



All About Emotions BINGO



Emotions



Cut a piece of paper into 20 shapes. On each, draw an eye, eyebrow, mouth, or nose. Then, make a face with the pieces.



Feelings Charades



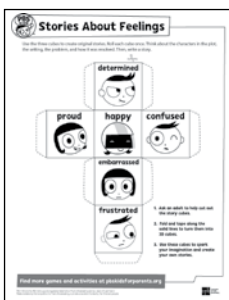
Make a list of five things you can do if you feel frustrated.



Sometimes I Feel...



Ask a grownup about how they calm down when they're scared.



Stories About Feelings



Make a list of how you can help someone when they feel upset and a list of what might upset someone.



My Feelings Jars

Grades 1-2

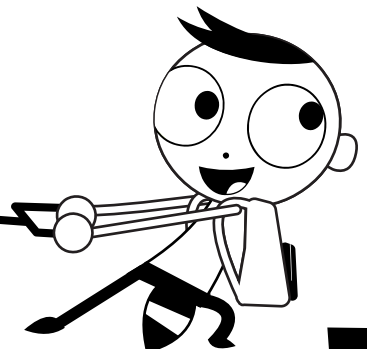
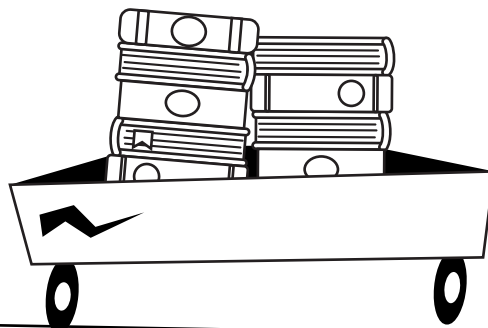
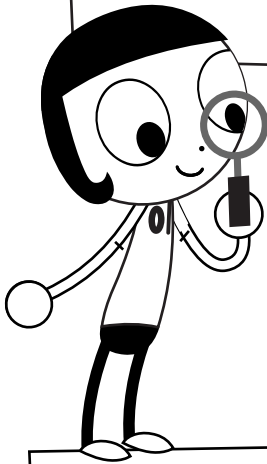
Find more games and activities at pbs.org/parents/learn-at-home



Learn at Home with PBS KIDS

All About Emotions

BINGO





Learn at Home with PBS KIDS

**Week of
May 3rd**

Hello, Families!

Welcome to **Learn Along Bingo!** We're happy to share PBS KIDS activities with you and to work with PBS member stations and community partners across the country to help support learning at home. With Learn Along Bingo, children can view, explore, and play as they learn alongside their PBS KIDS friends on the PBS KIDS 24/7 channel. We hope your family will use it to inspire learning each and every day.

It's All About Emotions Week!

In this packet, there are printable activities and everyday learning ideas for you and your child to choose from. As you complete each square, mark it off to celebrate the learning.

Learning Spotlight: Emotions

Identifying emotions leads to understanding one's emotions. Children will learn to label emotions and how they can express them in different ways.

Show What You Know: Sometimes I Feel...

The last activity in this packet is a perfect way for children to learn about emotions and how they express them.

Tune in: Watch PINKALICIOUS AND PETERRIFIC at 2:30pm ET on Tuesday, May 4th on the PBS KIDS 24/7 channel.

Ready for more? Watch your favorite PBS KIDS shows on the 24/7 channel and live stream at pbskids.org/video/livetv or on your local PBS station.

Happy learning!
PBS KIDS



Find free activities, articles and tips to support at-home learning on pbskidsforparents.org


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Emotions

Name _____

Draw a picture that illustrates the word "sad" in the box below. Then, choose seven more feelings words to write and illustrate in the remaining boxes. After you're done, talk about the emotions with someone else.

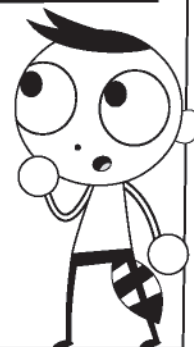
happy 	sad (Draw a picture here.)	(Write a word here.) (Draw a picture here.)

