

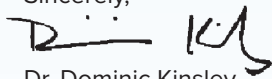
**Dear Educator,**

The beloved Peanuts gang is turning 70 this year, but their message is as timely as ever. No matter how far adventure has taken them — whether to outer space or Charlie Brown’s backyard — the Peanuts gang has never failed to show us what’s most important — caring for ourselves, for each other, and for the world around us.

Join the celebration and teach your students how to **Take Care with Peanuts**. These free educational activities, developed by Peanuts Worldwide and the curriculum specialists at Young Minds Inspired, will inspire your students and their families to embrace positivity and support each other, just like the Peanuts gang. Easy-to-implement and standards-based to complement your language arts curriculum, the lessons can be taught remotely or in the classroom, and each one includes extension ideas to continue the learning at home.

Please share this program with other K-2 teachers at your school. And let us know your opinion of the program by visiting [ymiclassroom.com/feedback-peanuts-takecare](http://ymiclassroom.com/feedback-peanuts-takecare). We look forward to your comments and suggestions.

Sincerely,



Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

# TAKE CARE

## WITH PEANUTS™

### Program Objectives

- Inspire a sense of responsibility toward oneself, one’s community, and the Earth
- Support language arts and social-emotional learning skills

### Target Audience

Students in grades K-2 and their families

### How to Use This Program

This program includes three activity sheets. Download, copy, and distribute the sheets or share the PDFs through your school’s digital platform if you’re connecting with students remotely. You can also share the program link with parents to do the activities with their children. Students will need pencils, crayons, or markers to complete the activities. If applicable, have students take the completed sheets home to share the messages with their families.

### Activity 1 Take Care of Yourself

*In this activity, students brainstorm ways to care for themselves and learn why it is important to do so.*

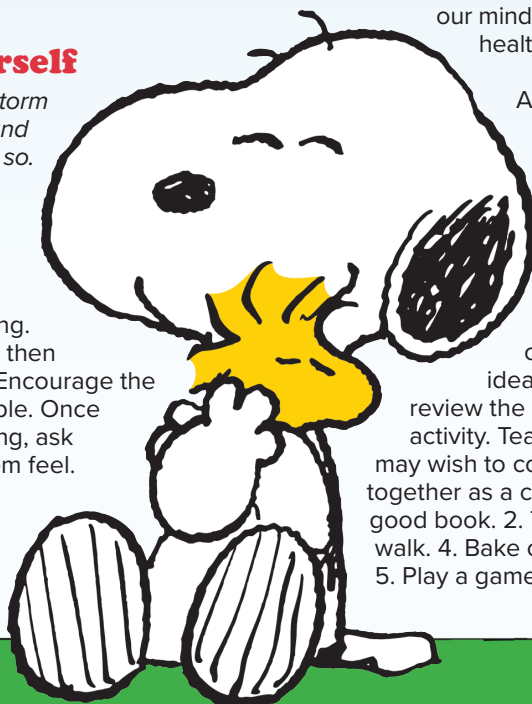
Tell students that it is time to play a game in which you pretend that you are doing something and they should try to guess what you are doing. First, act as if you hear music, then start making dance motions. Encourage the students to follow your example. Once they realize what you are doing, ask them how dancing makes them feel. Happy? Energized? Next, act as if you are getting ready to sleep (stretch, yawn, fluff a pillow). Ask students to

copy your motions, and once they guess what you are doing, discuss how they feel after they get a restful nap or a good night’s sleep. If time allows, act out another self-care activity, such as reading a book, brushing teeth, or playing outside.

Explain that the things you acted out are all good ways we take care of ourselves. Tell students that you are going to introduce them to some famous cartoon characters who have been taking care of themselves, each other, and the Earth for 70 years — and making people laugh along the way.

Distribute the activity sheet and point out the Peanuts comic. Ask students: What are Snoopy and Woodstock doing? Why do you think they are doing those things, and how do you think each one makes them feel? Tell students that Snoopy and Woodstock are taking care of themselves by being active, getting plenty of rest, and doing activities that they like. Just like Snoopy and Woodstock, we need to take care of ourselves too — it helps keep our minds and bodies happy and healthy.

Ask students to brainstorm ways they can take care of themselves. Point out that one way is to read or watch something that makes them smile — like the Peanuts comic strip, a book, or a favorite television show or movie. Write students’ ideas on the board, then review the directions for Part 1 of the activity. Teachers of younger students may wish to complete this section together as a class. **Answers:** 1. Read a good book. 2. Take a nap. 3. Go for a walk. 4. Bake or cook with your family. 5. Play a game with your family.



Use the students' brainstorming list as a prompt for Part 2 of the activity. When they have completed their pictures, have students share their self-care choices with their classmates as you point out that we all like doing different things for ourselves because we are all different and should celebrate our differences. Have students take the sheet home to share with their families.

