

The background is white with scattered dots in shades of green, orange, and red. At the bottom, there is a wavy border with a color gradient from green on the left to purple on the right.

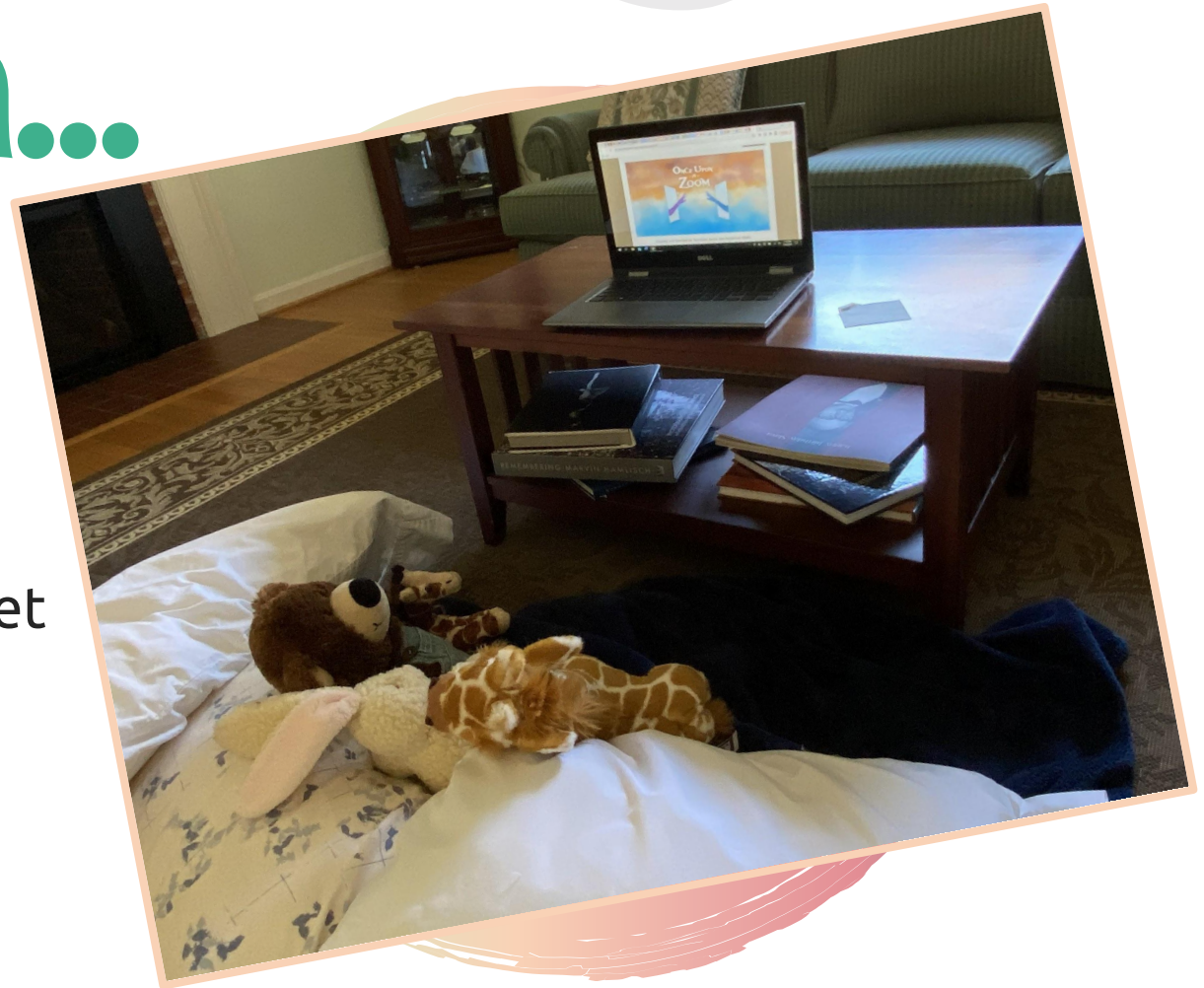
Once Upon A Zoom

Parent At-Home Guide

Before you watch...

Take some time to make sure your space is comfy and cozy to settle in for the adventure!