Sample words:

(Use these or choose different ones.)

loved
surprised
proud
nervous

upset
disappointed
lonely
unhappy





Feelings Charades

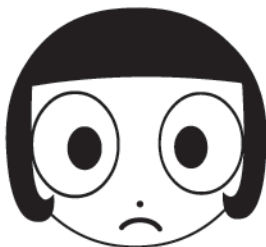
Feelings are a normal part of everyday life. Your facial expressions and body language help tell others how you might be feeling. Play a game of *Feelings Charades* with others. Color and then cut out the squares. Place them face down on a flat surface and take turns choosing a card. Think about a time you felt the emotion and how you expressed how you felt. Did you use your words? Did you cry, play music, or scream? Act it out as the others guess the feeling you chose.



happy



sad



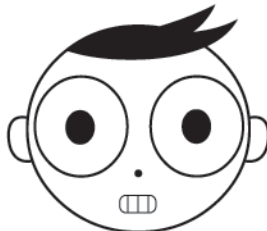
excited



angry



scared



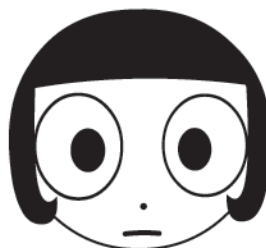
surprised



proud



embarrassed



worried



annoyed



frustrated



jealous

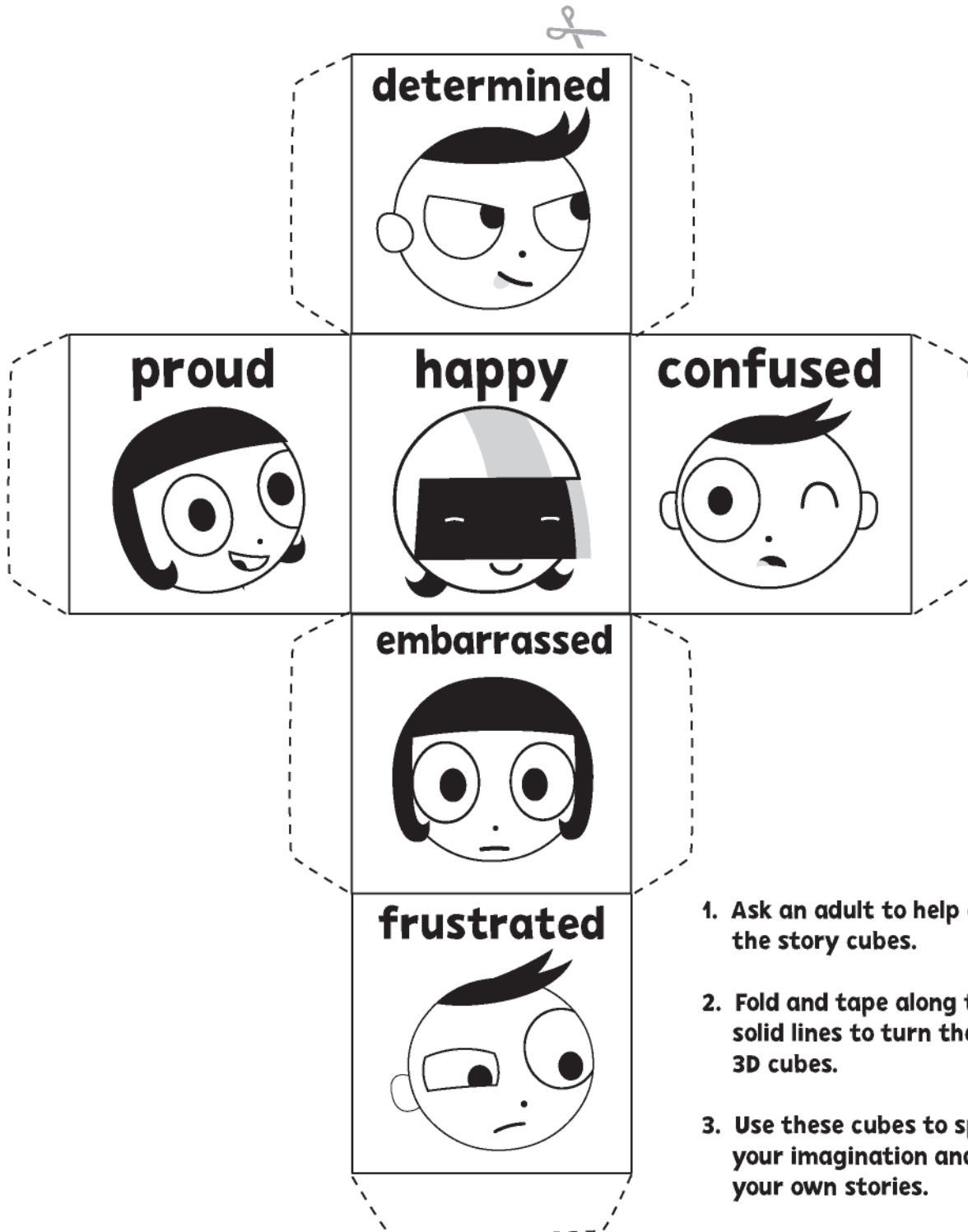


Find more games and activities at pbskidsforparents.org



Stories About Feelings

Use the three cubes to create original stories. Roll each cube once. Think about the characters in the plot, the setting, the problem, and how it was resolved. Then, write a story.

