



FROM THE MAKERS OF SESAME STREET

HELPSTERS
HELP YOU

ACTIVITY BOOK



Watch Helpsters Help You free on



For problems big and small, they're here to help solve them all!



Meet Cody and the Helpsters, a team of vibrant monsters who love to solve problems.

Cody knows that everything starts with a plan. But sometimes things change and you have to make a new one! Cody and the Helpsters share creative ideas for what to do when life doesn't go as expected.

The activities in this book will teach kids how to make their own plans at home by taking big ideas and breaking them down into smaller steps.

Whether it's doing a dance, making a snack or coloring a picture, the Helpsters can't wait to help you do... whatever it is you want to do!

Hey helper! There are 7 pencils in this activity book, can you find all 7?



HELPSTERS

From the makers of Sesame Street, the Parents' Choice Gold Award-winning series is back with more episodes. Available now with a subscription for Apple TV+.

How to be a Helpster

A Helpster is a monster who helps!
Today, you can be one too!



Our first task is to **be a monster!**

Step 1: Smile! Monsters love to smile.

Step 2: Dance! Monsters love to dance.

Step 3: Sing! Monsters love to sing.

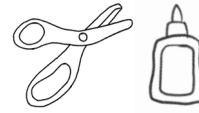
Draw your answers in each
of the boxes below!



One thing that
makes me smile is:

My favorite dance
move is:

My favorite song
to sing is:



Hey grown-ups, scissors and glue are needed for this activity.

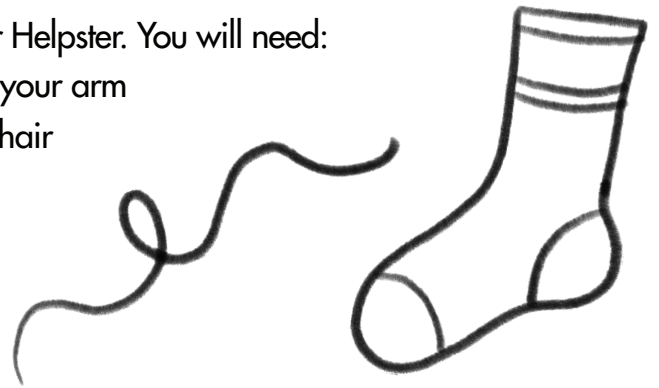
Make your own Helpster!

Today, you can make your own Helpster by following the steps below!
Grown-ups, help with the gluing and cutting steps.

Step 1:

Find the materials you need to make your Helpster. You will need:

- A sock that is long enough to cover your arm
- String, ribbon, or pompoms for the hair



Step 2:

Slip the sock over your hand and use a marker to make two dots above the seam for the eyes. When you're done, take the sock off and lay it flat.

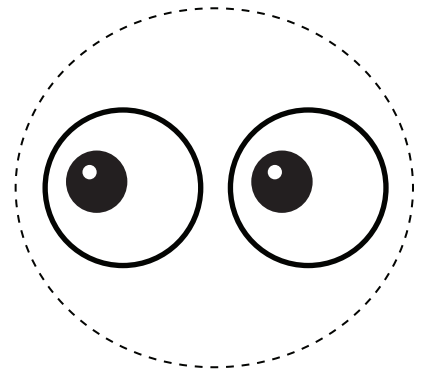
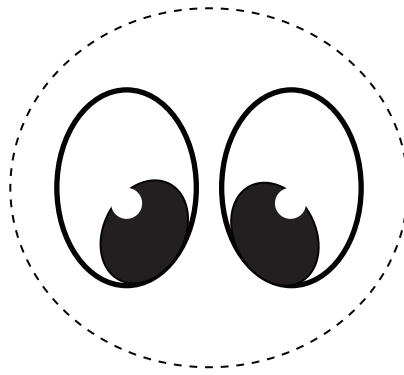
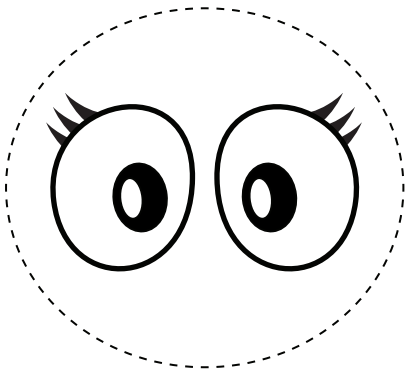


Step 3:

Now make some eyes for your Helpster! You can color the ones on the next page and then cut them out, or make your own.

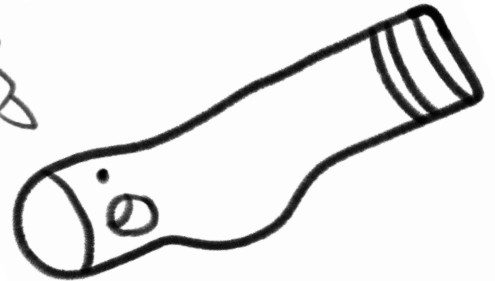


Hey grown-ups, scissors and glue are needed for this activity.



Step 4:

On the flat sock, glue the eyes you just cut out on top of the dots you made earlier.



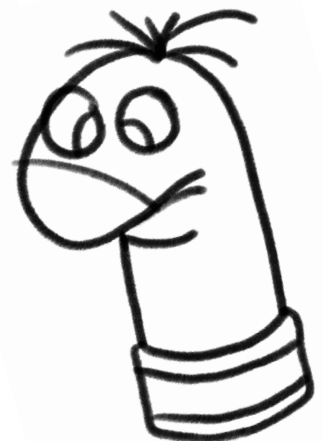
Step 5:

Glue on the ribbon, string, or pompom just above the eyes for the hair.



Step 6:

Let the glue dry completely before putting the Helpster on your hand!

