Episode: “Mystery Sound”
Tibitz’s pep talk today is “You are brave,” but Albie thinks that “brave” means she can’t be scared of anything! When a mysterious sound is heard in the elevator, Albie realizes that you need to be scared before you can be brave. Bravery is all about feeling afraid but doing what you’re scared of anyway.

Activity

Materials:
- Printer and Pep Talk printable
- Scissors
- Coloring supplies
- A jar (or a bag, basket or any small container)
- Stickers, ribbons or small objects for decorating the container

If printer is unavailable:
- Writing supplies

Steps:
1. Watch “Mystery Sound,” and pay attention to when Tibitz gives Albie a pep talk. Notice how his words remind Albie of her bravery and help her believe in herself, even if she doesn’t quite understand what being brave means at first.
2. Pep talks and words of encouragement are helpful when you’re feeling scared. Print and cut out the Albie’s Elevator Pep Talk Cards, featuring some of Tibitz’s best pep talks.
3. Decorate or color in each of the cards.
4. Fill in the blank cards with your own words of wisdom.
5. Read the pep talks out loud to your child and discuss what they each mean.
6. Decorate a special jar or container with stickers, ribbons or other embellishments—even twinkle lights!
7. Place your pep talk cards in the jar and read one to each other when you’re feeling scared, worried or just because!
Tips

• Keep adding new pep talks to your jar. Invite your child to come up with their own for you to transcribe.
• This is a great opportunity to share words of wisdom that have been passed down in your family. Share memories of encouraging sayings or phrases that you remember from your own childhood.

In this activity, your child:

• Created a special place to hold words of encouragement
• Learned about a new way to boost their confidence through positive self-talk
• Spoke about themselves and others in a positive way.

Talk to your child! Conversation Starters:

• Pep talks can help us feel good about ourselves and can help make us feel brave. What are some things that you like about yourself? Grown-ups, share what you like about yourself too!
• Albie feels scared when she hears the mystery noise. What did she do to overcome her fear? Can you think of a time when you felt scared? Did anything help you feel better?
• Make a list of times when you felt brave. What’s something that you’ve tried even though you felt a little scared?

Vocabulary

Bravery: Facing or doing what scares you
Pep talk: Kind words of encouragement that help someone feel good
**Keep Going!**

**Mystery Bag**
Experiment with uncertainty by making a mystery grab bag. Fill an opaque bag with objects of all different textures. Ask your child to put their hand in the bag without peeking and to describe the way each object feels, or to guess what it is.

**Compliment Cards**
Just like pep talks can help us feel brave, getting and receiving compliments can help us feel good about ourselves, too. Write or draw compliments on pieces of paper or Post-its and trade them with your child. You can even decorate a compliment bag to store all of the special things you have to say about one another.
More At-Home Activities
Visit PBS LearningMedia 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.

*Tomorrow I’ll Be Brave* by Jessica Hische
A beautifully illustrated rhyming book that encourages kids to be brave, confident, curious and so many other inspiring things.

*I Am Courage* by Susan Verde
A book that reminds us that courage does not equal fearlessness.