


Dear Educator,

Get ready for action-packed learning with *Action Pack*! The Action Pack is a group of heroic kids who use their superpowers and teamwork to help the citizens of Hope Springs. Problems are not always easy for them to navigate, as they learn to manage their emotions and actions, and turn negative behaviors and situations into something positive. A new season of *Action Pack* premieres June 6 on Netflix.

Inspired by *Action Pack*, these free educational activities from Netflix and the curriculum specialists at Young Minds Inspired incorporate the show's social-emotional themes like teamwork, mindfulness, and identifying feelings and reinforce children's early-learning skills. Additional family-focused, stand-alone activities can be used in class or to extend the learning to the home.

Feel free to share this program with other teachers in your school. Please let us know your thoughts on the program by visiting [ymiclassroom.com/feedback-actionpack](https://www.ymiclassroom.com/feedback-actionpack). We look forward to hearing from you.

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.

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N SERIES ACTION PACK

ACTION-PACKED LEARNING

About 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** (their playful robotic dog) help bring out the good in every situation and every person they meet.

Target Audience

Children ages 4 to 6

Program Components

Available at [ymiclassroom.com/actionpack](https://www.ymiclassroom.com/actionpack), this digital classroom program includes:

- This two-page teacher's guide
- Four reproducible activity sheets
- Four reproducible bonus activities
- A family take-home letter
- A standards alignment chart
- An online feedback form

What Children Will Learn

- Social-emotional skills
- The importance of teamwork
- Pre-reading and language skills
- Listening and problem-solving
- Creative thinking

How to Use the Program

Action on! Just like the Action Pack, your students can complete different missions from the Action Academy. The four activities are supported with this teaching guide. Four additional activities can be used in class or at home. Make photocopies to use in class or send home with the family letter. Read each activity with students and support them as they complete the page.

Activity 1 Action-Packed Feelings

Skill: Identifying feelings

Meet Watts, whose special power is controlling electricity and morphing his legs into lightning bolts to move at super speeds. Have children identify common feelings from the activity sheet. Talk about how superheroes experience a wide range of feelings while helping others in challenging situations. For example, Watts is always ready for action, but he sometimes gets impatient. Explain that Watts works through his emotions by learning to express himself and not hold things inside.

Ask the class to brainstorm ways that they could help the Action Pack if the superheroes were scared, mad, or sad. Encourage children to be kind to others and themselves while working through big emotions. Ask the children to draw a before and after picture of Watts working through various emotions.



Activity 2

My Superhero Badge

Skills: Fine motor, creative thinking

The Action Pack use their incredible superpowers to take on the baddies of Hope Springs. Introduce the Action Pack and their superpowers using the descriptions on page 1 under “About Action Pack.” Ask students which of the superpowers they would choose and why.

Distribute the activity sheet and point out the badges that relate to the characters’ superpowers. For example, Treena loves plants, so she wears a petal badge. Prompt children to think about their interests and draw or color their own superhero badge with a design that expresses them. After children cut out their badges, display them on a class wall to celebrate each child’s individuality.

Activity 3

Train Like Wren

Skills: Problem-solving, listening, critical thinking

In their next mission, children will train like Wren. Explain that Wren can change into different animals to use their qualities and help solve problems—like having the wings of a butterfly, the speed of a cheetah, the strong arms of a polar bear, or the sneakiness of a fox.

Distribute the activity sheet and read the clues in each sentence aloud to help children figure out which animal Wren should morph into.

Answers: 1. fox; 2. butterfly; 3. polar bear; 4. cheetah. To conclude, help children write their responses to the question about Wren’s superpower.



Activity 4

Mindfulness Matters

Skills: Listening, practicing mindfulness

Clay has Plasma Putty Power, which allows him to stretch far, morph into objects, and create plasma-powered invinci-balls to protect others. In *Action Pack*, Clay helps a boy named Mason regain composure when he gets angry. Begin the lesson by explaining to children that *calm* means having a sense of quietness. Then talk about some things we do to help keep our bodies calm (counting, breathing, doing yoga, etc.).

