

PJ Masks, they're on their way... into the night to save the day!

Grab your PJs and get ready to join the PJ Masks on their SUPER adventures. Together, Catboy, Owlette, and Gekko—regular kids by day—work as a team to help friends and solve problems. *Power Up!* your little heroes for even more adventures in friendship and teamwork. Tune in to a new season of *PJ Masks* on Disney Junior!



Dear Parents and Caregivers,

Your children are working on lessons to *Power Up!* their friendship, teamwork, and imaginative play, as well as problem-solving, counting, and social-emotional skills, with help from hero friends the PJ Masks and activities from the curriculum specialists at Young Minds Inspired.

To support these lessons, ask your children about the activities they did in school and try out the extension activities below as a family.

• ***Be a hero in your town!*** As a family, identify something in your community that needs your help. For instance, you could decide to pick up litter in a nearby park, set up recycling bins at home, or bring food and toys to pets at the local animal shelter. Then make a plan to put your ideas into action. For more help in finding family-friendly volunteer opportunities near you, check out doingoodtogether.org.



• ***Form a hero fam!*** Over dinner, play a cooperation game where family members brainstorm together to solve a problem, just like the PJ Masks. For example, pretend you need to rescue a kitten from a tree. What steps do you need to take to save the day? Or you could plan how to help cheer up a friend who is feeling sad, or what to pack in a beach bag for a family day trip. Go around the table asking each family member to contribute an idea to help you succeed on your mission.

• ***Save the Day from 1 to 10!*** Go around the dinner table and have each family member add an item to a list, counting out each until you get to ten. You can start with 10 things a hero needs (a mask, a cape, a vehicle). Then move on to 10 ways to be a good friend or 10 foods that can help you *power up* with energy.

Want more ideas? After watching an episode of *PJ Masks* on Disney Junior, start a discussion using one of these prompts:

1. Identify a moment where Catboy, Owlette, and Gekko are being good friends to each other. Why was friendship important to save the day?
2. Brainstorm ideas on alternate ways that Catboy, Owlette, and Gekko could have solved a problem during the episode. Get creative—the sillier the solution, the better!
3. Share a problem you've faced as a grown-up and ask your child how they would solve the problem. Work together to decide on the best solution.

To stay powered up on all things PJ Masks, subscribe to the Super Fan Newsletter: pjmask.com/newsletter/