to Use This Program

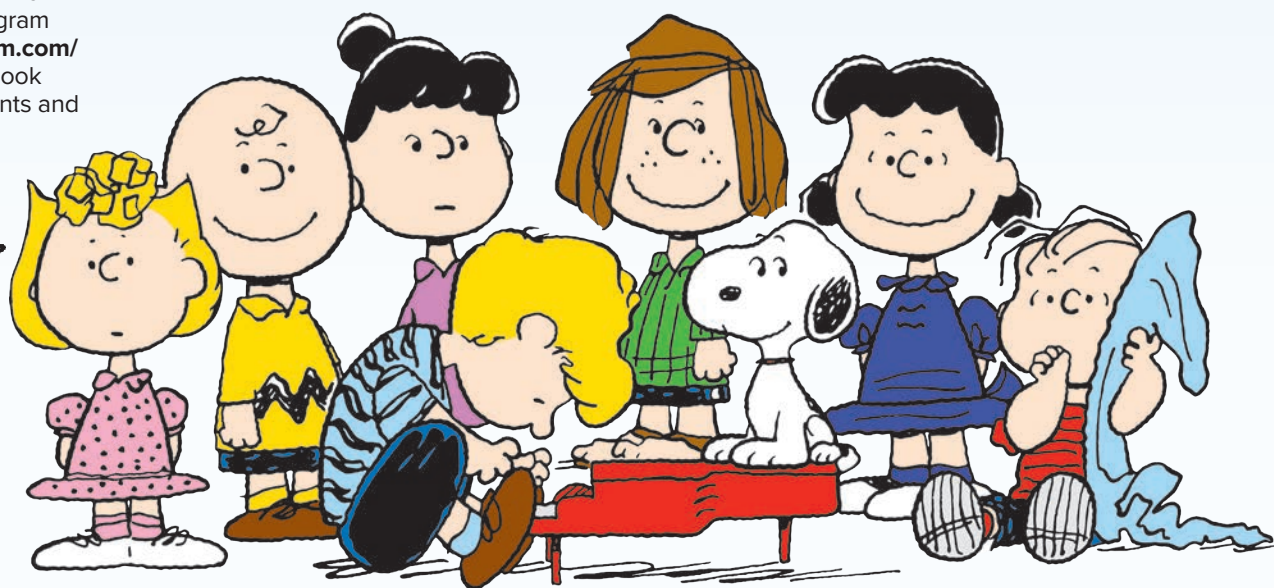
Before beginning the program, view the “Learning Is Everywhere” video at ymiclassroom.com/peanuts-takecare and have students share where and how they have experienced learning. Download, photocopy, and distribute the three reproducible activity sheets. Students will need pencils, crayons, or markers 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, like 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.



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

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 write their answers on the activity sheet.

Extension: Have students work in pairs to create a "Learning When We Try" guide with tips for succeeding at new tasks. Have them choose something new they would like to try, then write the steps they might need to take to prepare for that challenge (taking lessons to learn a needed skill, pairing up with a friend who is familiar with a topic, 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.

Ask students to listen carefully as you give them a series of instructions that they are to follow as best they can remember — for example, "Place a piece of paper in front of you. Put a pencil to the left of the paper. Place a book on top of the paper. Then, spin the pencil around three times." How many students remembered the instructions? Ask students how they were sitting when they were listening. Were they sitting up straight? Looking at you? Focusing? If so, they were practicing "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. What are some other ways students can be active listeners? Smiling, nodding their head, not fidgeting, or not interrupting the person talking are all visual clues to being an active listener.

Pair or group students and ask them to actively listen to each other while they take turns sharing something about themselves. It can be something simple, such as their favorite animal, or it could be something from the first activity, such as a time they faced a new challenge. Now distribute the activity sheet, review the directions, and have students complete Part A. Then, as they work on the infographic in Part B, review with them these points: Watching the speaker, being still, not interrupting, raising your hand to speak, and asking questions when it's appropriate are all signs of active listening.

Extension: Ask students to use their active listening skills to brainstorm ideas to help others. Have the class create a poster on which they write ideas under headings such as "Helping My Family," "Helping My School," and "Helping Our

Community," based on working together and actively listening to each other's ideas. Have students add ideas to the poster throughout the year.

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. As time allows, let students share their rewritten stories with their classmates.

Extension: Have student groups create a slogan encouraging themselves and other students to be team players and good sports. This could even apply to the video-game world of Esports, as well as being an upstander — a person who stands up to bullying. The slogan 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 is responsible, loyal, and a true friend. Best of all, he never gives up! We can learn an important lesson from Charlie Brown — with perseverance, we can get through any situation, and even master something new.

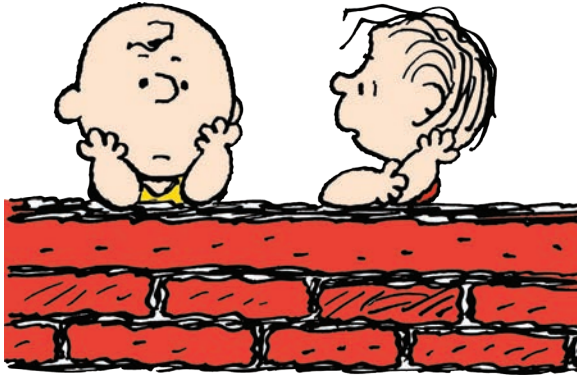
Write about a time you were faced with a new situation you were nervous about, such as having to learn online instead of going to school. What did you learn from the experience? How did you help yourself get through it? Did others help you, and if so, how did they help?

Think about what you've learned when you worked through a new situation. What did you say to yourself to help you succeed? What can you say as part of your own pep talk the next time you are faced with a challenging task? Write your ideas below.



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



Linus is a good example of an active listener. He is thoughtful and respectful and uses what he learns through listening to help others. When we listen, we become aware of what others need, and we can help them.

Part A: Answer these questions about active listening.

1. What does it mean to be an active listener?
List three characteristics of active listeners.

- a. _____
- b. _____
- c. _____

2. How do you feel when someone is actively listening to you?

3. How does being an active listener help us help others?

Part B: Use the other side of this sheet to sketch an infographic that helps others to be an active listener. What words would you include? What pictures or diagrams? What are the main things people should know about active listening?



Families: Ask your child what they learned about being an “active listener.” Then encourage them to put their new listening skills to use. Perhaps they can take time to listen to an elderly relative talk about their past. Maybe with your family, they can listen in a community setting as ideas are shared for improving a nature trail, a fund-raising venture, etc., and then recap what they learned.

LEARNING WHEN WE PLAY



Peppermint Patty knows how to be a good sport. She is a loyal and encouraging friend, and she knows how to try hard and play fair. That makes her a valuable team player.

Read the following story. Then, rewrite it so that the main character not only helps himself but also becomes a good sport and encourages his teammates.

Aiden loved soccer, but it was his first time playing on an elite team, and things weren't going well. Everything was new! The plays were a little different, and the formations were unfamiliar. Aiden kept mistiming passes. Embarrassed, he stopped running and kicked at the ground in anger. He was the best player on his old team, but now he was just the new guy. "I don't belong here," he said to himself, scowling at his feet. His teammates ran past him up the field. "Let's go! You've got this!" one of his teammates shouted, trying to encourage him, but Aiden just kicked the ground again.

Now turn this story into a "win-win" for everyone:



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 their teammates. 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 family "teammate" needs it.