



# Heatwave

## Episode Synopsis

Care-a-lot is experiencing a very uncomfortable heat wave. Despite the Care Bears' best efforts to stay cool, their only hope of relief comes when the Thunderwhales approach with a cooling storm. However, Grizzle frightens the Thunderwhales away with his giant magnifying glass, called the magnifrier. When the heat resumes, the Care Bears realize the cause and unsuccessfully attempt to destroy the magnifrier using their various belly badges. Share Bear, who had been frightened by the Thunderwhales, is encouraged by her friends to use her belly badge, two lollipops, to entice the Thunderwhales back to Care-a-lot. With the help of the other Care Bears, Share overcomes her fear and gets the lollipop-loving Thunderwhales to return. The Thunderwhales destroy Grizzle's lair and his magnifrier, which ends the heatwave.

## Learning Objectives of Episode

### Awareness/acceptance of personal feelings

- ♥ To help young children recognize and name feelings
- ♥ To help young children understand how feelings contribute to behavior
- ♥ To model skills for managing personal emotions

### Empathy toward others

- ♥ To present strategies for recognizing and acknowledging the feelings of others
- ♥ To model empathetic behaviors such as listening, sharing, comforting

### Management of Feelings

- ♥ To present strategies for self-calming
- ♥ To model strategies for dealing with difficult emotions, e.g. fear

## Activity

### Materials

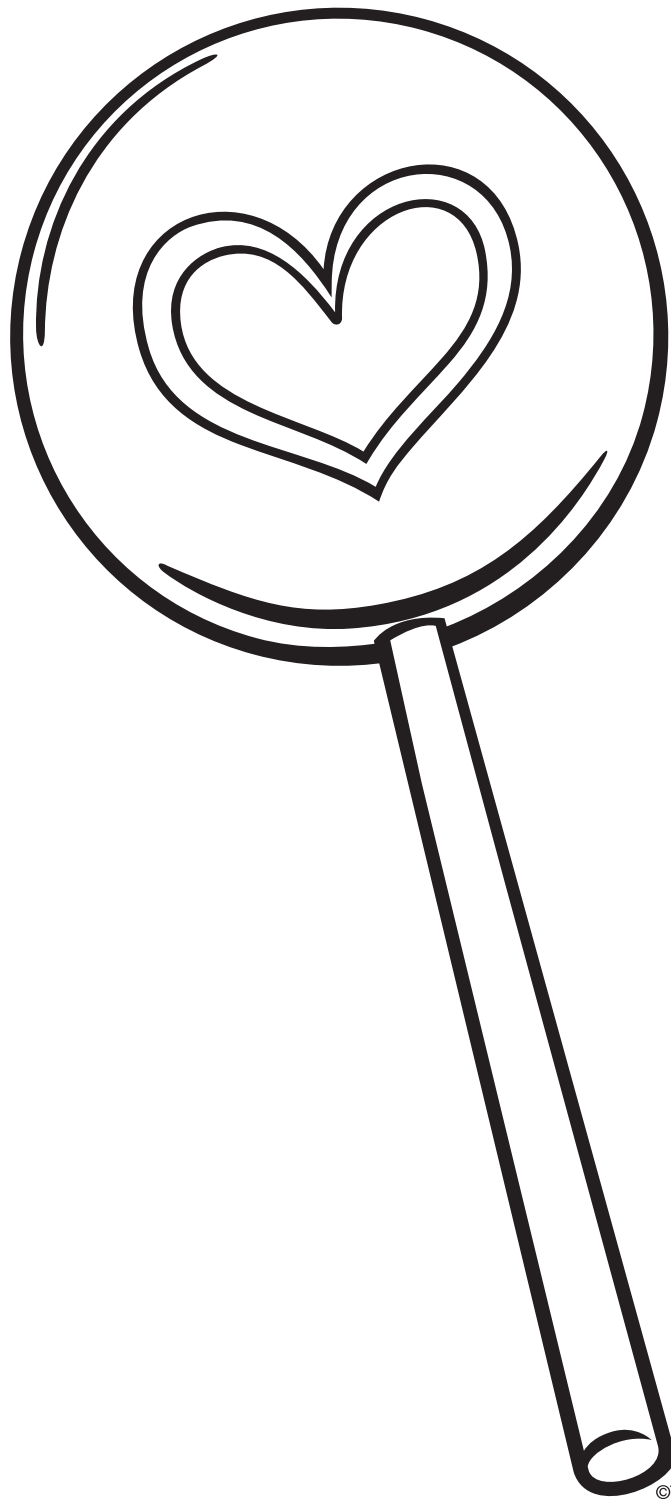
- ♥ an outline of a whale on a large piece of white construction paper
- ♥ tissue paper (various colors)
- ♥ glue/water mix (equal parts)
- ♥ small paintbrush
- ♥ lollipop (either a real one or one made out of paper)

### Procedure

- ♥ Child tears up tissue paper into pieces.
- ♥ Lay a piece of tissue paper on the whale and paint over it using the glue mixture.
- ♥ Continue until whale is covered. Pieces can overlap for a stained glass effect.