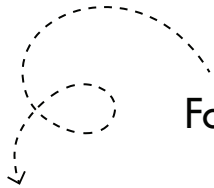




Help make a new plan!

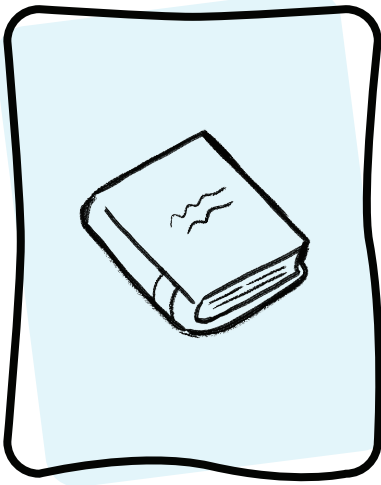
Everything starts with a plan! Can you make a plan to: Get ready for the day? Go for a walk? Get ready for bed?

First, decide on the job you want to complete, then break down the task into smaller, more manageable steps. Use the jobs on the next page to help you out!



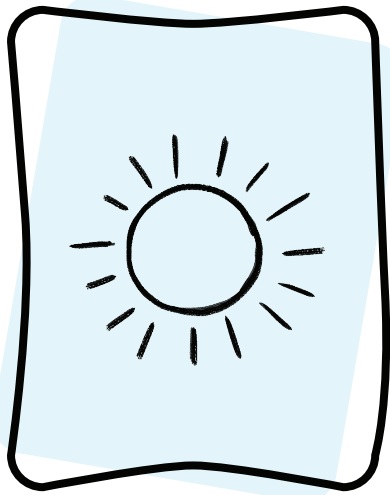
For example, let's say your plan is to **read a book outside**:

Step 1:



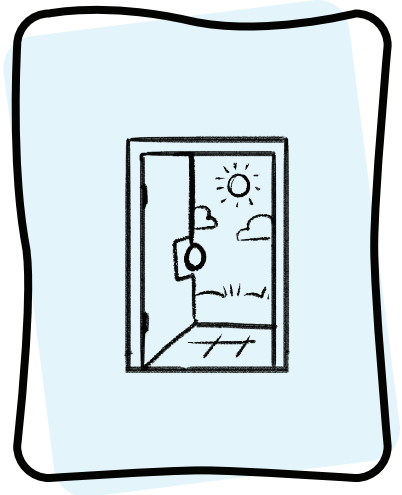
Find a favorite book.

Step 2:

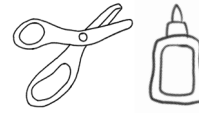


Find a nice spot with some sun, but not too much.

Step 3:

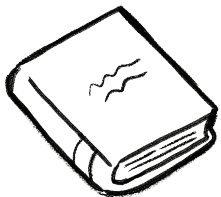
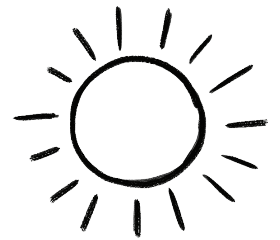
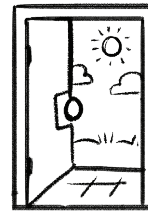
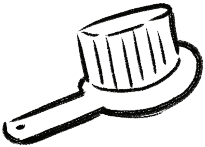
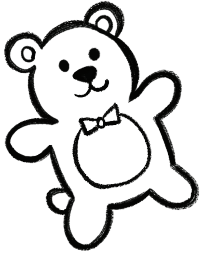


Go outside!



Hey grown-ups, scissors and glue are needed for this activity.

Here are some jobs to get you started. Print out this page and color them in.
Grown-ups, help by cutting them out and sticking them to the job list on the next page.



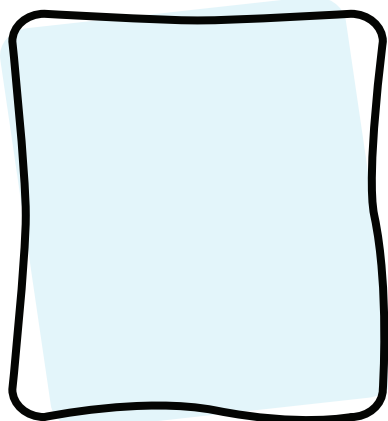
Draw two of your own!



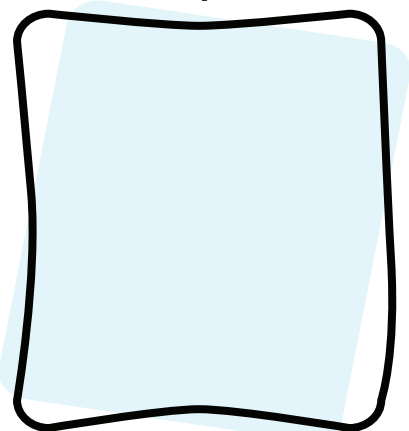
Now in the space below, paste or draw each step you need to do to complete the task.

Get ready for the day:

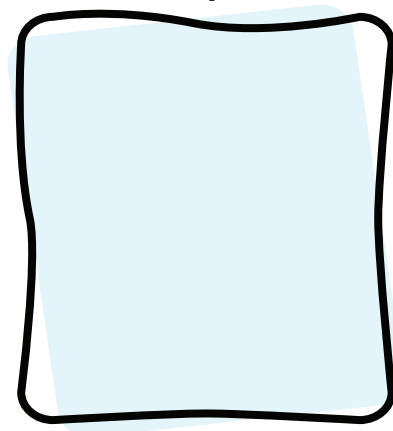
Step 1:



Step 2:

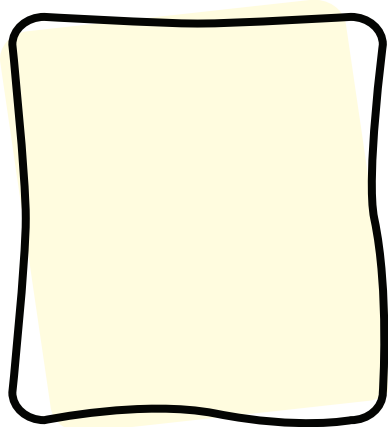


Step 3:

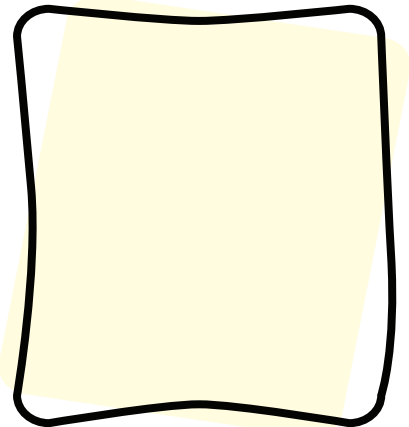


Go for a walk:

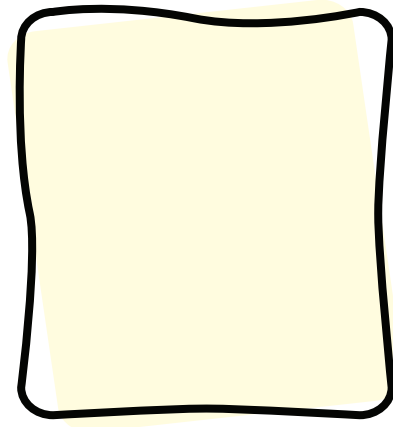
Step 1:



Step 2:

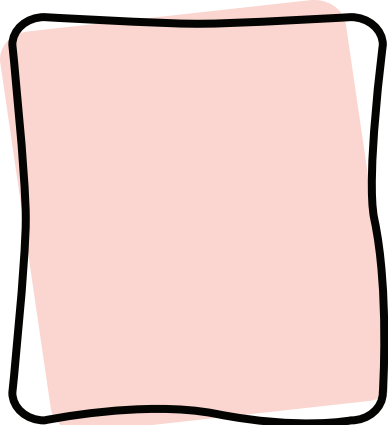


Step 3:

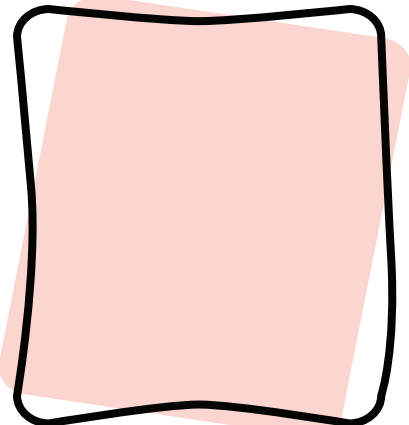


Get ready for bed:

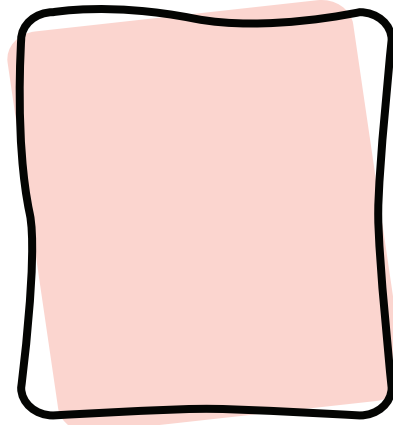
Step 1:



Step 2:



Step 3:





Let's break it down!

Listen to the Helpsters soundtrack while you learn the dance moves on the following pages. **Grown-ups**, search "Helpsters" on Apple Music or your favorite music service.

VOLUME 1



- 1 How Can We Help You?
- 2 Everything Starts with a Plan
- 3 I Like Grilled Cheese Sandwiches
- 4 We've Got the Plan
- 5 I Like Bees
- 6 I'm Singing/High Fives and Handshakes
- 7 I Like Long Words
- 8 I Like Elevators
- 9 I Like the Morning
- 10 Dinosaur Bones
- 11 I Like Tiny Things
- 12 High Fives and Handshakes

VOLUME 2



- 1 I Like Pencils
- 2 I Like Mittens
- 3 I Like Sidewalks
- 4 Later!
- 5 Isaac Ice Rap
- 6 I've got a Big Hat
- 7 Directionality
- 8 If You're on the Floor, then Dance!



Listen on
Apple Music





Help Heart dance!

Heart is the Helpster with the biggest heart.
But Heart has a problem, Heart doesn't
know how to dance!

Careful with the instructions you give, because
Heart will only do exactly what you tell Heart.
Listen to **DIRECTIONALITY** and perform the moves
on the next page to show Heart how it's done.



Grown-ups - Play Directionality from the
Helpsters Volume 2 Soundtrack!

Let's Help Heart Dance!

Line up beside one of your favorite people.

Jump **forward** and Jump **forward** again.

I know a little direction is all you need

So follow my lead, follow my lead.

We are dancing **forward**.

We are dancing **back**.

We are dancing **up**, **down** & **sideways**,

and that's a fact.

This dance can take us to where we want to be.

What do we call this dance?

DIRECTIONALITY!

Let's Help Heart Dance!

Eyes **up** and **raise** your hands high.

Take **one step** **backwards**

And  **clap** for me 4 times.

Let me see you **jumping** around.

Let me see you try.

Let me see you  **freeze** when you hear the beat stop.

Come together and **form a straight line**.

Reach for the shoulders of whomever you're behind.

Now start to march, let the leader control the speed.

Just follow their lead. Follow their lead.

Chorus repeats



Hey grown-ups, we need your help for this activity.

Ready to learn some new moves?

Learn to follow directional language by jumping on these symbols:



Step 1:

Print out the **symbols** on the following pages, or draw them on a piece of paper!

Step 2:

Color them according to the directions on the page.

