

Dear Educator,

To help your students see and appreciate the value that every one of them has to offer, *Power Rangers* and the curriculum specialists at Young Minds Inspired are pleased to offer this free educational program designed to support social-emotional learning and language skills.

The Power Rangers have been entertaining kids and families for decades, with adventures that provide positive, hard-working role models. Their latest story, *Power Rangers Dino Fury*, brings together an all new group of teens dedicated to protecting others. The Power Rangers demonstrate diversity and inclusion. They show young viewers that everyone can contribute as a valued member of the team when they encourage and support one another—values we know you share.

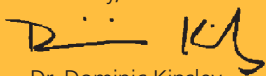
With the activities in this program, students will explore the importance of teamwork, identify and appreciate their strengths and those of their classmates, learn what it means to be a good team member, and contribute to the community. Students will also practice some quick exercises that can help keep their minds sharp and bodies active like the Power Rangers.

We hope you will share this program with other teachers in your school. Although the materials are protected by copyright, you may make as many copies as needed for educational purposes.

Please let us know your thoughts on this program at ymiclassroom.com/feedback-hasbro.

We look forward to hearing from you.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



WE CAN ALL BE RANGERS!

ABOUT POWER RANGERS DINO FURY

Power Rangers Dino Fury is the 28th season of *Power Rangers*. The show, now available on Nickelodeon, follows a diverse group of teenagers who are recruited to protect Earth from an invading alien army. The Sporix Beasts were frozen 65 million years ago and have accidentally been unleashed again. This new team of Rangers must be ready for danger to strike at any moment. More than just an adventure show, *Power Rangers Dino Fury* teaches important lessons about believing in yourself, bravery, loyalty, teamwork, active play, and inclusion.

TARGET AUDIENCE

Grades 1-3

PROGRAM OBJECTIVES

- To reinforce teamwork, cooperation, and inclusion
- To highlight diversity while celebrating students' unique qualities
- To encourage students to keep their minds and bodies strong with some simple exercises they can do at home
- To raise awareness about supporting the community

PROGRAM COMPONENTS

The following resources are available at ymiclassroom.com/hasbro:

- This two-page teacher's guide
- Three reproducible student activity sheets
- A reproducible letter for families in English and Spanish
- A standards alignment chart

HOW TO USE THIS PROGRAM

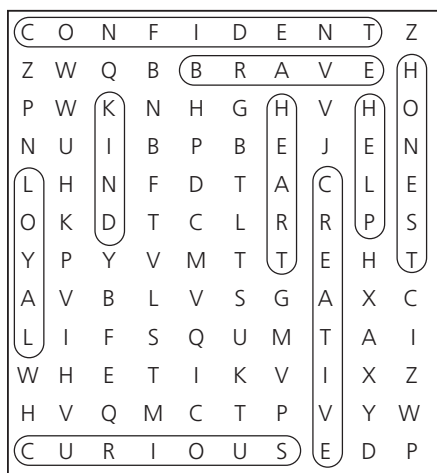
Before you begin, either photocopy the family take-home letter and send a copy home to parents and caregivers or email it to them. Include any special instructions such as having students wear comfortable clothing on the day you'll do yoga (Activity 2). Make copies of the activity sheets and distribute them to students. Encourage students to take the sheets home to share with their families once completed.



Questions? Contact YMI toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

Activity 1 STRONGER TOGETHER!

This lesson is designed to help students think about what they value in their friendships and the positive qualities that they have to offer, as modeled by the Power Rangers. Begin by asking students to think about what they love about their friends, family members, classmates, and teammates. Is there someone who helps them? Is there someone who is a good listener? Do they work together as a team with someone? Then review the descriptions of each of the Power Rangers characters together. Provide time for students to complete the word search and identify their own unique qualities.



Extension Activity: As a class, discuss why it's important for groups and teams to have members with different traits and qualities, like the Power Rangers. How well would a team work if everyone wanted to be the leader? What if no one wanted to take charge?

Activity 2 STRIKE A POSE!

