

November 2022



3825 Ridgewood Road, Jackson, MS 39211

Website: Education.mpbonline.org

Ph: 601.432.6565

Hello Kids Club Members!

We have so many things to be thankful for; our families, friends, pets, teachers, and good health.

Guess what! It's time to party. Join us at Mississippi

Public Broadcasting as we celebrate your birthday. I can't wait to see you there!

Empee Bee



Click the birthday invitation to let us know you will BEE celebrating with us!



Upcoming Events



Join us for our next Workforce Wednesday!

Date: November 16, 2022

Time: 11:30 a.m. - 12:30 p.m.

Visit gettingtowork.mpbonline.org for upcoming details.

Happy Birthday!

If your birthday is in November, click the image below to see your name.



Visit Education.mpbonline.org for upcoming details.



Happy Thanksgiving!






Thanksgiving can be special day for young children and families. Special traditions, family gatherings, and big meals are staples of the holiday. Children love the food, festivities, and time at home with loved ones. Many families also have traditions of volunteering and giving back to the community. This year, consider practicing gratitude as a more regular routine — you can ask “Who are you grateful for?” every night before bed or at the dinner table. Encouraging thankfulness builds empathy and encourages kids to think about all the people who help them every day.

To read more and download thanksgiving crafts click [here](#)



My Healthy Week

Encourage good habits and healthy routines throughout the week!
A calendar to encourage healthy habits and routines all week long. Use this chart to encourage three good habits that keep your little one healthy and strong. Hang it somewhere easy for your child to see, such as the refrigerator. When your child finishes brushing his teeth, washing his hands, or sleeping for 10 hours (recommended for ages 3-5), encourage your child to color in the square. At the end of a healthy week, share a healthy snack!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teeth Brushing 							
Handwashing 							
Sleep 							

For more resources, go to SesameStreetinCommunities.org ©/TM 2018 Sesame Workshop. All Rights Reserved.

Use this chart to encourage three good hygiene habits that keep little ones healthy and strong. Click the picture to download My healthy week chart.

Sleep



Healthy sleep habits are crucial to helping children grow and thrive! Infants need 12 to 16 hours, toddlers need 11 to 14, and preschoolers need 10 to 13. Predictable routines such as stories, lullabies, and a special moment of “tucking in” can help smooth the bedtime process. Here are resources to help children build healthy sleep habits.

For resources to help children build healthy sleep habits click [here](#)



Learning Through Play

Children love to play—anytime, anywhere, and with almost anything. As they do so, they’re exploring the world around them and practicing important skills crucial to brain development. Consider the relationship between play and learning as you play together!

















To discover printables, videos, and more on this topic click [here](#)

Elmo Says!

Use the cards below to encourage movement skills like jumping, hopping, stretching, dancing, stomping, and wiggling.

How To Play

Download and print the cards, cut them out, and mix them in a bag. Take turns picking a card out of the bag and reading it together. What does it say to do? Have fun doing the moves together!

<p>JUMP! TOUCH YOUR TOES!</p>  <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>WIGGLE LIKE SLIMEY!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	<p>WADDLE LIKE A DUCK!</p>  <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>DO A SILLY MONKEY DANCE!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>
<p>FLY LIKE A BIRD!</p>  <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>STOMP! STOMP! STOMP!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>JUMP UP! TWIRL AROUND!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>
 <p>PRETEND TO PLAY YOUR FAVORITE SPORT!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>DO FIVE FROG LEAPS!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>DANCE FAST!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>HOP LIKE A BUNNY!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>
 <p>DANCE LIKE JUMPING BEANS!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>KICK YOUR LEGS!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	 <p>STRETCH UP HIGH... TRY TO TOUCH THE SKY!</p> <p><small>TM & © 2016 SESAME WORKSHOP</small></p>	<p>CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.</p>  <p><small>TM & © 2016 SESAME WORKSHOP</small></p>

5 Is Always 5

Oscar and Slimey are joining this ladybug picnic! How many ladybugs are in each group? Write the numbers in the circle by each group. How many ladybugs do you count all together?