Step 3:

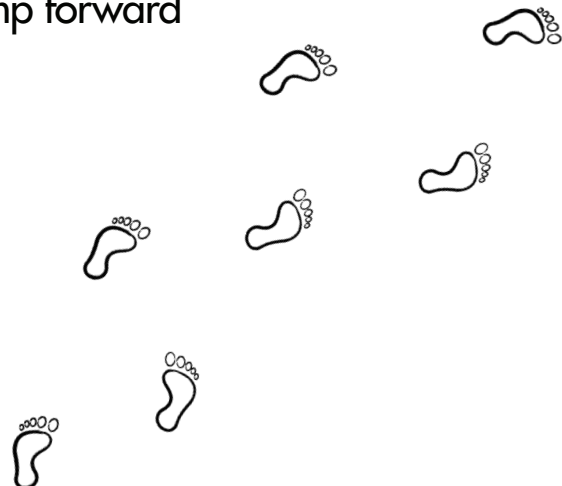
Place the symbols on the floor so they make a square. Be sure to tape them down so they don't move.

Step 4:

Grown-ups, read the sequence aloud to your kids using directional language. (Jump forward to the heart, jump back to the star...)

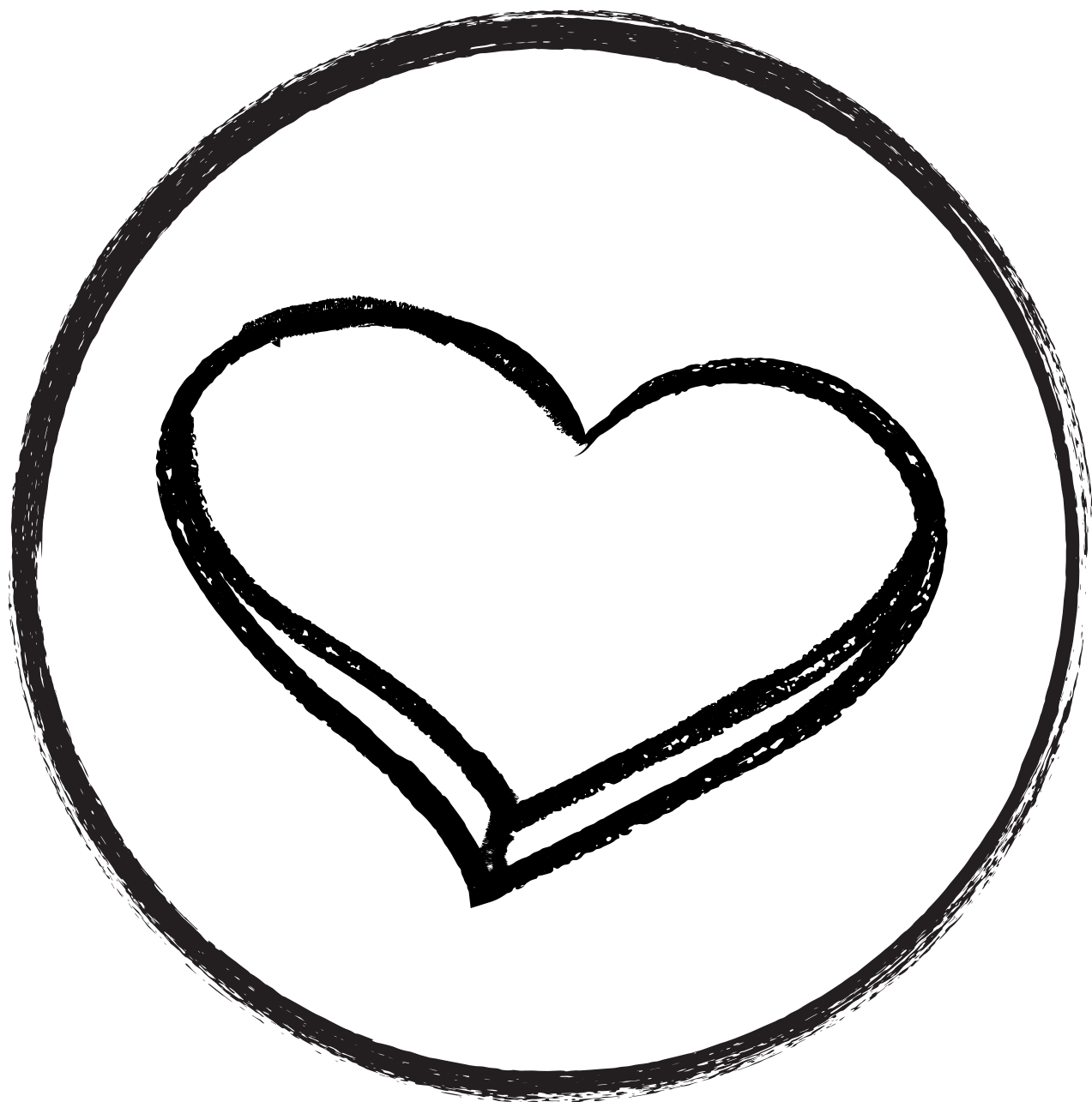
Step 5:

Kids, follow the sequence and jump on the symbols in the correct order!



