

DANIEL TIGER'S NEIGHBORHOOD[®]

Daniel Tiger Resources to Help Families During COVID-19

We understand that many families are now trying to find their new “normal” during these unprecedented times, and that the situation may be stirring up some big feelings in little ones. (And, let’s be honest: in their parents, too.) We want you to know that a certain red-sweater-wearing tiger is here for you. PBS’ Daniel Tiger’s Neighborhood — an animated spin-off of the classic Mister Rogers’ Neighborhood — features Daniel Tiger and offers socio-emotional strategies, in the form of singable ditties, to help unpack preschoolers’ most challenging situations.

We’ve pulled together episodes, clips, tips and activities to hopefully provide some comforting resources to you and your families:

Watch full episodes on the
PBS KIDS Video Player and
Amazon Prime

“How to Talk to Your Kids About Coronavirus”
[via PBS KIDS for Parents](#)

“How You and Your Kids Can De-Stress During
Coronavirus”
[via PBS KIDS for Parents](#)





With school closures and postponed playdates, children's routines are being uprooted. Luckily, Daniel has some helpful tools for maintaining structure and encouraging a 'go with the flow' attitude when things don't go as planned.

Daniel's Very Different Day/Class Trip to the Library

Strategy: Things may change and that's okay. Today we can do things a different way.

Good Morning Daniel/Goodnight, Daniel

Strategy: Clothes on, eat breakfast, brush teeth, put on shoes and off to (virtual) school; Bathtime, PJ's, brush teeth, story and song, and off to bed.

One silver lining to this unprecedented situation is the extra quality time that families now have to spend together. This may include trying new recipes, building pillow forts, or practicing mindfulness.

Daniel Likes to be with Mom/Daniel Likes to be with Dad

Strategy: It doesn't matter what we do, I just like to be with you.

Daniel's Obstacle Course / Daniel Plays in a Gentle Way

Strategy: Sometimes you need to play in a gentle way .

Be a Vegetable Taster/Daniel Tries a New Food

Strategy: Try a new food 'cause it might taste goood.

Daniel's Blueberry Paws/Wow at the Library

Strategy: Enjoy the Wow that's Happening Now.

...It may also come with new challenges like juggling attention between work and family or between siblings. Daniel can help with that, too.

Time for Daniel/Time for Daniel and Margaret Too

Strategy: There's time for you and your sister too.

Daniel Finds Something to Do/Daniel's Royal Good Time

Strategy: When a grownup is too busy to play with you, look around to find something to do.

The Tiger Family Grows/Daniel Learns About Being a Big Brother

Strategy: You can be a big helper in your family.

Kids are perceptive and will pick up on how grownups are feeling. A favorite Mister Rogers quote is “Anything that’s human is mentionable, and anything that is mentionable is manageable”. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary. Try to limit kids’ media exposure, but encourage age-appropriate conversations about what is happening in the world. To ease tension and anxiety, try these calming techniques:

Calm at the Restaurant/Calm in Class

Calm at the Clock Factory/Calm at Storytime

Strategy: Give a squeeze, nice and slow. Take a deep breath and let it go.

Daniel Gets a Shot/A Stormy Day

Strategy: Close your eyes and think of something happy.

[Calming Down Strategy Song](#)

And, of course, wash your hands! Tired of singing Happy Birthday? “It’s a beautiful day in the neighborhood” works too! Take care of yourselves and your loved ones.

Daniel Gets a Cold/Mom Tiger is Sick

Strategy: When you’re sick, rest is best.

Daniel Takes Care of Snowball/Margaret’s Bathtime

Strategy: Taking care of you makes me happy, too.

[Germs Germs Go Away With Handwashing \(VIDEO\)](#)

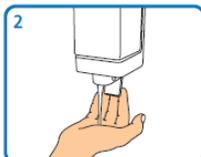
[A Germ-Fighting Superhero \(VIDEO\)](#)



Hand-washing technique with soap and water



1 It's a beautiful day in the neighborhood.



2 A beautiful day for a neighbor,



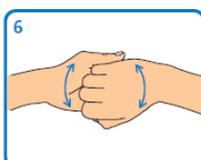
3 Would you be mine?
Could you be mine?



4 Won't you be my neighbor?



5 It's Daniel Tiger's Neighborhood. A land of make-believe.



6 Won't you ride along with me (ride along)!



7 It's Daniel Tiger's Neighborhood. So much to do, so much to see.



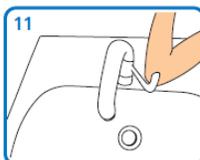
8 Won't you ride along with me (ride along)!



9 I've got lots of friends for you to meet. In this land of make-believe,



10 A friendly face on every street, just waiting to greet you!



11 It's a beautiful day in the neighborhood.



12 A beautiful day for a neighbor.



13 In Daniel Tiger's Neighborhood!

Additional Resources and Activities:

- [Draw Your Feelings](#)
- [Daniel Tiger Printables](#)
- [More Printables](#)
- [Doctor Daniel Game](#)
- [Watch on PBS Kids](#)
- [Watch on Amazon](#)