Pass out the activity sheet and sing Clay’s calmness mantra together. Make up your own dance moves to go along with it. Then review the mindfulness activities. Children can point to each sentence as you read or act out each tip. Encourage the children to use their imaginations to brainstorm additional ideas. For example, during a mindfulness walk, have the children focus on the different senses—what they see, hear, smell, and feel. Afterward, they can choose a sense (like something they heard) and draw a picture of it.

Online Resources

- YMI program site: ymiclassroom.com/actionpack
- *Action Pack* on Netflix: [netflix.com/title/80993597](https://www.netflix.com/title/80993597)

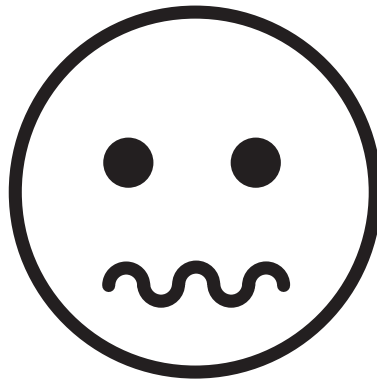


Action-Packed Feelings

Watts loves daring moves and brings his super-charged energy to the Action Pack. But just like us, he experiences BIG feelings sometimes. Color the faces below that show some BIG feelings.



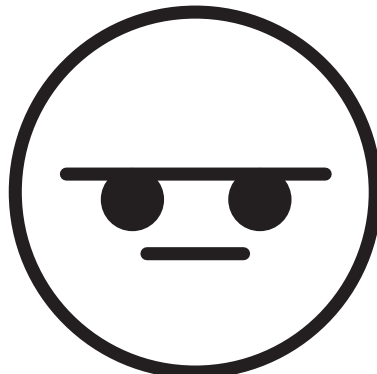
happy



scared



sad



mad



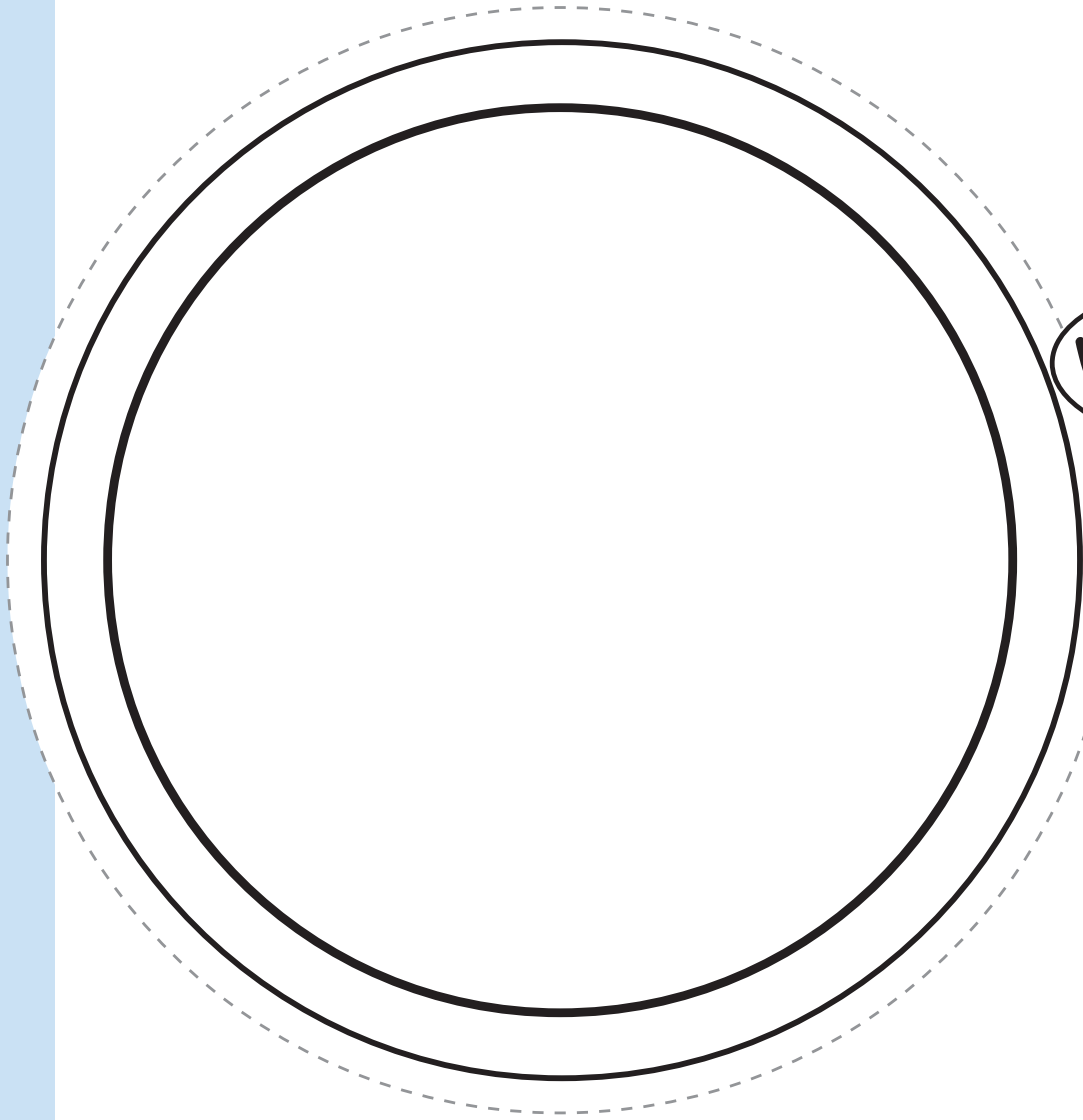
How could you help the Action Pack if they were scared, mad, or sad? Draw a picture on the back of this sheet to show how you could help Watts work through the feeling.

Families: Help your child express their feelings by talking about different emotions. Ask: *What are some things that make you feel happy? Mad? When was a time you felt sad or scared?* Encourage kids to think about ways they can manage their emotions like Watts—by expressing themselves and not holding things inside.

**Join in more amazing adventures of teamwork and fun.
Catch new episodes of *Action Pack* on Netflix!**