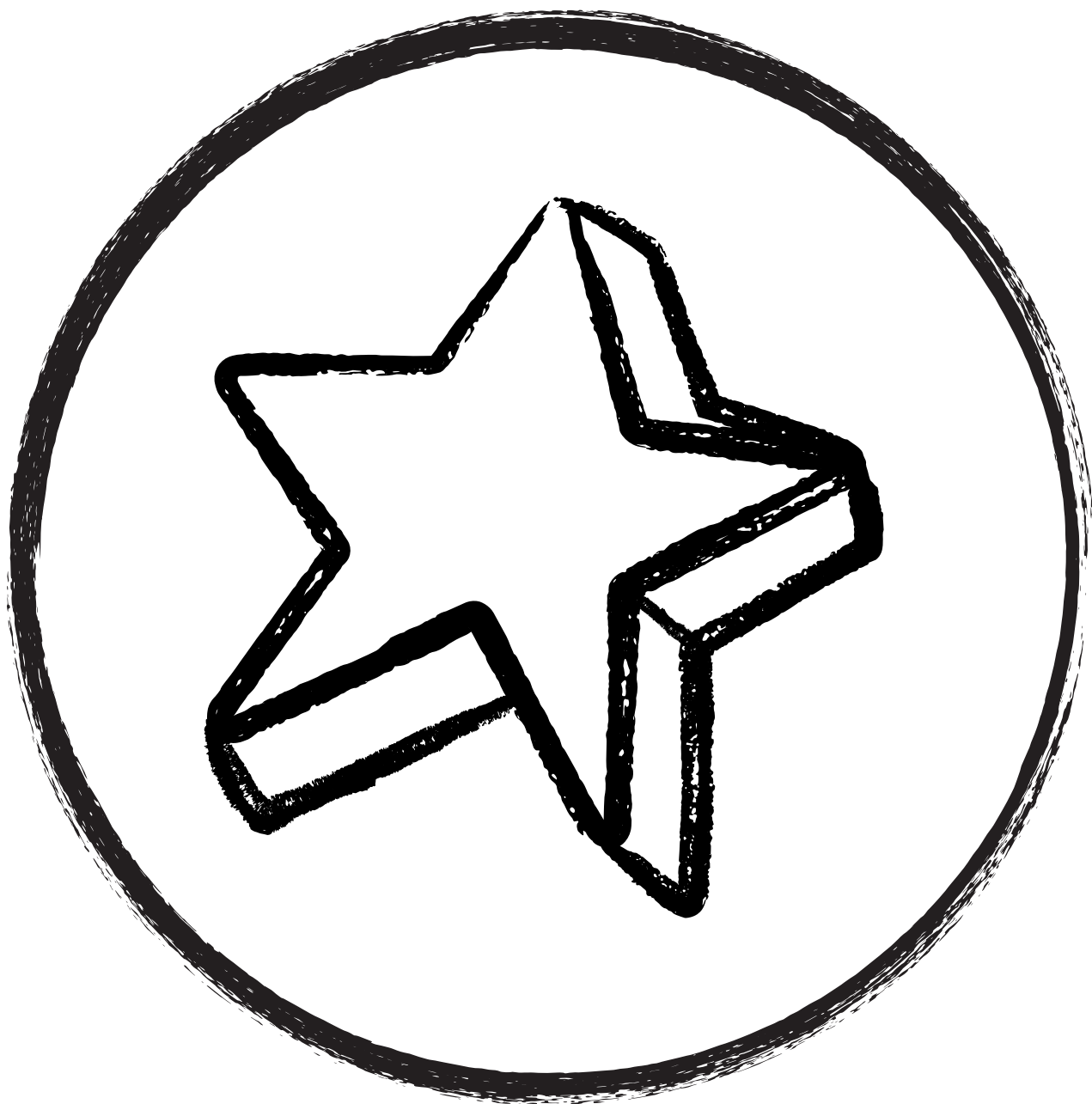
Step symbols

Color me **red**!