To begin, explain that physical activity, like the kind performed by the Power Rangers, is important for our bodies, plus it helps our minds stay strong, too. Emphasize that we should all participate in physical activities we enjoy every day.

Ask students if they have heard of yoga or have tried it. The yoga poses on the activity sheet can be practiced in sequence, or you can choose one or two each day to use during a movement break. Some students may need to adapt the exercises—leaning or sitting in a chair, using a pillow, etc. Encourage students to bring the activity sheet home so they can practice the poses with their families, too.

Extension Activity: Breathing exercises are a great calming tool when students are upset or stressed. Lead a discussion about times when students might have feelings like anger, disappointment, or worry. Teach them to think about what they are feeling throughout the day, and allow them to take breathing breaks, as needed.

Activity 3 TEAMWORK HELPS!

In Activity 1, students learned what makes them unique and thought about qualities they look for in a friend or teammate. Now they can practice inter-related skills of listening, compromise, and cooperation. Complete Part A as a class discussion. Third-grade students might read the synopsis on their own and then discuss the scenarios and problem-solve together. For younger grades, you can discuss Part A as a class. For Part B, students identify ways they can help their community. Invite students to share their answers.

Extension Activity: Guide students in thinking about some ways *they* could help their community. Examples might include planting flowers around the school, cleaning up litter in a local park, and selling lemonade to raise money for a library program. Organize a Day of Service with your students using one of the ideas. Engage students in helping with the planning process by choosing the final activity, assigning jobs, fundraising as needed, and then setting a schedule.

RESOURCES

- PowerRangers.com
- nick.com/shows/power-rangers-dino-fury
- youtube.com/PowerRangersKidsOfficialChannel
- ymiclassroom.com/hasbro



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STRONGER TOGETHER!

PART A MEET THE DINO FURY POWER RANGERS!

An army of aliens is attacking Earth! They are called Sporix Beasts. A new team of Power Rangers will fight them off.

They are the Dino Fury Power Rangers and have dinosaur powers. Each Ranger is different and helps the team in their own way. They are like you and your classmates in that way. You are all different and work together as a team!

Read about what makes each Ranger special. Then circle the underlined words in the puzzle.

C	O	N	F	I	D	E	N	T	Z
Z	W	Q	B	B	R	A	V	E	H
P	W	K	N	H	G	H	V	H	O
N	U	I	B	P	B	E	J	E	N
L	H	N	F	D	T	A	C	L	E
O	K	D	T	C	L	R	R	P	S
Y	P	Y	V	M	T	T	E	H	T
A	V	B	L	V	S	G	A	X	C
L	I	F	S	Q	U	M	T	A	I
W	H	E	T	I	K	V	I	X	Z
H	V	Q	M	C	T	P	V	Y	W
C	U	R	I	O	U	S	E	D	P



Red Ranger

Zayto is the leader of the Dino Fury team. Zayto is brave and kind.



Pink Ranger

Amelia Jones is a news reporter. She is curious and has a big heart.



Blue Ranger

Ollie Akana likes science. He is confident and honest.



Green Ranger

Izzy Garcia is an athlete. She is loyal and never gives up!



Black Ranger

Javi Garcia is a musician. He is creative and always likes to help.

PART B HEY, TEAMMATE!

Now think about your friends, family, and classmates. Do you have a friend who makes you laugh? Do you have a friend who is a good listener? What qualities do you want in a teammate? List three traits.

1. _____
2. _____
3. _____

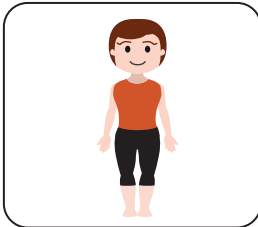
If you were a Power Ranger, how would you be a good teammate? Write a sentence below and draw a picture of yourself as a Power Ranger on the back of this sheet.

FAMILIES: JOIN THE ADVENTURE! WATCH THE POWER RANGERS DINO FURY TEAM COME TOGETHER TO SAVE EARTH ON NICKELODEON.

STRIKE A POSE!

