

Well-Being Thematic Evergreen: PBS Program and Supplemental Resources

Purpose

The purpose of this resource is to support students and teachers in using PBS programming and supplemental resources through inquiry processes of interdisciplinary learning activities. Themes were identified based on available resources, content standards, and the [Vermont Portrait of a Graduate](#). Programs and resources that align with the theme of Well-Being are organized below. The resources are divided by elementary and secondary, though resources can be considered for use at any grade level. Content standards that align with available programs and resources are also included in this document.



Standards

[Health & PE](#)

Topic	Standard
Physical Fitness (Nutrition)	PE3 . The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Contact Information:

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Topic	Standard
Personal Responsibility	PE4 . The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Health Knowledge	Health Standard 1 . Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Self-Management	Health Standard 7 . Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Advocacy	Health Standard 8 . Students will demonstrate the ability to advocate for personal, family, and community health.

Science

Discipline	Disciplinary Core Idea
Life Sciences	From Molecules to Organisms: Structures and Processes [LS1.A Structure and Function, LS1.C Organization for Matter and Energy Flow in Organisms (MS,HS)]

Arts

Anchor Standard	Enduring Understanding
VA 7. Perceive and analyze artistic work.	Individual aesthetic and empathetic awareness developed through engagement with art can lead to understanding and appreciation of self, others, the natural world, and constructed environments.

The resources below are organized by general program resources and episode-specific resources and provide opportunities for students to develop skills related to well-being. General resources are listed below the program title, while episode-specific resources are organized in tables.

Elementary

[Amazing Human Body Grow](#)

- Khan Academy: [Homeostasis](#) (printable)

[Amazing Human Body Survive](#)

- Carolina Biological: [Homeostasis in Animals](#) (printable)

[Amazing Human Body Learn](#)

- Carolina Biological: Human Body Infographic: [Digestive System](#) (printable)

- Newsela: [How We Think about the World is How We Shape the World](#) (printable)

Sesame Street

Episode	Resources
Four Furry Superheroes	Leadership Development Through Superhero Play (article) Superhero Handprint Craft
Baby Bear's Just Right Café	PBS Learning Media: Elmo's Garden (printable) PBS Parents: Creating Memorization Skills Through Play NAEYC: How to Support Children's Approaches to Learning? Play with Them! (parent article) Sesame Street: Play Money (printable) Melissa and Doug: Super Sandwich, Perfect Pizza, & Terrific Taco Menus (printable) PBS Kids: Monster Foodie Menu (printable)
When you Wish Upon a Pickle	PBS Parents: Build Self-Confidence with Goal Setting Activity Dandelion Wishes (printable) PBS Learning Media: Detective Elmo What If (printable) Write an I Wish Poem (Adults or older siblings can write for younger students) (printable)

Arthur

- PBS Kids: [Helping Children Become Resilient: A Guide for Educators](#)
- [Marc Brown Studios](#) (Author Webpage)
- ["Arthur's New Puppy!"](#) read by author, Marc Brown

Episode	Resources
Arthur Mom and Dad have a Great Big Fight	PBS Learning Media: Conflict Resolution Strategies (PreK) (printable)
DW Thanks Big/Arthur Cleans Up	Roll and Retell (printable) PBS Parents: Getting Along: How Arthur Can Help Your Child Manage Friendships PBS Learning Media: Be a Helper: Meet the Helpers
Arthur's Baby/DW's Baby	PBS Parents: Pretend Play Caring for Baby (PreK)

Episode	Resources
	PBS Learning Media: Growing Up (PreK) Compare and contrast Arthur and DW's reaction to baby Kate using a Venn Diagram (printable)
Arthur Mom and Dad have a Great Big Fight	PBS Learning Media: Conflict Resolution Strategies (PreK) (printable)