

Scout Elf Squad Season 2 Episode: 4

Blizzard's Big Wiggles

Episode Summary:

Blizzard wants to pass his Sitting Still test at Scout Elf School, but his wiggles just won't quit! With encouragement from his friends and plenty of practice, he discovers that patience, persistence and learning to manage his movements can help him accomplish something challenging.

Core social-emotional learning themes:

Self-regulation, patience, perseverance, confidence, friendship

Vocabulary & feelings:

- *Wiggle, freeze, frustrated, nervous, patient, proud*
- ***Prompt***: "Can you wiggle your whole body, then take a deep breath and freeze like Blizzard?"

Connect to skills:

- **Self-awareness:** recognizing feelings of frustration and nervousness
- **Self-management:** practicing stillness and controlling movements
- **Relationship skills:** encouraging and supporting friends
- **Responsible decision-making:** following steps and practicing to reach a goal

Episode Touchpoints

- Blizzard practices for his Sitting Still test using Shiver's special shelf simulator, learning to wiggle, get ready and freeze.
- When the simulator bounces out of control, the Squad combines its magical gadgets to help Blizzard practice staying still, and he discovers he can succeed with patience and persistence.

Talk & reflect (after viewing):

- "How did Blizzard feel when he couldn't stop wiggling?" *(Recognize frustration and nervousness.)*
- "What helped Blizzard learn to hold still?" *(Identify strategies such as practice, breathing and encouragement.)*
- "What is something you've learned to do by practicing?" *(Build confidence and celebrate personal growth.)*

Try-it-together Activities

- **Wiggle and freeze:** Play music and encourage your child to dance and wiggle. Pause the music and practice freezing like a statue. *(Builds body awareness, listening and self-regulation.)*
- **Take a calm breath:** Practice taking a slow breath together before trying something challenging. Let your child choose a comfortable pose and see how long they can hold it. *(Encourages patience and emotional regulation.)*
- **Practice makes progress:** Choose a simple skill your child is learning, such as balancing on one foot or stacking blocks. Celebrate each attempt and improvement. *(Builds persistence and confidence.)*

Interaction questions

- **What was Blizzard practicing for at Scout Elf School?** *(Supports story recall and understanding goals.)*
- **Who built the special practice shelf to help Blizzard?** *(Encourages character recognition and understanding how friends help.)*
- **Where did Blizzard practice sitting still with his friends?** *(Develops spatial awareness and story comprehension.)*
- **Why was it difficult for Blizzard to stay still?** *(Builds emotional awareness and understanding of challenges.)*
- **How did Blizzard finally learn to control his wiggles?** *(Strengthens understanding of self-regulation, practice and perseverance.)*

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

®/TM/© 2026 CCA and B, LLC d/b/a The Lumistella Company. All Rights Reserved.