My Superhero Badge

The Action Pack have special badges that show their superpowers. Treena wears a petal badge because she has plant power. What is your superpower? Draw your own superhero badge below.



Vine time!



Families: Meet Treena. She can sprout vines for swinging and grabbing. Have your child think about what they would want their superpower to be if they were a superhero. Make it a fun family discussion!

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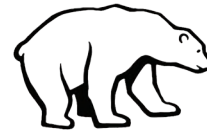
Train Like Wren

Jumping jackrabbits! In *Action Pack*, Wren's superpower lets her change into different animals to help save the day. Read the clues below. Then circle the animal that you think could help Wren in each situation.

1. Wren needs to sneak around the museum to solve a mystery. Which animal should she become?



butterfly



polar bear



fox

2. Wren needs wings to fly high. Which animal should she become?



cheetah

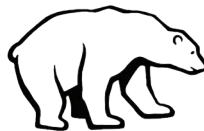


butterfly



polar bear

3. Wren needs super strength to save a falling tree from crashing down. Which animal should she become?



polar bear



butterfly

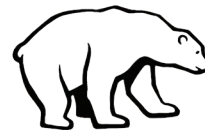


fox

4. Wren needs to run at super speed. Which animal should she become?



butterfly



polar bear



cheetah

Action on, superhero pal! If you had Wren's superpower, what animal would you choose to be and why? Draw a picture on the back of this page to show your superpower.

Families: Get your child moving in creative ways. To train like Wren, your child can act out how their animal moves (such as hopping, crawling, sprinting) and communicates (roaring, squawking, barking).

