



***Programs and activities that support the core academic focus areas of Science, Technology, Engineering, Arts and Math**

Parenting Resources

Getting Healthy

- Help your kids develop a healthy lifestyle with [tips from the American Academy of Family Physicians](#). These practical ideas encourage children to eat better and be active, creating important lifetime habits.
- PBS Parents' [Age-by-Age Insights](#) can help you understand how children experience pain and illness at different developmental stages. It also gives verbal and nonverbal strategies for communicating with ailing kids.
- This [downloadable booklet from Sesame Street](#) on healthy habits includes a wide range of activities to get kids moving and eating right.



The Librarian Recommends...

[**The Busy Body Book: A Kid's Guide to Fitness**](#) (written and illustrated by Lizzy Rockwell)

Kids and parents will enjoy this book's exploration of the science of how we move, with its full-page diagrams to explain how body systems work. There's lots of humor and just enough information to spark many conversations. --*Susi Parks Grissom is a retired elementary school librarian and counselor.*



STEAM Activities & Games

A Supermarket Sorting Challenge

Arthur's sister needs help sorting different types of food in [DW's Supermarket Adventure](#). Store announcements tell you which food categories to select, helping children develop STEAM classification skills. Ask kids which foods build strong bodies to sneak nutrition concepts into the game.



Arthur airs on KERA Channel 13 at 4 p.m. & 4:30 p.m. and on KERA Kids Channel 13.2 at 4 a.m., 4:30 a.m., 7 a.m., 7:30 a.m., 8 p.m., 8:30 p.m

Get Up & Go! Art & Seek Activities for Families

Weekend Fun for Summer or Fall

- Festivals, stargazing, and a mosaic workshop are featured in this week's [Art & Seek Jr. list of local events](#). Good news – most events are free!
- You are also invited to a free screening of [Ken Burns' documentary, The Mayo Clinic: Faith - Hope - Science](#), **Saturday, 10 a.m. to 1:30 p.m.** The day will include a KERA Kids area on health and wellness with activities from PBS KIDS shows and a special meet and greet with **Arthur**. [You can register here!](#)



Up Next

Learning to be Responsible

Discover how even young children can develop a sense of responsibility in next week's newsletter.



Help a Friend Sign Up for the Newsletter!

[Click here to subscribe.](#)

Just fill out the form to receive your own email copy every week.



Questions? Suggestions? News to share? Contact Kit Lively: klively@kera.org or 214-740-9344

[Unsubscribe](#) | [Visit the KERA Learn website](#) | [View this email online](#)

3000 Harry Hines Boulevard
Dallas, Texas | 75201
(214) 871-1390

Share this email:

