Creating Daily Routines for Kids
Summer Activities for Families

Play and learn this summer with PBS KIDS! Get started with the hands-on activity collections below or visit pbskids.org, the PBS KIDS Video app, and the PBS KIDS Games app for more ideas and fun. Remember to follow @PBSKIDS for great summertime activities for the whole family.

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<th>EXPLORE SUMMER COLLECTIONS</th>
<th>PLAY &amp; LEARN</th>
<th>CELEBRATE WITH FAMILY NIGHT</th>
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<tbody>
<tr>
<td>Observing Nature</td>
<td>You and your child can try a scavenger hunt, go on a weather walk, or read and play with this nature-themed playlist and activity collection. What’s the biggest tree you can find?</td>
<td>Tally Ho! Nature Cat, Hal, Daisy, and Squeeks are hitting the trails to learn about birds, bugs, and…strawberries? Tune in for a sweet NATURE CAT marathon June 4.</td>
</tr>
<tr>
<td>Making Family Traditions</td>
<td>Does your family have a favorite tradition? Get inspired to create your own with this collection of crafts, music, and story clips.</td>
<td>Join Molly, Tooey, and Trini for a night of adventure as they explore family stories, Alaska Native traditions, and the great outdoors in MOLLY OF DENALI. Tune in on June 11.</td>
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<tr>
<td>Sharing Your Creativity through Art</td>
<td>Spark creativity with games from SCRIBBLES AND INK! This special collection of resources is designed to get you and your child singing, dancing, drawing, and laughing.</td>
<td>It’s a pinka-party and your family is invited to paint, draw, and dance with PINKALICIOUS &amp; PETERRIFIC! Join the fun on June 18.</td>
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<tr>
<td>Being a Good Friend and Neighbor</td>
<td>What makes family and friends special? There are lots of things kids can do to celebrate neighbors and friends. This collection will help them learn about their role in the community.</td>
<td>There’s a new neighborhood at PBS KIDS! It’s the world of DONKEY HODIE from the makers of DANIEL TIGER’S NEIGHBORHOOD. Tune in June 25 to see how Donkey Hodie and her pals use teamwork and laughter to accomplish amazing things.</td>
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<tr>
<td>Exploring Space at Home</td>
<td>Build a rocket ship, go stargazing, or imagine life on another planet with this collection of space-themed games, activities, and an out-of-this-world playlist.</td>
<td>Jet Propulsion is the kid next door AND an alien! Join him - along with his family and friends - as they explore the far reaches of outer space in two specials from READY JET GO! on July 2.</td>
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</tbody>
</table>

pbskidsforparents.org/summer

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**Reading and Sharing Stories**
Words can take your child anywhere. Use the activities in this collection to help them build literacy skills and create and share family stories.

**Playing with Water**
Whether it’s frozen or melted, water is a wonderful way to inspire your child’s curiosity. Find playful activities in this water-themed collection.

**Investigating Animals**
Crawl like an ant, jump like a frog, and gallop like a horse! Inspire young learners to sing, play, and laugh with this special collection of animal-themed resources.

**Creating Daily Routines for Kids**
It’s always a good time to brush up on everyday routines with your child like greeting friends, picking up toys, and getting ready for bed. This collection is filled with tips and ideas!

**Going Back to School**
Preparing for a new school year can stir up lots of emotions for your child. Use the activities in this collection to plan ahead and practice first day routines together.

**CELEBRATE WITH FAMILY NIGHT**
Rain or shine, PBS KIDS is always ready for an adventure! Tune in July 9 for back-to-back fun with WILD KRATTS, NATURE CAT, and DINOSAUR TRAIN.

Get ready to travel through time with XAVIER RIDDLE AND THE SECRET MUSEUM! The fun starts on July 23 when Xavier, Yadina, and Brad meet real-life storytellers Mark Twain, Zora Neale Hurston, and Maya Angelou.

Ready to explore? Join Chris and Martin Kratt on their journey from the Amazon to Alaska! Tune in to the WILD KRATTS marathon on July 16.

It’s scary and exciting to do something for the first time. Pick up tips, songs, and strategies from Daniel as he explores new things during the DANIEL TIGER’S NEIGHBORHOOD marathon on July 30.

