

# Frost Pip Squeaks

# **Episode Summary:**

Snowdrop agrees to babysit the Frost Pip babies, but one sneeze turns quiet time into a frosty flurry. The Squad learns that empathy, patience, and gentle care can help little ones feel safe and soothed.

#### Core social-emotional learning themes:

Empathy, responsibility, patience, routines help regulation

# Vocabulary & feelings:

- · Gentle, careful, patient, help, sleepy, proud.
- · Prompt: "Show gentle hands."

#### Connect to skills:

- Social awareness: empathy for babies
- Relationship skills: helping & turn-taking
- Self-management: using routines to settle

# **Episode Touchpoints**

 Snowdrop and the Squad care for many baby Frost Pips—feeding, soothing, and returning them to flowers.

# Talk & reflect (after viewing):

- "How did the elves know what the babies needed?" (Noticing cues & feelings.)
- "What helps your body feel calm for rest?"
- "How can we help when someone is small or needs care?"

# Try-it-together activities:

- Soothing toolkit: Make a "Calm Basket" (soft cloth, picture book, water bottle). Use before naps or after big feelings. (Model co-regulation.)
- · Helper routine: Pick one daily "care" job (plant watering, pet snack, setting nap teddy). (Predictable jobs build competence.)
- Lullaby ritual: Sing a short, repeated verse ("Time to rest, time to sleep...") and rock or sway together—same song, same steps.

#### Interaction questions

- What happened when Snowdrop sneezed near the Frost Pips? (Supports recall and understanding of cause and effect)
- Who helped Snowdrop take care of the Frost Pip babies? (Reinforces character recognition and teamwork)
- Where were the Frost Pips resting before they all woke up? (Encourages) spatial awareness—Frost Flower Field in their flower cradles.)
- Why did the Frost Pips start crying again after they got their pacifiers? (Builds reasoning and emotional understanding)

Four elves. One team. Endless adventure. Mission complete!