## Activity 2 Take Care of Each Other

*In this activity, students will discuss why it's important to take care of each other and ways we can care for those we love and those in our community.*

Begin the activity by reading the sentences below. If the person in the sentence is caring for others, have students give you a "thumbs up." If the person in the sentence is not caring for others, have them give you a "thumbs down."

- The lady cut in line because she was in a hurry.
- The boy helped his grandma cross the street.
- The child helped his friend find his ball.
- The man helped the kitten get out of the tree.
- The girl would not share her crayons.

Now ask students to think of a time when someone was kind to them. How did it make them feel? How did it make the other person feel? Suggest that it makes us feel good when we take care of someone or help someone, and it makes them feel good as well. Everyone wins when we are kind. Tell students that one of the reasons the Peanuts characters are so loved by all is because they are friends who take care of each other, and they make us want to do the same.

Distribute the activity sheet and show students the comic of Snoopy holding his ear over Woodstock to keep him dry in the rain. Ask students to share what Snoopy is doing, how it makes them feel, and what it teaches them. Then point out the panel of Lucy and Snoopy. Explain that Lucy is being kind to Snoopy by patting him on the head. Ask students: What are some ways we can be kind to each other? Let students share ideas, and then explain that we can be kind by doing things for others and encouraging them with kind words or a smile.

Have students take the activity sheet home and create a card that they can give or mail to someone they care for. Older students should be encouraged to write a caring message on the card as well.

## Activity 3 Take Care of the Earth

*In this activity, students will learn why it is important to care for the Earth and brainstorm ways they can do so.*

Pass out the activity sheet and point out the comic strip in Part 1. Can students guess what Snoopy is doing in each square of the comic? Ask students to describe what they see. (Snoopy turning off the TV to save energy, collecting recyclable cans, fixing a faucet leak, and recycling bottles). Do they do those things at school and/or at home with their families? Why or why not? Explain that Snoopy is taking care of the Earth when he does these things because he is saving energy and resources.

Have students share examples of how they take care of the Earth at home and at school. For example, maybe they have a recycling bin in their classroom or at home for paper and plastic. Tell students that it's important to take care of the Earth because if we do things like conserve electricity and water, and recycle and reuse materials, it can help keep the Earth "clean and green" for ourselves and for future generations.

Follow up by inviting students on a scavenger hunt. They have one minute to find and bring back the following items (do them one at a time):

- A paper item that can be recycled
- A plastic item that can be recycled
- A plant to represent keeping the Earth green (real or artificial), or something the color green

For remote learning, ask students to name:

- Something they use with water to symbolize conserving water (example: a toothbrush — turn off the water while brushing your teeth)
- Something powered by electricity that they can turn off when not in use (example: a light, a game console)

Discuss how the items they found or named can remind students to take care of the Earth.

Finally, in Part 2, have students fill in the missing letters to describe ways they can care for the Earth. Teachers of younger students may wish to complete this section together as a class. **Answers:**  
1. reduce; 2. reuse; 3. recycle; 4. conserve; 5. plant; 6. use less water; 7. save energy

## Extension Activities

**Caring Charades** — Play a game of charades in which students demonstrate how they care for themselves, others, and the Earth. For example: Taking care of others — one person acts out carrying a heavy pile of books; the second person offers to carry some of the books for them. Taking care of the Earth — a student acts out turning off the water while brushing his/her teeth. Teachers of younger students could create the ideas for the students to act out. Students in the older grades could contribute the ideas and select them from a "hat" to act out. Then, they could perform the caring charades for the rest of the class.

**Spread the Word!** — Have students create mini storybooks or posters to encourage others to Take Care. They will illustrate one image of inspiration for each of the three categories.

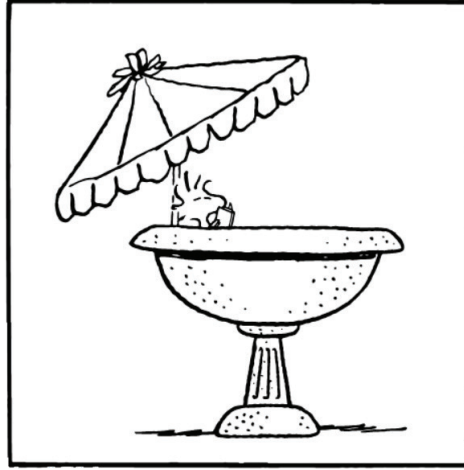
## Resources

Peanuts — [peanuts.com](http://peanuts.com)  
YMI Lessons — [ymiclassroom.com/peanuts-takecare](http://ymiclassroom.com/peanuts-takecare)