"That is so interesting!" Everyone wonders about the world, including Elinor from ELINOR WONDERS WHY. She’s curious just like your child! Join her on August 6 as she learns to ask questions and solve puzzles.

FREE ACTIVITIES ON pbskidsforparents.org/summer

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Household Chores for Every Age

Teaching kids how to do household chores is a meaningful part of growing up. They teach practical life and academic skills, as well as foster a sense of responsibility and community. Use this checklist for age-appropriate chores to do with your family.

2 to 3
- Pick up toys
- Put dirty clothes in the hamper
- Hang-up jacket and put away shoes
- Help sort clean laundry (e.g. find all the socks)
- Dust window sills
- Help wipe-up spills

4 to 5
- Make the bed
- Set and clear table
- Put away clean silverware
- Put clothes in the washing machine
- Fold towels and socks
- Feed pets and water plants

6 to 8
- Keep bedroom organized
- Fold and put away laundry
- Assist with meal preparation
- Load and empty dishwasher
- Sweep and vacuum floors
- Take out garbage and recycling

Find more games and activities at pbskidsforparents.org
Taking Turns

Practice taking turns with a spinner you make yourself.

**Directions**

Cut paper into 3 x 5-inch pieces to use as instruction cards. Ask the children to think of activities to write on the cards. Here are a few suggestions:

- Clap your hands.
- Whisper, “No, thank you.”
- Turn around.
- Touch your toes.
- Shout, “Yes, please!”
- Say your name.
- Knock on the door.

Mix up the cards. Have a child pick a card, then spin the spinner to see how many times to do what the card says. For example, if the spinner stops on four and the card says “Say your name,” the child will say his or her name four times.

**Materials**

- Blunt-nosed scissors
- Cardboard or heavy paper
- Brass paper fastener
- Marker
- Paper or index cards

Find more games and activities at pbskidsforparents.org
Instructions: 1. Color in the pictures. 2. Ask an adult to cut along the outer dotted line. 3. Fold on the inside lines. 4. Write your name to complete your book.

- I eat a healthy meal.
- I brush my teeth.
- I move my body.
- I wake up ready for the day.

Find more games and activities at pbskidsforparents.org
My Healthy Habits Chart

Keep a record of your healthy habits by drawing an X in the boxes below.

- I wash my hands.
- I brush my teeth.
- I eat healthy foods.
- I exercise.
- I take a bath.
- I cover my mouth when I sneeze or cough.

Find more games and activities at pbskidsforparents.org

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Washy Wash

Handwashing keeps us healthy. Be like Elmo and make sure to wash your hands often for at least 20 seconds — just enough time to sing this song once!

Wash, washy wash, washy wash.
Wash your hands.

Scrub ‘em while you sing this song.
Wash, washy wash, washy wash, wash wash.
Rub your hands and fingers, and the places in between.
Using soap and water makes your hands so clean.
Wash your hands.

Great job, you’re almost done.
5, 4, 3, 2, 1
Now dry!
It’s Time to Wash Your Hands!

Handwashing helps keep germs away. It’s important to wash your hands throughout the day, before and after everyday activities. **Color in the pictures below**, then talk about other times when you need to wash your hands.

- after you cough
- after you sneeze
- before cooking
- before you eat
- after playing
- after being outside

Talk together with kids: “Why and when is it important to wash your hands?”
OUR MORNING ROUTINE!
A morning routine helps your family start the day off right. Practice these healthy habits your child can do every morning. Recycle the badges daily so that your child can earn them as they learn new behaviors.

1) Say "Good morning!" to someone.
2) Go to the bathroom.
3) Wash your face.
4) Brush your teeth.
5) Make your bed.
6) Eat a healthy breakfast.
7) Get dressed.

Color the badges and then cut them out along the dotted lines.

Talk with your child about the 7 things he or she can do in the morning to earn badges.

They can be done in any order.

For more activities, visit pbskidsforparents.org
Move Like a Dinosaur

Invite others to join you. Stand at one end of the room and ask them to move towards you like a dinosaur. Here’s a list of movements to get your started. Ask an adult to help you research other dinosaurs and creatures and add to this list.