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Mindfulness Matters

In *Action Pack*, superhero Clay can stretch his body far to protect others. He is also great at helping others feel calm. Learn ways you can have a calm body and calm mind.

I Can...

1. Take deep breaths.
2. Listen to music.
3. Take a mindfulness nature walk.
4. Give myself a calming hug.

Clay's Family Song

Calm Body, Calm Mind

*When you're feeling wound up,
It's time to slow down.
Take a deep breath
And turn your day around!*

Draw a picture of something that helps you stay calm.



Families: When Clay's little sister gets upset, his family sings the song above to help calm her. Talk to your child about additional things that might help them the next time they feel upset.

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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!

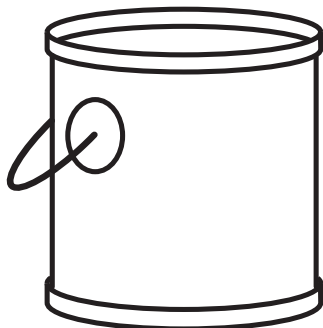
Help your child stay healthy with this action-packed smoothie recipe:

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.)

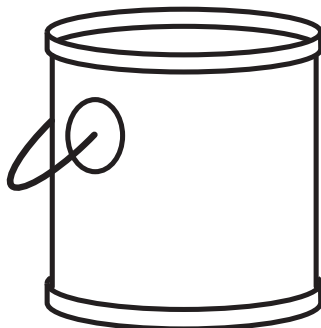


Action-Packed Colors

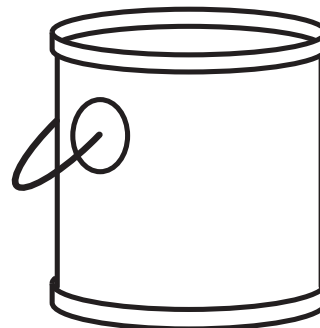
The Action Pack works as a team to bring out the good in others. Colors work together as a team, too. Color the buckets below.



red

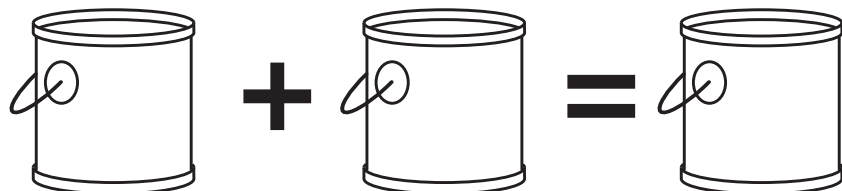


yellow



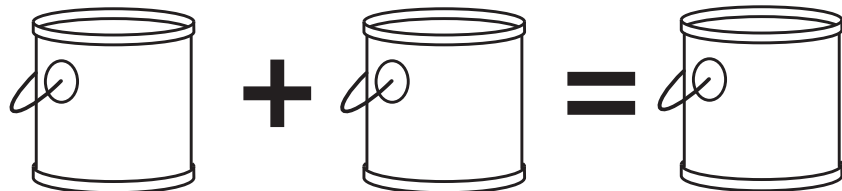
blue

Now, help the Action Pack mix paint colors. Color in the paint buckets. Then mix both colors in the last bucket. What color do you make?



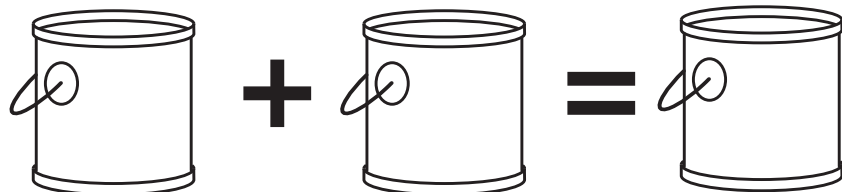
red

blue



yellow

red



blue

yellow

When we work together as a team, things will be easier than they seem.