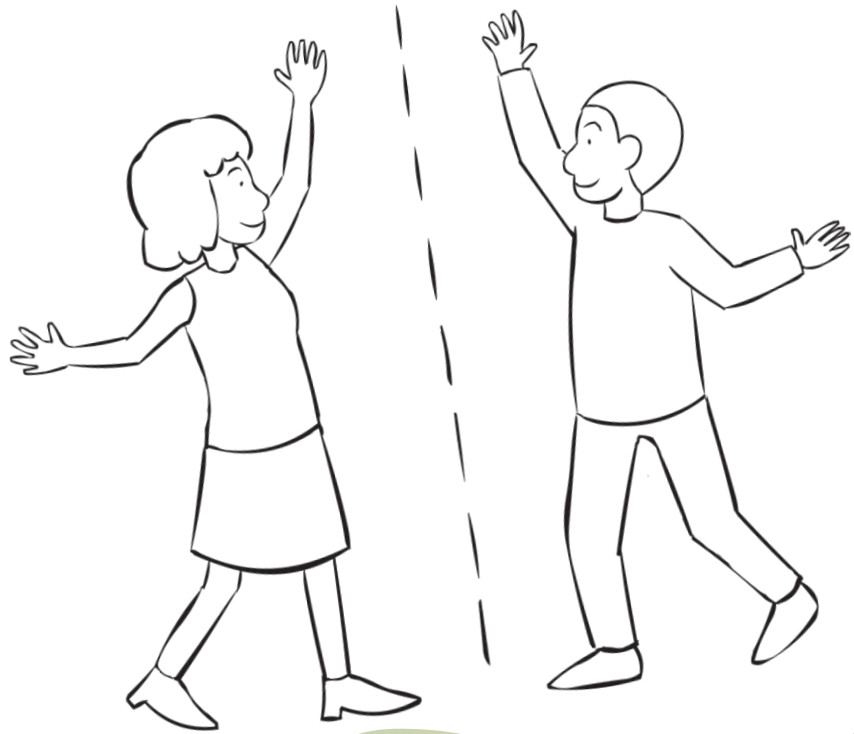
Use blankets, pillows, and stuffed animals to get your little one excited! Make sure your viewing device is at eye level or connected to a larger screen for best viewing!



Post-Show Fun!

- 1. Mirror, Mirror**
- 2. Chalk Zone**
- 3. Obstacle Solutions**
- 4. Travel Buddy Craft**
- 5. Connecting Conversations**

Mirror, Mirror



In this matching activity, take turns with your little one mirroring each other's movements.

Some Tips:

- Start with simple movements that your little one can easily follow.
- Use your arms, legs, and different facial expressions.
- After they have mastered following your movements, let your child become the leader!

Chalk Zone

Just like our characters, you can create your own world, too! Take some time and go outside to create a miraculous imaginary world all of your own. There are no wrong creations- you could make a mountains filled with trees, an underwater world, and more!





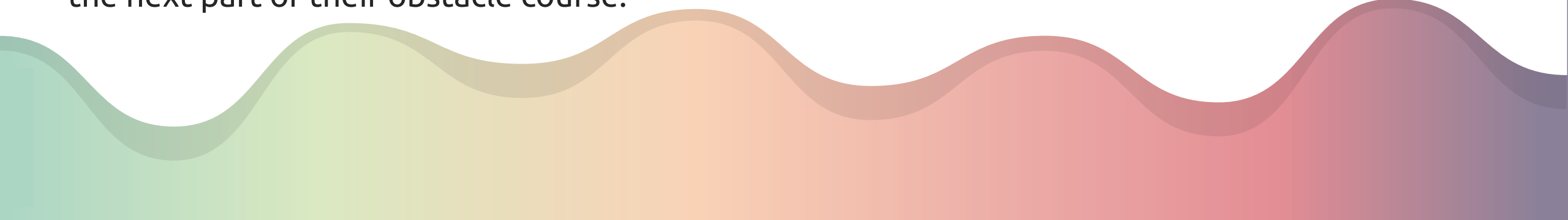
Obstacle Solutions

Our characters traveled through many problems they had to solve together, and now it is your turn!

Create a big body movement obstacle course for your adventurer to crawl through, climb on, jump around, and solve on their own.

For older children, you can add some simple riddles for them to solve in order to move to the next part of their obstacle course.

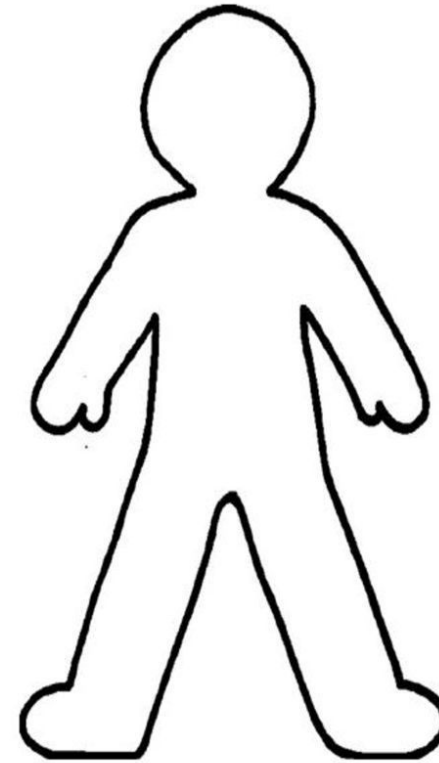
Some Tips:

- Use a pillow to jump over
 - Tables and chairs are great for crawling underneath
 - Put a reward at the end:
 - A stuffed animal to save
 - A favorite treat
- 

Travel Buddy

Every adventurer needs a travel companion. On the last slide of this document, print the buddy outline so your child can have a friend to go on the adventure with them.

