

DEAR FAMILIES,

Generations of elementary-aged kids have grown up watching *Power Rangers*, enjoying the action-packed entertainment while also learning important lessons about what it means to be part of a team. Your child's class has tapped into this tradition with an educational program created by *Power Rangers* and the curriculum specialists at Young Minds Inspired, with activities featuring today's team of Power Rangers that have been designed to help kids get to know one another, talk about their special talents and interests, get their bodies moving, and practice problem-solving.

Continue the learning at home! Here are some ideas to help you explore each lesson's themes as a family.

CELEBRATE DIVERSITY!

The *Power Rangers* team members come from different backgrounds and have a variety of interests.

- Use an internet search engine to learn how to say "hello" and "goodbye" in five different languages (for the five Power Rangers). Maybe you have friends or neighbors who emigrated from different countries, or you can choose languages from your own family's history. Or choose a country you'd like to visit or a culture you'd like to learn more about.
- Try a new recipe from a different culture. Check your local library for a new cookbook or search for recipes online.

GET MOVING!

- Movement breaks can be a fun way to bond as a family. Pick an activity that everyone can enjoy, such as hiking, riding bikes, or playing soccer. Indoors, put on some music and dance, or use the yoga moves on the activity sheet your child brought home.
- Just breathe. Everyone gets stressed sometimes, and simple breathing exercises can help regulate your emotions and body systems. As a family, sit comfortably in a quiet room. Place your hands on your belly, over your heart, or down at your sides. Take a slow breath in for a count of three, then slowly let it out again. Repeat.

PRACTICE PROBLEM-SOLVING!

- Have a family meeting! Share challenges that you've been having, whether at home or elsewhere, and invite other family members to do the same. Brainstorm solutions together. You might be surprised at some of the ideas even young kids can come up with.
- Turn cleanup time into a fun family challenge. Make a list of jobs that need to be done, and let family members choose where they'd like to start. Set a timer, put on some music, and dance your way to clean! When it's done, reward yourselves with a movie night or outing.

RESOURCES

- PowerRangers.com
- netflix.com/title/81354663
- nick.com/shows/power-rangers-dino-fury
- youtube.com/PowerRangersKidsOfficialChannel
- ymiclassroom.com/hasbro



JOIN THE ADVENTURE!

WATCH THE *POWER RANGERS DINO FURY* TEAM COME TOGETHER
TO SAVE EARTH ON NICKELODEON AND NETFLIX.



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