

Check out [The Imagine Neighborhood podcast!](#)

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@imagineNeighborhood

The Imagine Neighborhood promotes emotional intelligence with wacky stories that help kids and their grown-ups talk about big feelings. Starting a new school year in a rapidly changing COVID world can be overwhelming, and the show's first episode of the season, "[Blame it on Blurghsday](#)", is all about coping with the unexpected.

Each episode addresses lessons from the Second Step curriculum, and teaches skills and tips to manage feelings and help your child grow kinder. The episodes are grouped to align with the Second Step curriculum, matching up with units on growth mindset, feelings, empathy, and problem-solving.

Here's a quick overview of some favorite episodes from last season, and upcoming episodes from Season 2:

[TABLE:] Episode	Second Step Lesson	Skills
Pixie Pandemic (Season 1)	A special episode about coping with frustration, disappointment, and being stuck inside.	
Sock Goblins (Season 1)	Making a plan	If/Then
Blame it on Blurghsday	Growth mindset	"Blame it on Blurghsday!"
Talking to Kids about Back to School 2020	A bonus episode for parents about starting the school year	
Macho and the Toucan't	Growth mindset	"Someday I will!"
Shake Your Monkeys	Focusing attention	Shake your monkeys off!

Episodes later in the season will also cover diversity and equity, grief and loss, and identifying complex feelings.

This season, each episode will also include discussion questions and activity ideas to reinforce lessons from the episode with your family. You'll get to keep the fun and learning going with conversation prompts, reviews of the show's handy catch phrases, and even a chance to draw the characters and write your own stories!

Even when earnestly covering heavy topics, the Imagine Neighborhood keeps the tone light-hearted. You can enjoy the show as an extension of the curriculum, or listen to it as a fun family activity all on its own.

New episodes of The Imagine Neighborhood, as well as the entire first season of the podcast, are available on [the show's website](#). Or if you prefer, you can listen or subscribe through [Apple Podcasts](#) or your favorite podcast app, like Stitcher or Pocket Casts.

Happy listening, and happy Blurghsday!