

# WISCONSIN PBS KIDS GET UP AND GO!

How can I make the programs on PBS even better for my kids?

Watch, talk, and make connections.

Watch a show *with your child*. Talk about what you see happening in the episode. Make connections throughout your day to tie in your experiences with what you watched.

Are there materials available to support the programming on PBS?

YES!! Check out the website [www.pbskids.org](http://www.pbskids.org) and click on the parents links for activities for your kid's favorite shows.

Where can I find places near me for my kids and I to Get Up and GO!?

Some links that we like are:

For nature and outdoor events: [www.nwf.org/naturefind](http://www.nwf.org/naturefind)

For forests and parks: [www.discovertheforest.org](http://www.discovertheforest.org)

For local playgrounds: [www.kaboom.org](http://www.kaboom.org)

For more information about getting active: [www.letsmove.gov](http://www.letsmove.gov)