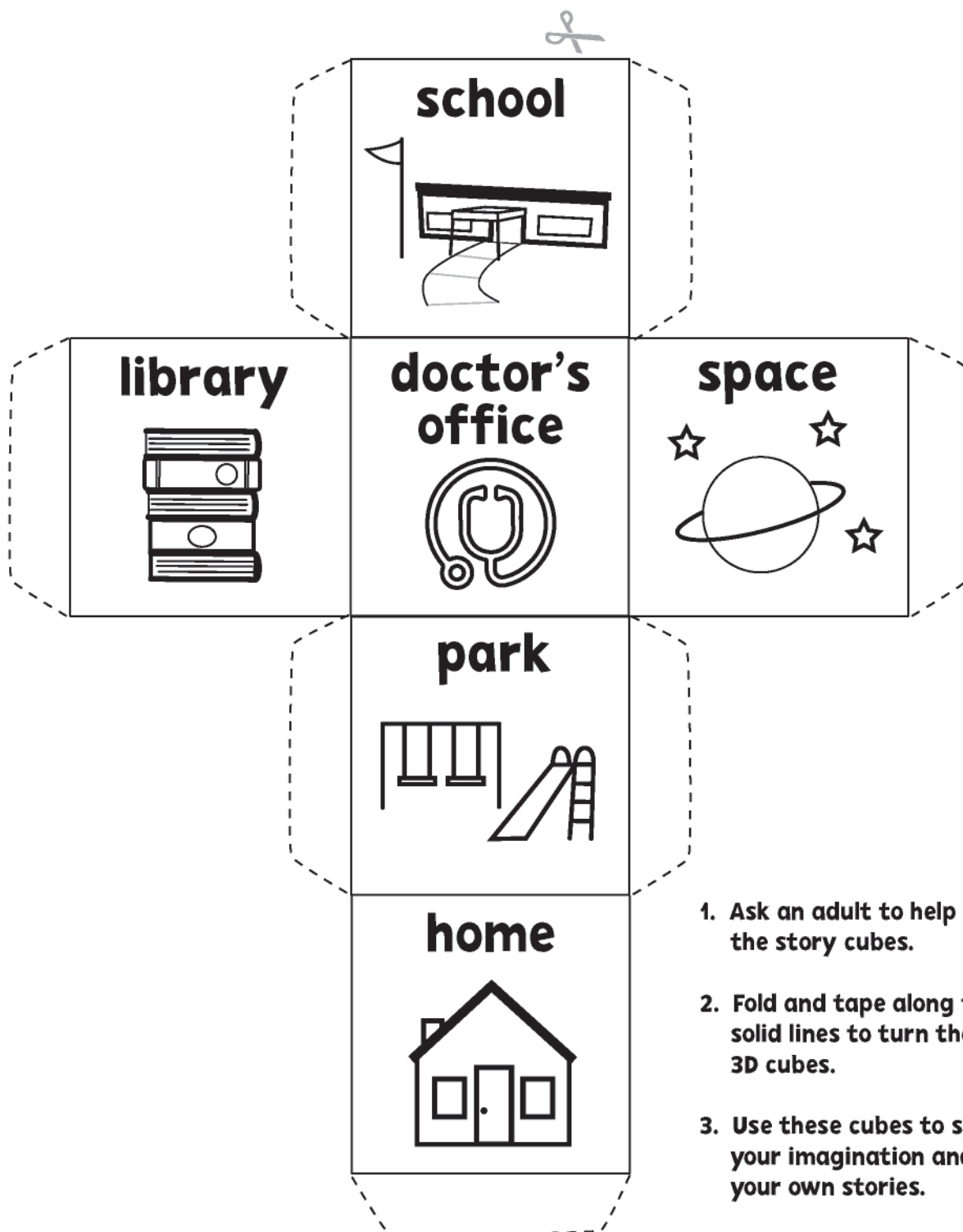


1. Ask an adult to help cut out the story cubes.
2. Fold and tape along the solid lines to turn them into 3D cubes.
3. Use these cubes to spark your imagination and create your own stories.