### Discussion Questions

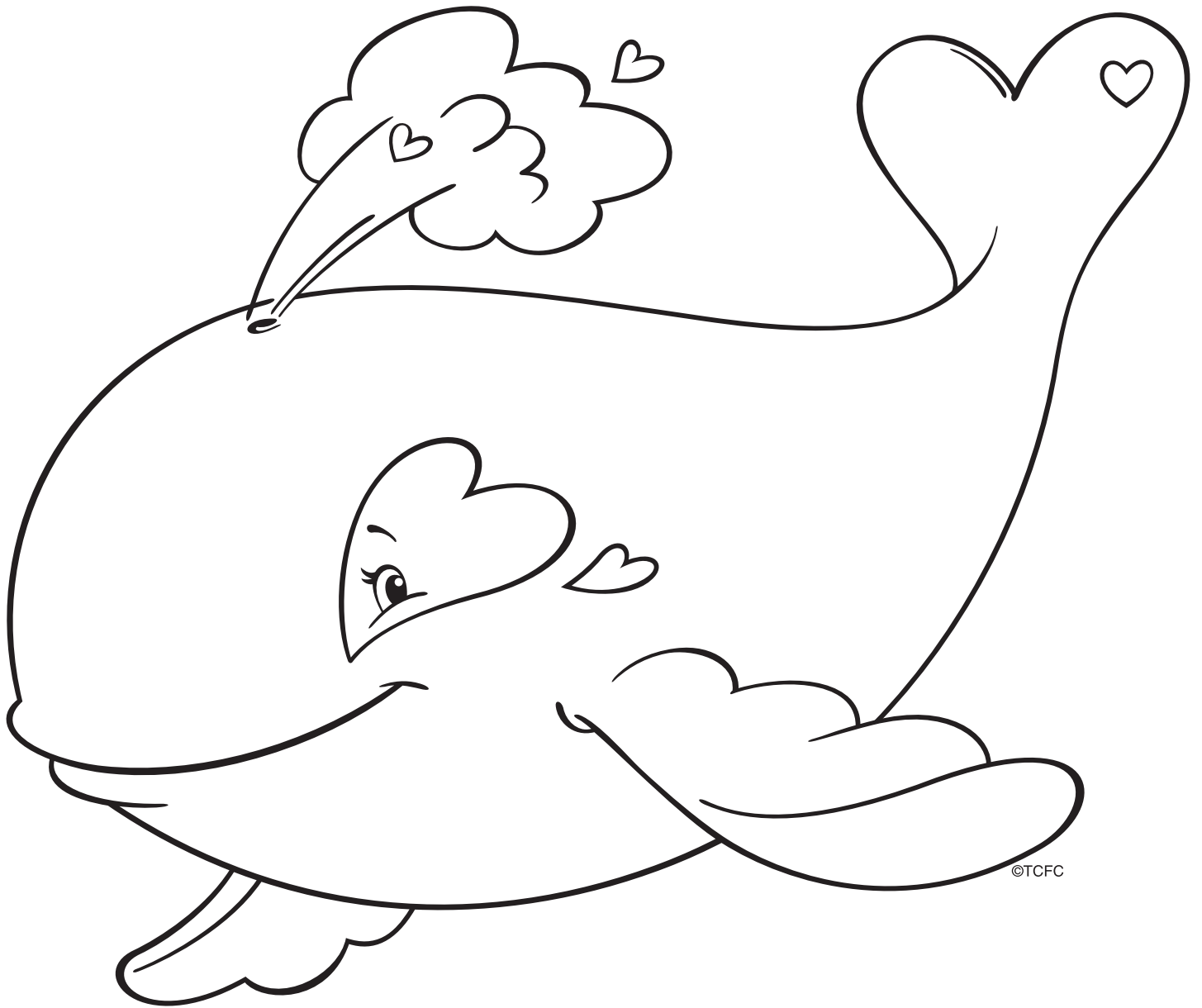
- ♥ The whale you made is really colorful and beautiful. So, why do you think Share Bear was afraid of the Thunderwhales?
- ♥ Do you think that sometimes we feel afraid because we don't understand something?
- ♥ What are you afraid or scared of? How can we help you not to be afraid anymore?
- ♥ Why did Share Bear go home after seeing the Thunderwhales for the first time? What else could she have done to make herself feel better? Do you think it might have helped to talk to her friends about what was scaring her? What can you do when you are afraid that might help you feel better? Does it make you feel better to talk to other people when you feel scared? How about singing or taking deep breaths?
- ♥ Grumpy Bear, Cheer Bear, and Funshine Bear tried to destroy the magnifier by using their tummy symbols. How do you think they felt when their ideas didn't work?
- ♥ If you do your best job but your plan doesn't work, how do you feel? Do you feel proud that you tried?
- ♥ When Share Bear shared lollipops with the Thunderwhales, they became friends. How do you feel when your friends share with you? How do you think your friends feel when you share with them. What kinds of things could you share with your friends?
- ♥ Glue a lollipop (real or paper) onto the completed whale. Display!



©TCFC

**Share's Lollipop**

**Care Bears™**



©TCFC

**Thunderwhale**  
**Care Bears™**