

N SERIES ACTION PACK

ACTION-PACKED LEARNING

Dear Parents and Caregivers,

Calling all kid heroes in training! With help from the Action Pack, your child has been doing activities focused on teamwork that support social-emotional learning and foundational skills in pre-reading, problem solving, and creativity. Join your child in super-powered adventures by tuning into **Action Pack** on Netflix and check out more action-packed activities as a family.

Meet the Action Pack

Action Pack is a fast-paced, action-adventure series that showcases superheroes with a super twist—they see the good in everything, including the villains. **Watts** (electricity power), **Wren** (animal power), **Clay** (plasma putty power), and **Treena** (plant power) are the Action Pack of Action Academy, who along with **Mr. Ernesto** (their teacher) and **Plunky** (playful robotic dog), help bring out the good in every situation and every person they meet.

Superhero Challenges

Action Academy is in session! Spark your little superhero's imagination and observation skills with these fun ideas:

- **“Action on, plasma vision!” Create Clay’s super x-ray vision goggles.** Make your own super goggles with recycled materials (such as toilet paper rolls and string) and decorate them to bring along on a “spy” mission. Take a walk and have your child look for certain shapes, colors, or letters.
- **Recognize all kinds of strength in nature—just like Treena.** Observe the roots of a blade of grass or the way a tree bends in the wind so it doesn't break. Have your child find another example and draw a picture in a nature journal.

Five Action-Packed Ideas

1. **Go on a superhero scavenger hunt.** Challenge your child to find items inspired by the Action Pack (five blue items like Watts's costume; three different animals like Wren; four round-shaped objects like Clay's Plasma Balls; and six different types of flowers for Treena's bouquet.)
2. **Challenge kids to train like the Action Pack.** That means believing in themselves. Create a simple obstacle course, and let kids jump or wiggle through something round (like a hula hoop). Brainstorm other fun ideas to add to the training, like hopping on one foot or walking on a homemade balance beam (rope laid on the ground).
3. **Learn how to become the best heroes you can be!** Watts loves to be in on the action, but sometimes he can't wait. Help your child manage their feelings by talking about them. Look for examples to teach patience, such as taking turns playing games or at the playground.
4. **Practice teamwork.** After watching an episode, find an example where the Action Pack worked together. Ask your child: How did teamwork help solve a problem? What are some things your family can do as a team?
5. **Turn something negative into a positive.** As you watch episodes, point out ways the Action Pack turned a negative behavior or situation into something positive. Then look for an opportunity to do that with your child!

Teamwork Smoothie Time!

Help your child stay healthy with this action-packed smoothie recipe:

1. Cut up papaya and place in a blender.
2. Add a handful of spinach.
3. Add blueberries.
4. Add tangerine slices.
5. Mix with milk or yogurt and blend. Enjoy!
(Modify ingredients as needed for any food allergies.)