Walk like a Theropod [theer-uh-pod]
(a bipedal dinosaur that walked on two legs)

Move like a Brachiosaurus [BRAK-ee-oh-SAWR-us]
(a quadrupedal dinosaur that walked on all fours)

Sprint like an Ornithomimus [or-NITH-uh-MIME-us]
(a dinosaur with long thin legs for sprinting or running really fast)

Glide like a Microraptor [MIKE-ro-RAP-tor]
(a small bird-like dinosaur that could move smoothly through the air)

Slither like a Sanajeh [san-aj-eh]
(a prehistoric snake that slithered or slid around on its belly)

Stomp like a Tyrannosaurus [tie-RAN-oh-SAWR-us]
(a powerful dinosaur who walked around with loud, heavy steps)

Dive like a Hesperonis [hes-per-o-nis]
(a dinosaur that was good at diving deep underwater for fish)

Fly like a Pteranodon [tuh-ran-uh-don]
(like Tiny, Shiny, and Don, Pteranodons could fly through the air very easily)

Swim backwards like a Michelinoceras [mitch-el-ee-noh-SAWR-us]
(a squid-like creature who lived in the ocean and swam backwards)

Hoot like a Corythosaurus [kuh-RITH-oh-SAWR-us]
(a dinosaur with a large crest on top of its head that made a hooting sound like a horn)

Find more games and activities at pbskidsforparents.org
Instructions: Cut out the clock hands and attach them to the center of the clock face with a paper fastener. After you make the clock, pick a card and practice setting the clock to that time.

Find more games and activities at pbskidsforparents.org
Learn at Home with PBS KIDS  
Schedule Begins May 3, 2021

Explore reading, math, science, life lessons, and more on the PBS KIDS 24/7 channel and live stream! The TV schedule below offers you and your child a chance to learn anytime alongside your friends from PBS KIDS.

<table>
<thead>
<tr>
<th>TIME (M-F)</th>
<th>SHOW</th>
<th>GRADE</th>
<th>LEARNING GOALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/5c am</td>
<td>The Cat in the Hat Knows a Lot About That!</td>
<td>PK-1</td>
<td>Science &amp; Engineering</td>
</tr>
<tr>
<td>6:30/5:30c am</td>
<td>Ready Jet Go!</td>
<td>K-2</td>
<td>Science &amp; Engineering</td>
</tr>
<tr>
<td>7/6c am</td>
<td>Peg + Cat</td>
<td>PK-K</td>
<td>Math</td>
</tr>
<tr>
<td>7:30/6:30c am</td>
<td>Super WHY!</td>
<td>PK-K</td>
<td>Literacy</td>
</tr>
<tr>
<td>8/7c am</td>
<td>Daniel Tiger's Neighborhood</td>
<td>PK-K</td>
<td>Social &amp; Emotional Learning</td>
</tr>
<tr>
<td>8:30/7:30c am</td>
<td>Daniel Tiger's Neighborhood</td>
<td>PK-K</td>
<td>Social &amp; Emotional Learning</td>
</tr>
<tr>
<td>9/8c am</td>
<td>Sesame Street</td>
<td>PK-K</td>
<td>Literacy, Math, Social &amp; Emotional Learning</td>
</tr>
<tr>
<td>9:30/8:30c am</td>
<td>Elinor Wonders Why</td>
<td>PK-K</td>
<td>Science</td>
</tr>
<tr>
<td>10/9c am</td>
<td>Clifford the Big Red Dog</td>
<td>PK-K</td>
<td>Social &amp; Emotional Learning, Literacy</td>
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<tr>
<td>10:30/9:30c am</td>
<td>Dinosaur Train</td>
<td>PK-K</td>
<td>Science</td>
</tr>
<tr>
<td>11/10c am</td>
<td>Let's Go Luna!</td>
<td>K-2</td>
<td>Social Studies</td>
</tr>
<tr>
<td>11:30/10:30c am</td>
<td>Nature Cat</td>
<td>K-3</td>
<td>Science</td>
</tr>
<tr>
<td>12 pm/11c am</td>
<td>Nature Cat</td>
<td>K-3</td>
<td>Social &amp; Emotional Learning</td>
</tr>
<tr>
<td>12:30 pm/11:30c am</td>
<td>Xavier Riddle and the Secret Museum</td>
<td>K-2</td>
<td>Literacy</td>
</tr>
<tr>
<td>1/12c pm</td>
<td>Molly of Denali</td>
<td>K-2</td>
<td>Science &amp; Engineering</td>
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<tr>
<td>1:30/12:30c pm</td>
<td>Hero Elementary</td>
<td>K-2</td>
<td>Math &amp; Science</td>
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<tr>
<td>2/1c pm</td>
<td>Cyberchase</td>
<td>1-5</td>
<td>The Arts</td>
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<tr>
<td>2:30/1:30c pm</td>
<td>Pinkalicious &amp; Peterrific</td>
<td>PK-1</td>
<td>The Arts</td>
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<td>3/2c pm</td>
<td>Pinkalicious &amp; Peterrific</td>
<td>PK-1</td>
<td></td>
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<tr>
<td>3:30/2:30c pm</td>
<td>Elinor Wonders Why</td>
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<td>Science &amp; Engineering</td>
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<tr>
<td>4/3c pm</td>
<td>Donkey Hodie</td>
<td>PK-K</td>
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<tr>
<td>4:30/3:30c pm</td>
<td>Curious George</td>
<td>PK-K</td>
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</tr>
<tr>
<td>5/4c pm</td>
<td>Curious George</td>
<td>PK-K</td>
<td>Math, Science &amp; Engineering</td>
</tr>
<tr>
<td>5:30/4:30c pm</td>
<td>Xavier Riddle and the Secret Museum</td>
<td>K-2</td>
<td>Social &amp; Emotional Learning</td>
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<td>6/5c pm</td>
<td>Molly of Denali</td>
<td>K-2</td>
<td>Literacy</td>
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<td>Hero Elementary</td>
<td>K-2</td>
<td>Science &amp; Engineering</td>
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</tbody>
</table>