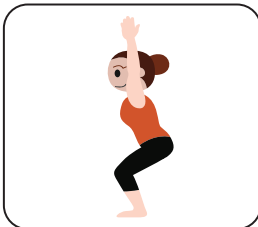
Power Rangers exercise every day to keep their minds and bodies healthy. A strong body helps fuel a strong mind—especially when you need to fight Sporix Beasts! That's why the Rangers work together to be active.

Yoga is one way people get moving. Try some of these poses as a class or at home. Feel free to adapt them to meet your body's unique needs.



T-REX CHAMPION

1. Stand with your feet apart, about as wide as your shoulders, and face forward. Place your hands at your sides.
2. Turn your arms so your palms face forward, and your fingers are spread out.
3. Pretend there is a string attached to the top of your head that is pulling you taller as your hands reach to the floor.



TRICERATOPS BLADE

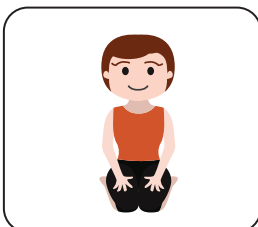
1. Inhale and circle your arms behind you and then bring them up towards the ceiling. Clasp your hands above your head.
2. Jump or step your feet together.
3. Bend your knees and lean forward a little bit, so that you form a diagonal line from your hands to your hips. (This is a great pose to do sitting down, too!)



STEGOSAURUS SPIKE

1. Inhale and bend at the waist and put your hands down to the ground. Exhale.
2. Inhale again. Then, with your hands touching the ground, walk or hop back so your body makes a

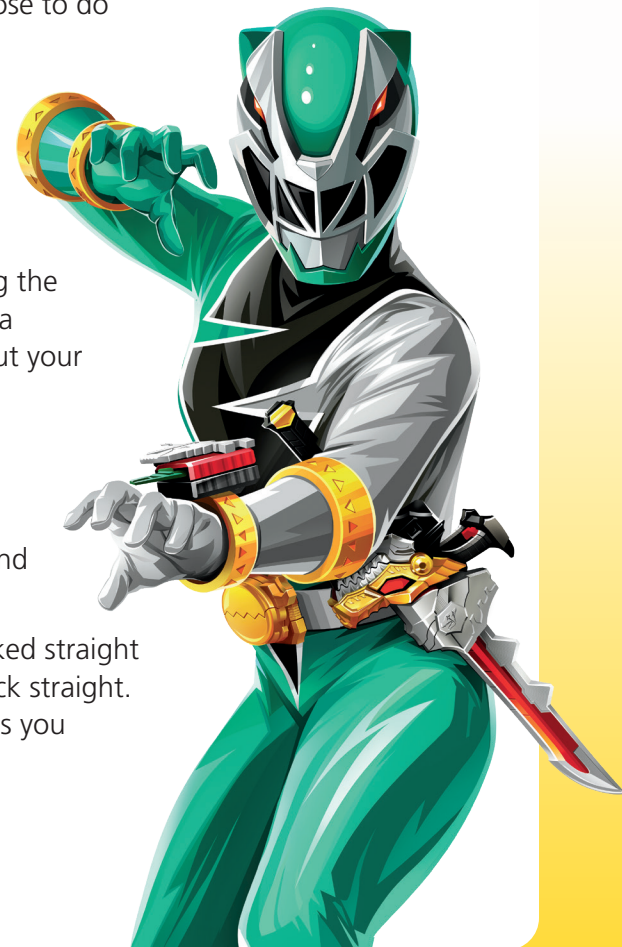
triangle with the floor. Hold the pose here if you can. It's okay to put your knees down or stop at Step 1 if you need to.



DINO BREATH OF FURY

This breathing exercise is great when you need extra energy. Remember to always breathe in and out through your nose.

1. Kneel on the floor and sit with your legs tucked straight under you, bottom resting on your heels, back straight.
2. Take a normal breath in, and then push it out with as much force as you can. You will sound like a dragon breathing fire.
3. Repeat. This time, push the breath out in small bursts. You should feel your belly tighten each time. Continue for 10 total inhales.