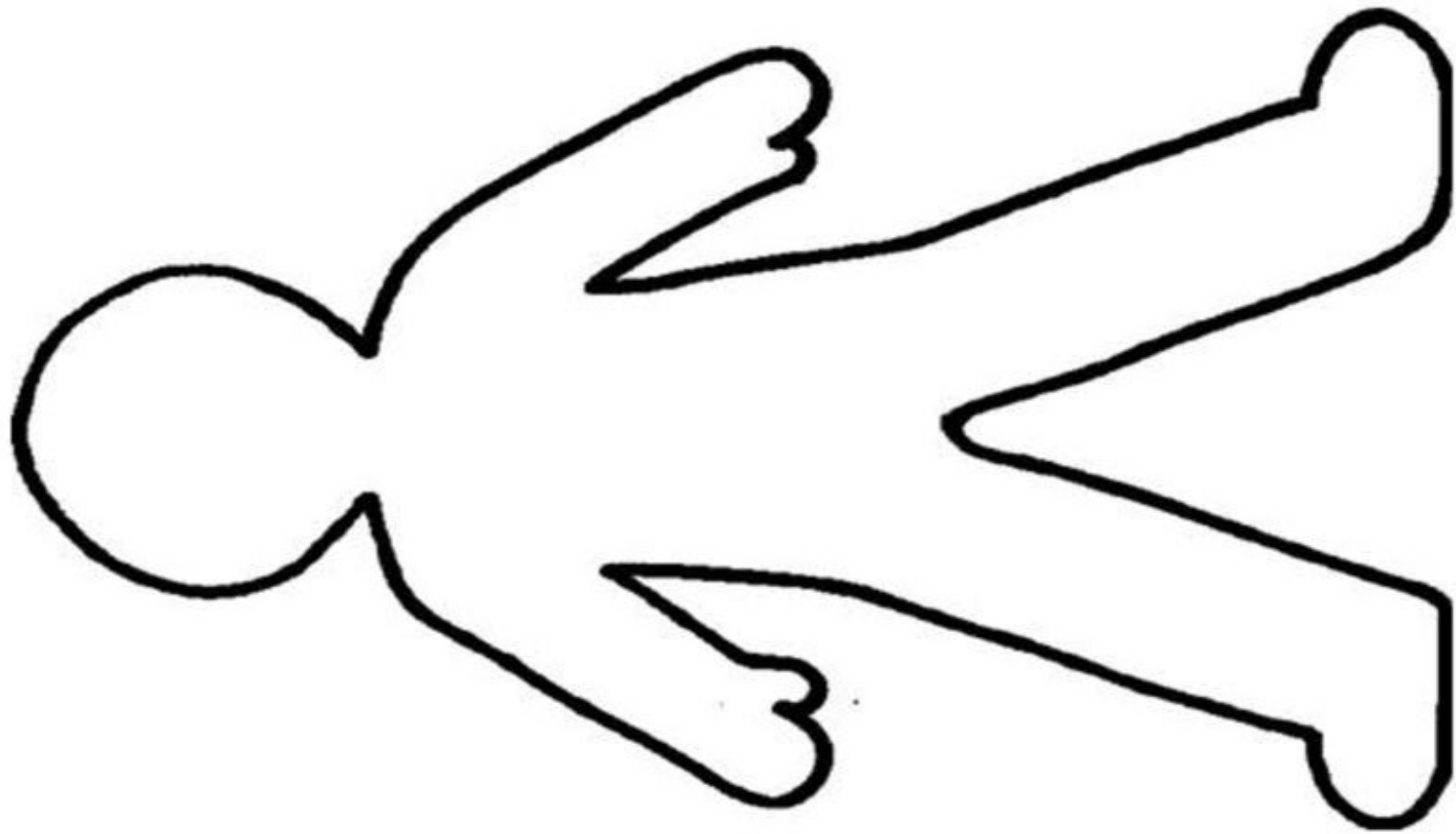
Give them crayons, markers, glue, and fun bonus items to decorate their friend!



Connecting Conversations

After the show here are some guiding questions to help guide conversations with your little:

- How would you feel if you couldn't spend time with a friend?
- What ways can we create our own worlds?
- What did you feel during the show?
 - What did you like?
 - Did you have a favorite part?
- How can we make ourselves feel better when we are feeling sad or angry?



Print me!
I'm your travel
buddy!