Access FREE, at-home learning activities, tips, and more on pbskidsforparents.org

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Learn at Home with PBS KIDS

Play and learn anytime and anywhere with free apps from PBS KIDS! Use the chart below to find the app that aligns to your child’s grade, learning goal, and favorite PBS KIDS show - then download it on your mobile or tablet device to play online, offline, or anytime.

### Apps for Social & Emotional Learning

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<th>Learning Goal</th>
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<td>Daniel Tiger for Parents</td>
<td>PK-K</td>
<td>Social &amp; Emotional Learning</td>
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<tr>
<td>PBS KIDS Games app</td>
<td>K-2</td>
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<tr>
<td>PBS KIDS Video app</td>
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### Apps for Literacy Learning

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<td>Dinosaur Train A to Z</td>
<td>PK-K</td>
<td>Literacy, Science</td>
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<tr>
<td>Molly of Denali</td>
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<td>Literacy</td>
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<tr>
<td>PBS KIDS Games app</td>
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### Apps for STEM Learning (Science, Technology, Engineering & Math)

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<tr>
<th>App</th>
<th>Grade</th>
<th>Learning Area</th>
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</thead>
<tbody>
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<td>PBS Parents Play &amp; Learn</td>
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<td>Literacy, Math</td>
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<tr>
<td>Play &amp; Learn Engineering</td>
<td>PK-K</td>
<td>Science and Engineering</td>
</tr>
<tr>
<td>Play &amp; Learn Science</td>
<td>PK-K</td>
<td>Science</td>
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<tr>
<td>Splash and Bubbles for Parents</td>
<td>PK-K</td>
<td>Science</td>
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<tr>
<td>Splash and Bubbles Ocean Adventure</td>
<td>PK-K</td>
<td>Science</td>
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<td>The Cat in the Hat Builds That!</td>
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<td>The Cat in the Hat Invents</td>
<td>PK-K</td>
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<td>Jet’s Bot Builder: Robot Games</td>
<td>K-2</td>
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<td>Photo Stuff with Ruff</td>
<td>K-2</td>
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<td>Ready Jet Go! Space Explorer</td>
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<tr>
<td>Ready Jet Go! Space Scouts</td>
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<td>PBS KIDS ScratchJr</td>
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<td>Outdoor Family Fun with Plum</td>
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<tr>
<td>Cyberchase Shape Quest</td>
<td>1-5</td>
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