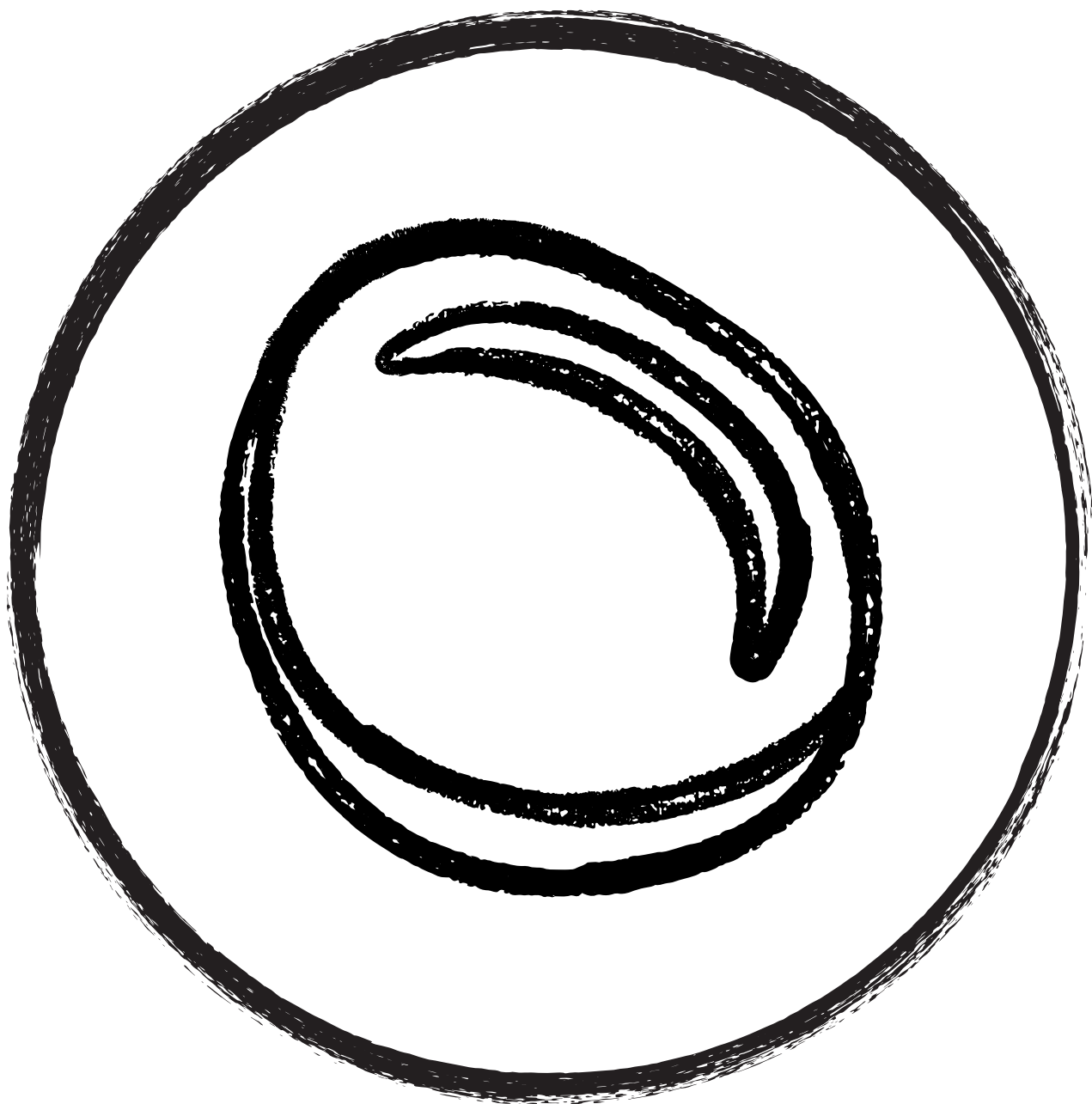
Step symbols

Color me **yellow!**



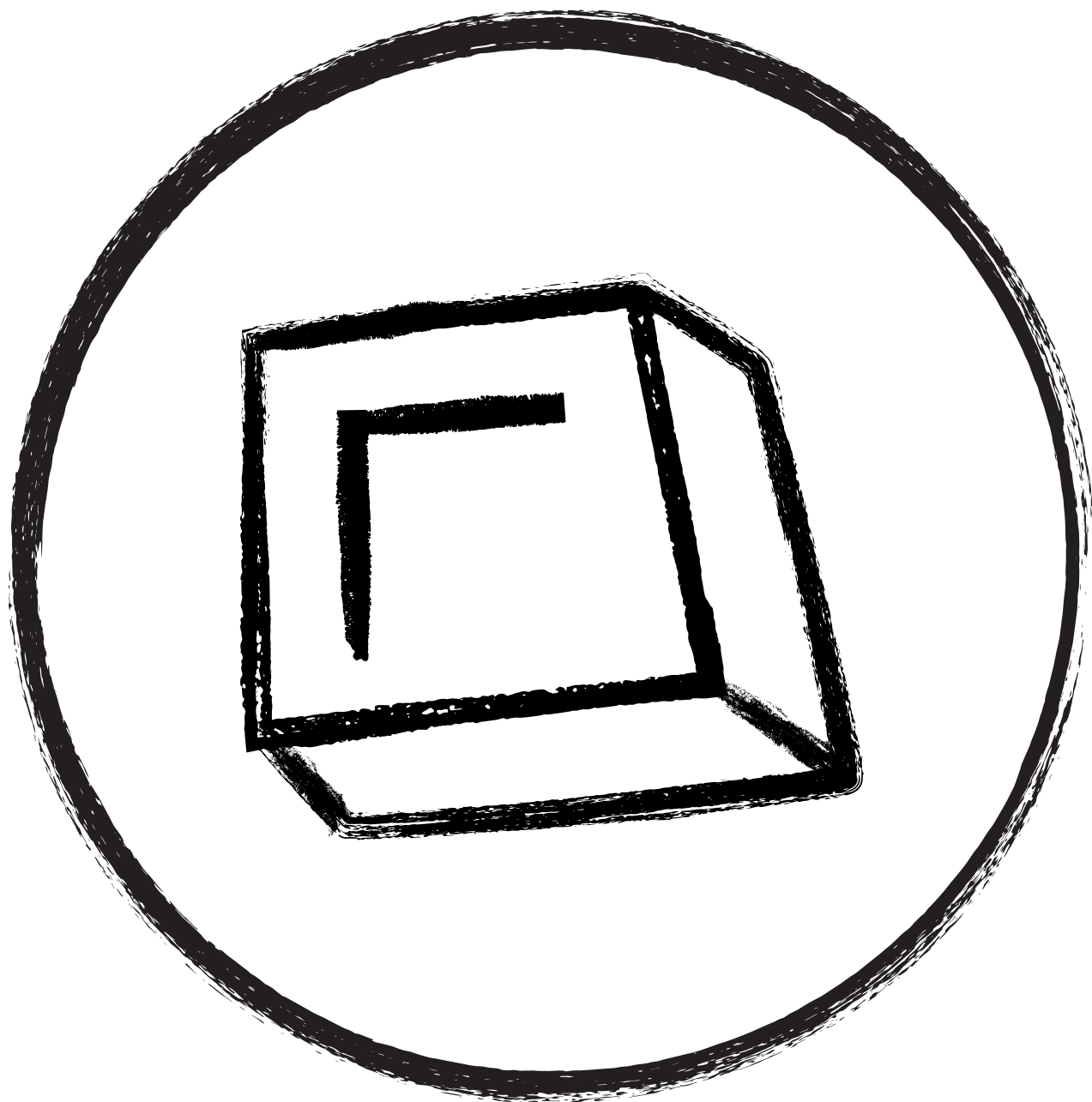
Step symbols

Color me **green!**



Step symbols

Color me **blue!**





Hey grown-ups, we need your help for this activity.

Jump Sequence

Grown-ups, read the sequence aloud to your kids using directional language (jump forward to the heart, jump back to the star). **Kids**, follow the directions by jumping from one symbol to the next with both feet.