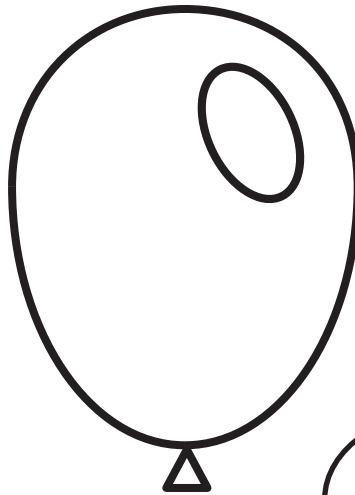
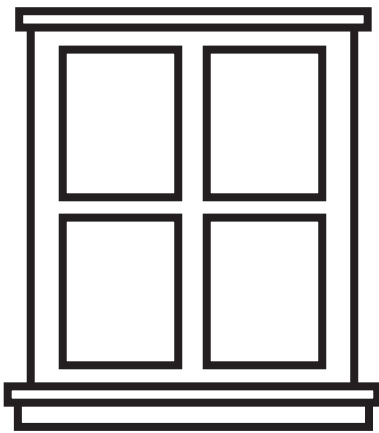
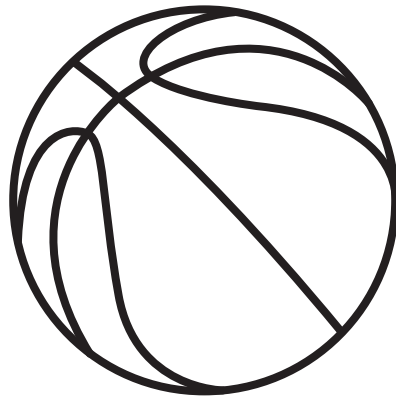
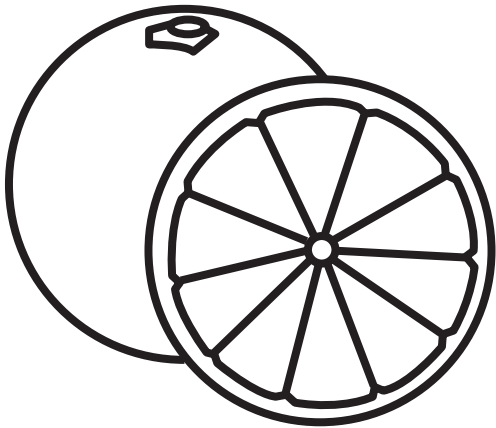
Families: Explain that mixing primary colors makes secondary colors. (Mixed colors above are purple, orange, and green.) Ask your child to name the colors of each character's costume and experiment to create those colors. Afterward, have children think of a time when they worked with family and friends as a team (like cleaning up toys or baking together).

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Plasma Putty Power

Clay can create an invici-ball forcefield around himself. This helps him stay safe.

When Clay activates his superpower, he becomes surrounded by a rubbery ball. What other objects below are round like a ball? Find and circle them.



After you have circled all the round objects, name the other shapes you see.

Families: Help children stretch their imaginations. On your next walk or errand, challenge children to name all the round items they can identify.

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A Path to Plunky

The *Action Pack* are ready for their latest mission. Their computerized pup Plunky is missing! Help them find Plunky by filling in the missing numbers along the path.



