



Watch with a Purpose at Home

How to manage anxious feelings

Today your child watched a few short segments from the PBS KIDS show, “Carl the Collector.” In the episode “The Plushie Collection,” Carl’s plushies had taken over his room, and Carl had to make some hard choices. Getting organized can sometimes be a challenge, especially when it comes to our favorite things. Many of us like to keep things that remind us of special memories, even when we don’t use them anymore. Getting organized can sometimes mean getting rid of things. For some children, giving something up can be especially tricky.

Having too much stuff can make it hard to find, use, or even remember these special items. For some people, too many things can even make them feel anxious or worried. Being organized can help with those anxious feelings by creating a calm space.

Children learned how being more organized can make it easier to find, use, and treasure items that are special to them. Being organized can also help create calm spaces and manage anxiety. You can help your child think about their own organization by asking the following questions:

- How do you feel when your things are disorganized? What do you do?
- How does Carl decide to sort his items?

We also talked about a Big Question: How can you be more organized?

You can help your children practice organizing by modeling how you organize your own items at home. You can also ask your child to help you sort and organize items, including those items you might want to share, donate, or throw away.

Vocabulary

- **Anxious:** feeling worried or scared
- **Organize:** to put away or keep things in order so that you have what you need and know where to find things
- **Sort:** to group items by their similarities and differences
- **Utilize:** to use

Produced by:



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Active Viewing Guide

Spend time watching Carl the Collector with your child and discuss it before, during, or after the show. Sometimes a big job can seem overwhelming at the beginning. Just like Carl, your child may not know where to start. Have a conversation with them when this happens and remind them that they can start with something small. Starting small can help your child see their progress and success right away.

Here are some fun ways you and your child can play and learn with *Carl the Collector*!

Watch Together Co-view “Carl the Collector” with your child.	Talk Together As you watch, ask your child questions.	Play Together Have fun with your child in playful activities.
With your child: Notice how Carl feels when his room is messy.	Ask your child questions such as: How did Carl feel? What were some of the emotions and feelings that you noticed?	Together: Plan a treasure hunt where your child needs to find and organize certain items from around the house. This can teach them to sort and categorize items while making the task fun.
Look for ways that Carl’s friends are helpful.	How can you and I help each other when it’s time to organize?	Make a memory box together where you decide which special items to keep and how to organize them. This helps with decision-making and organizing sentimental items.
Pay attention to how Carl organizes his room and how he feels.	Why is it hard for Carl to get started? How will organizing help Carl?	Create simple organizers or storage solutions using craft supplies. For example, make colorful bins or dividers for organizing toys or school supplies.

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