



PBS Wisconsin
Education



Kindness Teach Your Way Calendar

Theme	Collection	Video	Digital Game	Document	Activity	Family Time	Explore More
Mindfulness = Kindness	Emotional Well-Being from Sesame Workshop	Learn Belly Breathing	Monster Meditation Practice mindfulness with Sesame Street friends	Get Moving Bingo Activities to help grow gross motor skills	What are two kind things you can do for someone in your community ?	“I Can” Flower Make a special flower to help boost confidence	Young Peace Leaders See ways students can benefit from the arts
Big Feelings - Inside and Outside Our Bodies	Daniel Tiger’s Neighborhood	Mad Feelings Help kids develop ways to deal with mad feelings	Spin and Sing Simple songs for managing life’s ups and downs	All About Emotions Bingo Learn to label emotions and ways to express them	Ask a grown-up how they handle big feelings	Feelings Book Help children label and understand different feelings	Dance to Success Grow social and emotional skills through dance
Working Out Problems	Lyla in the Loop	I Wonder, What if, Let’s Try! Keep trying new ideas	Step It Out Try different ways to complete simple tasks	Being Kind Bingo Learn to share positive interactions with others	Choose a picture from a cereal box, photo, or calendar. Then, cut it into pieces and work together to put it back together	Stu Cards Games and activities for collaborative problem-solving	PBS KIDS Talk About Celebrate family
Gratitude	PBS KIDS Talk About	Thank You for Everything You Do Sing with Daniel Tiger	Neighbor Day There are many ways to be a good neighbor	Gratitude Bingo Learn ways to say “Thank You!”	Think of a person you are grateful for. Share why you are thankful for this person with a grown-up	Daniel Tiger Thankfulness Cards Write and deliver thank you notes	Talk About Gratitude with Xavier Riddle
Community	Creating a Caring Classroom Community	You, Me & Community Together we’re the key	Riding with Rosie Learn about community helpers	Caring for Each Other Bingo Explore ways to show you care	If you could be any community helper , who would you be and why?	Choosing Chores Find ways everyone can be a helper	Power Up with Kindness Learn how one girl found ways to help others
Caring for Our World	Explore the Outdoors	Nature is Our Neighbor	Veggiezilla Grow vegetables with Molly of Denali	Nature Bingo Explore nature and practice observation skills	What can you do in your neighborhood to care for the world ?	Explore Nature on a Walk	Creature Power How outdoor play helps kids explore and discover