Find more games and activities at pbskidsforparents.org



Stories About Feelings



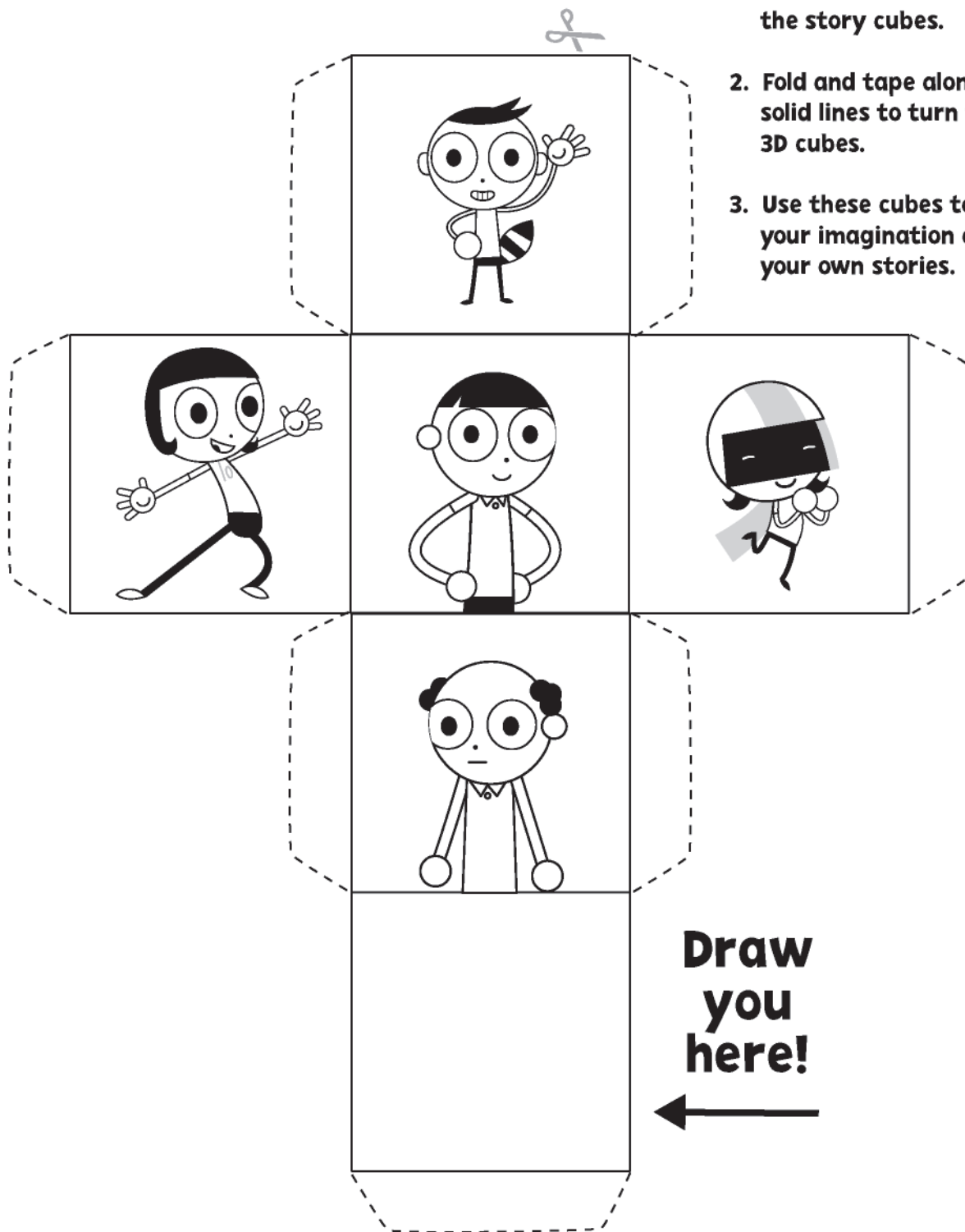
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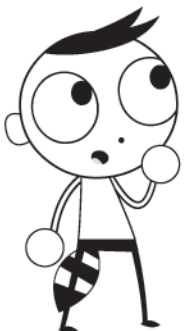
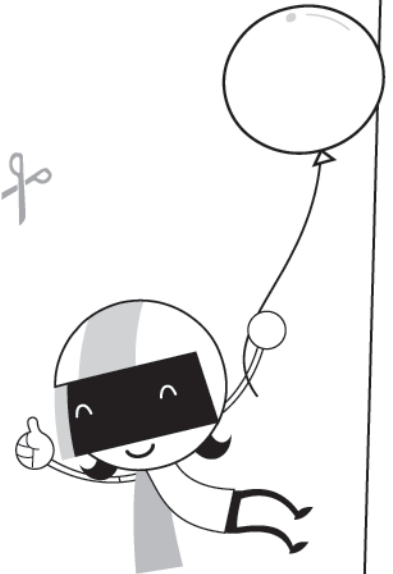
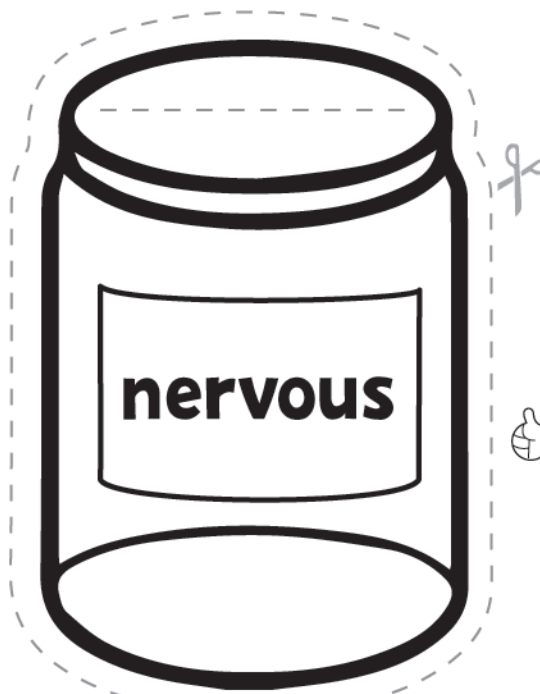


Find more games and activities at pbskidsforparents.org



My Feelings Jars

Everyone has feelings. Practice identifying different feelings and how you express your emotions. Think about times you felt happy, nervous, proud, or frustrated. When did you feel that way? How did you let others know how you felt? Did you talk with someone? Did they read your facial expressions and body language as clues? Color and then cut out the *feelings jars*. Next, on each strip of paper, write down how you express your feelings. Then, sort them into the *feelings jars*. Think of new ways you can communicate how you feel and add them to your jars.