A:      

B:      

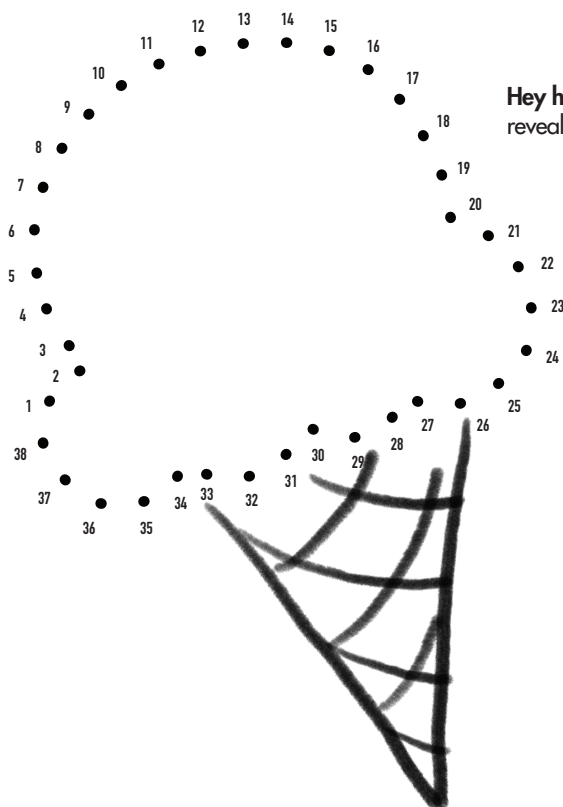
C:      

D:      

Help Scatter make a snack!

Scatter is the youngest of the Helpsters and sometimes the way Scatter thinks can be a bit scattered. He has a hard time making snacks for himself because he doesn't know what to do first.

Can you help Scatter make a snack? It's all about following the steps in a specific order. **That's called a sequence.**



Hey helper! Can you connect the dots to reveal one of Scatter's favorite snacks?

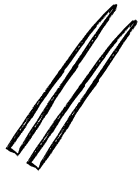




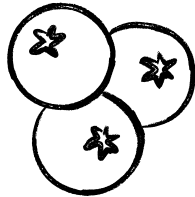
Hey grown-ups, we need your help for this activity.

Fruit kabobs

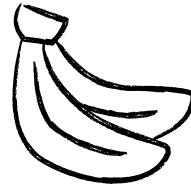
What you'll need:



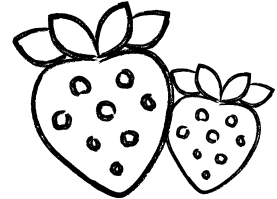
Sticks



Blueberries



Bananas



Strawberries

Step 1:

Kids, first start by washing the fruits in the kitchen sink.

Step 2:

Grown ups, then cut the fruits into different shapes and sizes.

Step 3:

Next, carefully place the fruits on the stick. Start with the blueberries, next the bananas, and then the strawberries.

Step 4:

Finally, eat your kabobs and enjoy! Be sure to share with family.

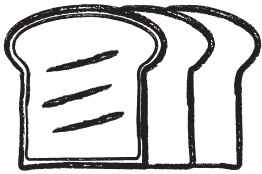




Hey grown-ups, we need your help for this activity.

Pizza Toast

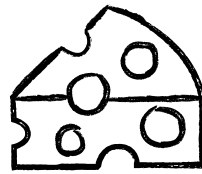
What you'll need:



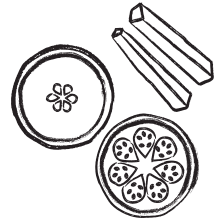
Bread



Tomato Sauce



Cheese



Veggies

Step 1:

Grown-ups, preheat oven to 350° and line a baking sheet with parchment paper.

Step 2:

Kids, first place bread on the prepared baking sheet.

Step 3:

Then, spread bread with tomato sauce.

Step 4:

Next, top each slice with cheese and your favorite veggies.

Step 5:

And lastly, **grown-ups**, place in oven and bake until cheese is melted. Cool for 5 minutes and serve!

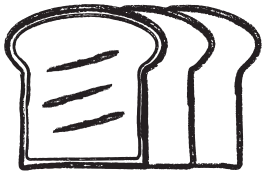




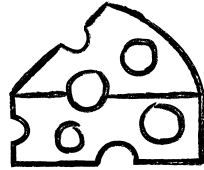
Hey grown-ups, we need your help for this activity.

Monster sandwiches

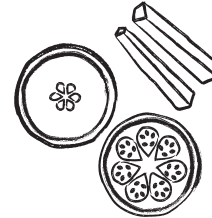
What you'll need:



Bread



Cheese



Veggies

Step 1:

Grown-ups, prep by cutting the bread, cheese and veggies into fun shapes.

Step 2:

Kids, first lay out the bread on a plate.

Step 3:

Then, stack and build your monster. Start by adding the cheese on top of the bread, next add the veggies on top of the cheese.

Step 4:

Finally, add a slice of bread on top of the veggies and enjoy your monster sandwich!





Hey grown-ups, we need your help for this activity.

Cookie Sandwich

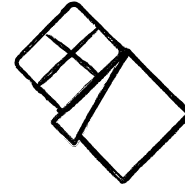
What you'll need:



Cookies



Ice Cream



Chocolate

Step 1:

Grown-ups, first start by letting the ice cream soften for 10 minutes and placing your favorite chocolates on a plate.

Step 2:

Kids, place your favorite cookie on a plate and then spread the ice cream on the back of the cookie.

Step 3:

Next, place another cookie on top of the ice cream to make a sandwich.

Step 4:

Finally, dip the sides of your cookie into the chocolate.

Step 5:

Grown-ups, put on a pan and place in the freezer for at least 1 hour to set.



Help Mr. Primm draw!



Mr. Primm is the most sophisticated member of the Helpsters. He is always willing to help, but sometimes gets hung up on the correct way to do something.



Help Mr. Primm with the following drawing challenges. **Grown-ups**, read the directions aloud. Then **kids**, listen closely to the **sequence** of steps and pay attention to the **spatial relations** and **directionality** words.