1

3

4

6

8



9

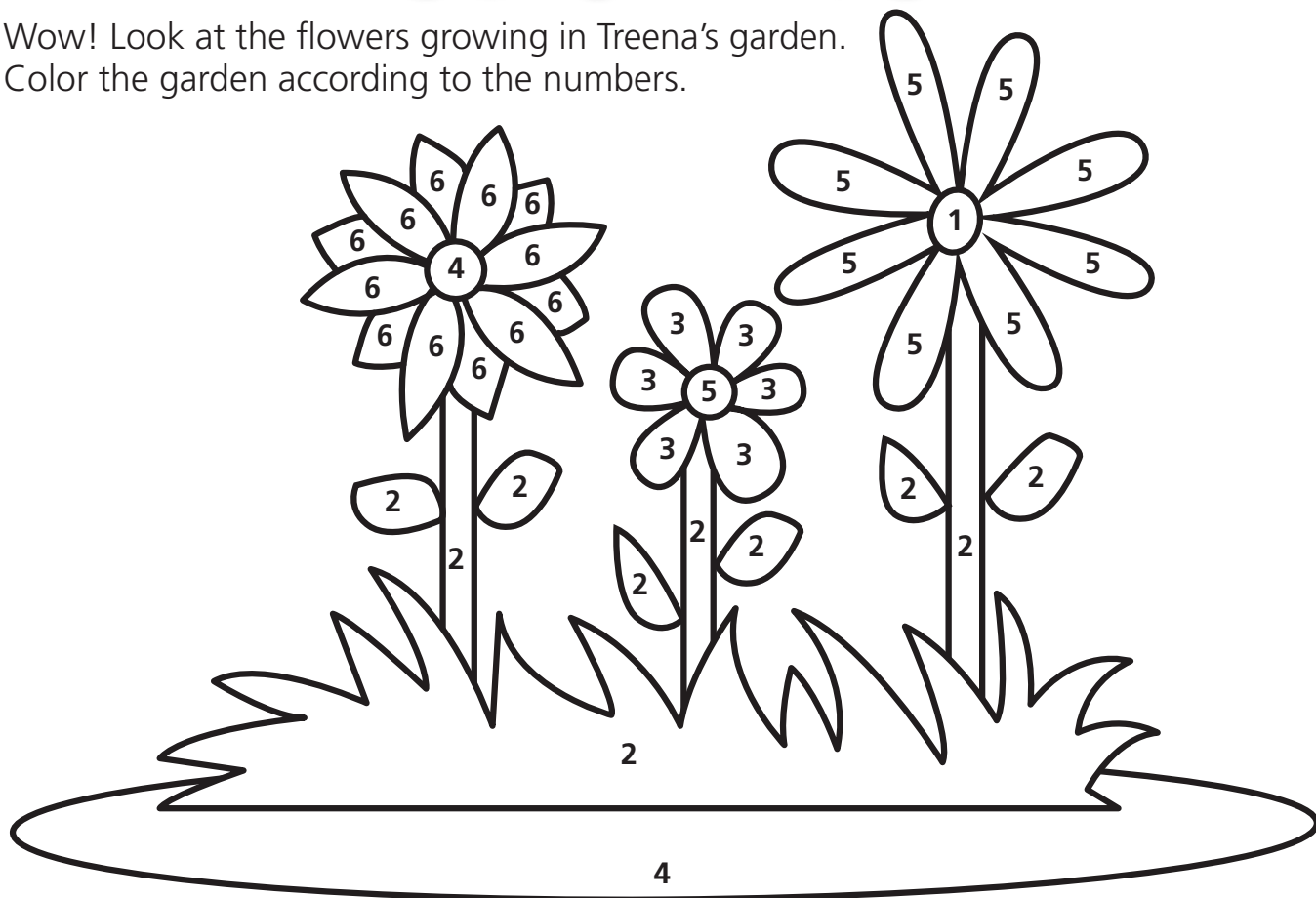


Families: This activity reinforces number recognition, counting, and formation. Have your child practice writing numbers of things they see around your home or by counting dogs they see in your neighborhood.

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Petal Power

Wow! Look at the flowers growing in Treena's garden. Color the garden according to the numbers.



1 yellow



2 green



3 red



4 brown



5 orange



6 purple

Time to be a super bloomer! Design your own garden. Will your garden grow flowers or vegetables? Draw a picture of your garden on the back of this sheet.

Way to grow!



Families: Using Treena's garden, your child can practice counting as well as comparing sizes. Prompt kids. For example, ask: *Which flower is the tallest? The shortest? Count the flowers. Count the petals on the shortest flower.*

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