# TAKE CARE OF YOURSELF

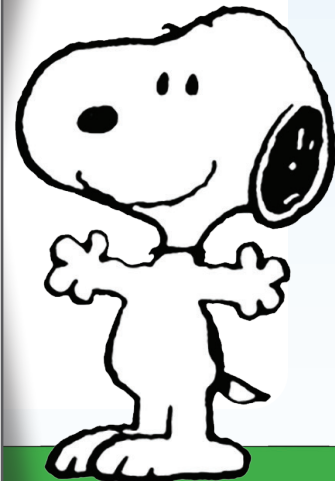
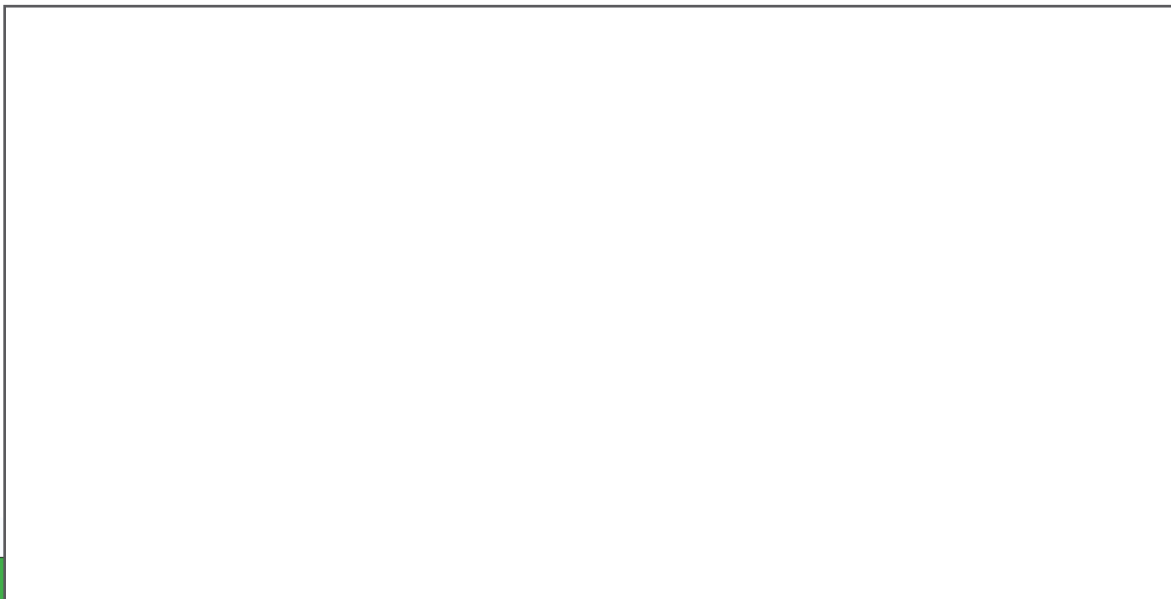
**Part 1:** Look at what Snoopy and Woodstock are doing. Describe what you see.



Think about ways you can take care of yourself. Unscramble these sentences and write them correctly on the lines.

1. Read book good a. \_\_\_\_\_
2. nap a Take. \_\_\_\_\_
3. walk Go a for. \_\_\_\_\_
4. your with cook or family Bake. \_\_\_\_\_
5. game with a Play your family. \_\_\_\_\_

**Part 2:** Draw a picture of yourself doing your favorite “take care of yourself” activity!



**Families,** talk about how you each care for yourselves in different ways. How can you help support each other? For example, maybe take turns doing activities you each like, or give each other quiet time to read a book or relax.

# TAKE CARE OF EACH OTHER

**Part 1:** Look at this picture of Snoopy and Woodstock. Can you describe what Snoopy is doing and why?



Now look at this picture of Snoopy and Lucy. Why do you think Lucy is patting Snoopy on the head? How do you think it makes Snoopy feel?

**Part 2:** Here's your chance to practice taking care of someone. In the space at right or on a separate sheet of paper, create a card that will encourage someone you care about. Cut it out, and then give it to them or mail it to them.

A large dashed rectangular box containing two horizontal lines for writing a card.

Families, brainstorm ways you can care for each other and the people in your community, such as checking on elderly neighbors, walking dogs, delivering groceries, or even something as simple and as fun as coloring sidewalks to brighten someone's day!

# TAKE CARE OF THE EARTH

**Part 1:** Look at this picture of Snoopy. What is he doing to “keep it clean, keep it green”?



SCALIZ

**Part 2:** How can we help take care of the Earth? Fill in the missing vowels in the words below to find out what we can all do. Remember: The vowels are **a, e, i, o, and u.**

1. R \_ \_ D \_ \_ C \_ \_
2. R \_ \_ \_ S \_ \_
3. R \_ \_ C Y C L \_ \_
4. C \_ \_ N S \_ \_ R V \_ \_
5. P L \_ \_ N T
6. \_ \_ S \_ \_ L \_ \_ S S W \_ \_ T \_ \_ R
7. S \_ \_ V \_ \_ \_ \_ N \_ \_ R G Y



Families, let Snoopy inspire you! Think about what you are doing to care for the Earth. Then, implement a plan to try something new, such as start a composting pile, or turn down the heat by a couple of degrees.