Episode: “Full Tomato Twist”
Albie gets frustrated while learning a new dance because she doesn’t get the moves right the first time. She learns that it’s important to practice, keep trying and believe in yourself while learning something new.

Activity

Materials:
• Just you and the Full Tomato Twist

Steps:
1. Watch the clip of Jay and Rosie teaching Albie the Full Tomato Twist. Notice how they demonstrate each step and how Albie struggles on her first try.
2. Try learning along with Albie! Get into some comfy clothes, and find a space where you can groove.
3. Play the clip again, trying out each of the four movements: pick, smell, throw, stomp.
4. Start by “picking” an imaginary tomato off the ground 8 times, alternating arms. Don’t forget to bounce along to the beat!
5. The next move is to “smell” your imaginary tomatoes to make sure they’re ripe. Bend your arms and swipe that tomato under your nose to get a good whiff, switching arms each time.
6. Next, “throw” your pretend tomato overhead! Keep switching arms along to the beat.
7. Time to “stomp!” Stomp your foot onto the ground, and twist it back and forth as though you’re smushing those tomatoes onto the floor. For a challenge, try twisting your arms back and forth while your leg stomps and smushes.
8. Wiggle your arms to the beat side to side in whatever way you want.
9. Strike a final pose. And that’s how you do the Full Tomato Twist!

Tips
• Learning a new dance with lots of steps can be challenging, just like it is for Albie. Remind your child that the more you practice, the easier the dance
moves will be. Model for your child how grown-ups also find it challenging to follow along at first.

• Invite your child to make the dance their own. If they are struggling with the moves, is there another move they want to try? Maybe they’d like to hop to the beat, stand on one leg or just free dance.

In this activity, your child:

• Followed along to perform steps of a dance
• Moved their body to the beat and pattern of a song
• Practiced a new skill over and over again

Talk to your child! Conversation Starters:

• You’re learning a lot of new things every day. What are some things that you’re working on lately that have been hard? How can we work together to make it a little easier?
• Let’s make a list of some of the things that were once super hard and are easier now that you’ve practiced. Think about cutting with scissors, spelling your name, riding a bike or scooter…
• Name a time that you’ve felt proud of yourself for trying something new, even if it was hard!

Vocabulary

Dance steps: The many movements that make up each part of a dance
Persistence: Trying hard and not giving up when something is difficult
Keep Going!

Make Your Own Snack Dance
Come up with a dance in honor of your favorite food. What would the “Super Ice Cream Sundae Swirl” dance look like? What about the “Peppy Pizza Prance”? Think of different actions for different types of food (scoop! slice!) and make them into your own steps for a dance.

Make a Goal Chart
A good old sticker chart is a great way for kids to reward themselves for trying something new, whether it’s learning to brush their teeth by themselves or trying a new activity, chore or skill. Invite your child to add a sticker to their chart for some positive reinforcement.
More At-Home Activities
Visit PBS Learning Media for more activities like this inspired by *Albie's Elevator.*

Children’s Books with Related Themes
Check out these children’s books online or at your local library to continue exploring the concepts in this episode.

*The Magical Yet* by Angela DiTerlizzi
A magical story about the “yet” inside all of us and the things we can’t quite master—Yet!

*Jabari Jumps* by Gaia Cornwall
Jabari really wants to jump off the diving board, but he’s very nervous! With patience, support and practice, Jabari learns he can try new things, even if it feels scary.

*Whistle for Willie* by Ezra Jack Keats
Peter wants to whistle for his dog Willie but is having trouble learning! This sweet story emphasizes that it takes time, practice and patience to learn a new skill.