Find more games and activities at pbskidsforparents.org



My Feelings Jars



When I am happy, I...	When I am proud, I...
When I am happy, I...	When I am proud, I...
When I am happy, I...	When I am proud, I...
When I am nervous, I...	When I am frustrated, I...
When I am nervous, I...	When I am frustrated, I...
When I am nervous, I...	When I am frustrated, I...

Find more games and activities at pbskidsforparents.org

Fold here

Draw here!

Sometimes I feel lonely because...



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(Name)



Sometimes I Feel...

Here's a drawing
of a time that I
was excited!

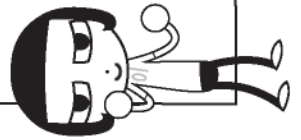
Sometimes I feel excited
because...



Find more games and activities at pbskidsforparents.org

Here's a drawing of
of what I do when
I feel jealous.

Sometimes I feel jealous because...



Find more games and activities at pbskidsforparents.org

Here's a drawing of
what I do when I feel
frustrated.

Sometimes I feel frustrated
because...



Fold here



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.

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

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 on your mobile or tablet device to play online, offline, or anytime.

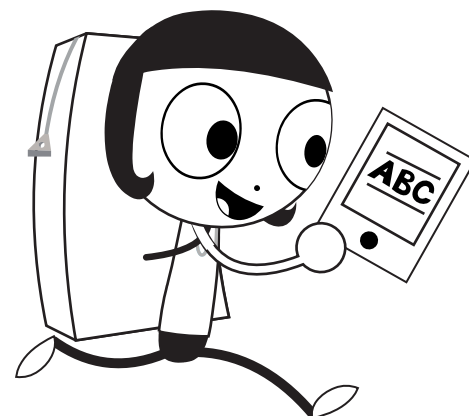
Apps for Social & Emotional Learning

Daniel Tiger for Parents	PK-K	Social & Emotional Learning
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals



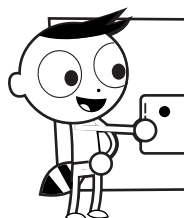
Apps for Literacy Learning

Dinosaur Train A to Z	PK-K	Literacy, Science
Molly of Denali	K-2	Literacy
PBS KIDS Games app	K-2	Multiple Learning Goals
PBS KIDS Video app	K-2	Multiple Learning Goals



Apps for STEM Learning (Science, Technology, Engineering & Math)

PBS Parents Play & Learn	PK-K	Literacy, Math	Ready Jet Go! Space Explorer	K-2	Science
Play & Learn Engineering	PK-K	Science and Engineering	Ready Jet Go! Space Scouts	K-2	Science and Engineering
Play & Learn Science	PK-K	Science	Nature Cat's Great Outdoors	K-3	Science
Splash and Bubbles for Parents	PK-K	Science	PBS KIDS ScratchJr	1-2	Coding
Splash and Bubbles Ocean Adventure	PK-K	Science	Outdoor Family Fun with Plum	1-3	Science and Engineering
The Cat in the Hat Builds That!	PK-K	Science and Engineering	Cyberchase Shape Quest	1-5	Math, Science
The Cat in the Hat Invents	PK-K	Science and Engineering	PBS KIDS Games app	K-2	Multiple Learning Goals
Jet's Bot Builder: Robot Games	K-2	Science and Engineering	PBS KIDS Video app	K-2	Multiple Learning Goals
Photo Stuff with Ruff	K-2	Science			



pbskids.org/apps