FAMILIES: JOIN THE ADVENTURE! WATCH THE POWER RANGERS DINO FURY TEAM COME TOGETHER TO SAVE EARTH ON NICKELODEON.

TEAMWORK HELPS!

PART A

COMPROMISE, COOPERATION, AND LISTENING

The Dino Fury Power Rangers, along with allies like Solon, know it's important to work together as a team. In one episode, Blue Ranger Ollie learns that compromising and listening are important parts of teamwork. When he sneaks off alone to put a plan into action, he puts his mom and the other Power Rangers in danger. The team then works together to save the day.

What do you think it means to be a part of a team? Read each of the stories below, inspired by the characters from *Power Rangers Dino Fury*, and decide what a good teammate would do to solve each problem. Discuss your ideas with your class.

1. During Family Game Night, Javi and Izzy get into an argument about whether to play cards or a board game. Javi says that they played board games the week before, so he wants to play cards. But Izzy reminds him that he just played cards with his friends, so she thinks it's fair to play a board game. What should they do?
2. Solon needs help rebuilding the Ranger Station before another Sporix Beast attack. Ollie is working on a school project that is due next week, and Amelia was hoping to go to the movies. What do you think they should do?
3. Izzy is nervous about her upcoming race. What can the other Power Rangers do to help?
4. Zayto is an alien who has been around since the time of the dinosaurs. He misses his family and friends from his home planet, Rafkon. He feels out of place here on Earth. What can the other Rangers do to help?



PART B

COMMUNI-TEAM

Working as a team, the Power Rangers are also helpers. They protect Earth and all the people who live here. Helping the community is part of being a good citizen. What do you think *you* can do to be a helper in your school or community? Brainstorm and write your ideas on the back of this sheet.

FAMILIES: JOIN THE ADVENTURE! WATCH THE POWER RANGERS DINO FURY TEAM COME TOGETHER TO SAVE EARTH ON NICKELODEON.



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DEAR FAMILIES,

Generations of elementary-aged kids have grown up watching *Power Rangers*, enjoying the action-packed entertainment while also learning important lessons about what it means to be part of a team. Your child's class has tapped into this tradition with an educational program created by *Power Rangers* and the curriculum specialists at Young Minds Inspired, with activities featuring today's team of Power Rangers that have been designed to help kids get to know one another, talk about their special talents and interests, get their bodies moving, and practice problem-solving.

Continue the learning at home! Here are some ideas to help you explore each lesson's themes as a family.

CELEBRATE DIVERSITY!

The *Power Rangers* team members come from different backgrounds and have a variety of interests.

- Use an internet search engine to learn how to say "hello" and "goodbye" in five different languages (for the five Power Rangers). Maybe you have friends or neighbors who emigrated from different countries, or you can choose languages from your own family's history. Or choose a country you'd like to visit or a culture you'd like to learn more about.
- Try a new recipe from a different culture. Check your local library for a new cookbook or search for recipes online.

GET MOVING!

- Movement breaks can be a fun way to bond as a family. Pick an activity that everyone can enjoy, such as hiking, riding bikes, or playing soccer. Indoors, put on some music and dance, or use the yoga moves on the activity sheet your child brought home.
- Just breathe. Everyone gets stressed sometimes, and simple breathing exercises can help regulate your emotions and body systems. As a family, sit comfortably in a quiet room. Place your hands on your belly, over your heart, or down at your sides. Take a slow breath in for a count of three, then slowly let it out again. Repeat.

PRACTICE PROBLEM-SOLVING!

- Have a family meeting! Share challenges that you've been having, whether at home or elsewhere, and invite other family members to do the same. Brainstorm solutions together. You might be surprised at some of the ideas even young kids can come up with.
- Turn cleanup time into a fun family challenge. Make a list of jobs that need to be done, and let family members choose where they'd like to start. Set a timer, put on some music, and dance your way to clean! When it's done, reward yourselves with a movie night or outing.

RESOURCES

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