After you've completed the sequence, compare your drawing to the illustration on the following page to see if there were any **bugs**. Those are the pesky little problems that nobody loves.

Mr. Primm is helping us define some of these challenging words!

Sequence

Putting together a series of steps in a specific order for a task

Spatial Relations & Directionality

Understanding and using positional and directional words

Debug

To test and retest in order to accomplish a goal



Hey grown-ups, we need your help for this activity.

Drawing challenge #1

Grown ups, read the directions below aloud, and **kids**, pay attention to the **spatial relations** and **directionality** as you draw each step.

Step 1:

Draw a large square in the middle of the paper.

Step 2:

Draw a triangle roof on top of the square.

Step 3:

Draw a rectangle door in the bottom middle of the square.

Step 4:

Draw two squares to the sides of the door for windows.

Step 5:

Draw a small circle on the left side of the door for a door knob.

Step 6:

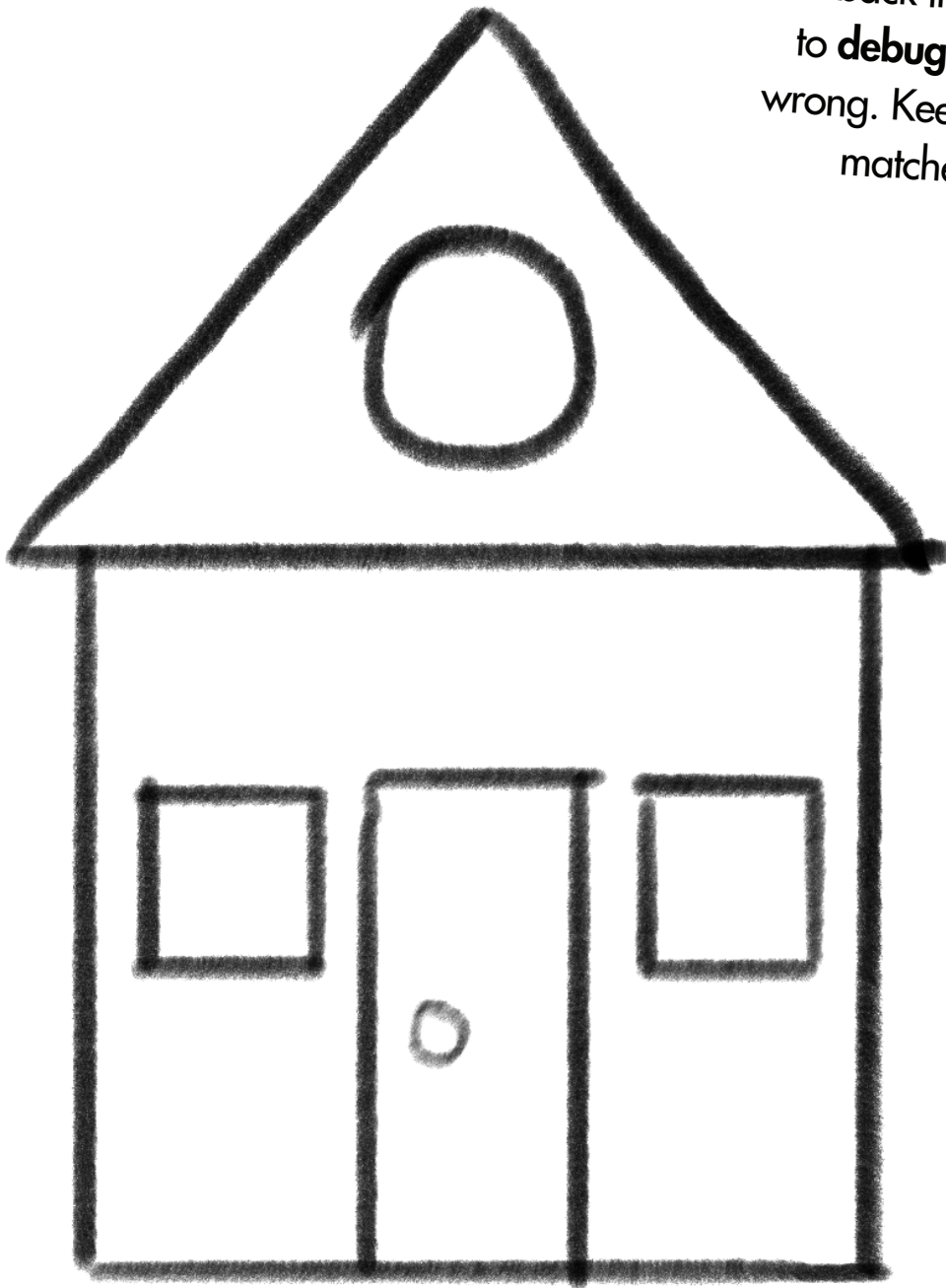
Draw a circle window on the roof.

Answer on the next page!

It's a house!

Does this house look a little different from the one you drew? That's okay!

Go back through the sequence of jobs to **debug** and find where you went wrong. Keep trying until your drawing matches Mr. Primm's picture.





Hey grown-ups, we need your help for this activity.

Drawing challenge #2

Grown ups, read the directions below aloud, and **kids**, pay attention to the **spatial relations** and **directionality** as you draw each step.

Step 1:

Draw a large circle in the middle of the paper.



Step 2:

Draw two pointy ears on top of the circle.

Step 3:

Draw a triangle in the middle of the circle for the nose.

Step 4:

Draw two oval eyes to the sides of and above the nose.

Step 5:

Draw a half-circle for the mouth below the nose.

Step 6:

Draw a line from the middle of the nose to the mouth.

Step 7:

Draw three lines outwards on each side of the line for the whiskers.

Answer on the next page!

It's a cat!

Does this cat look a little different from the one you drew? That's okay!

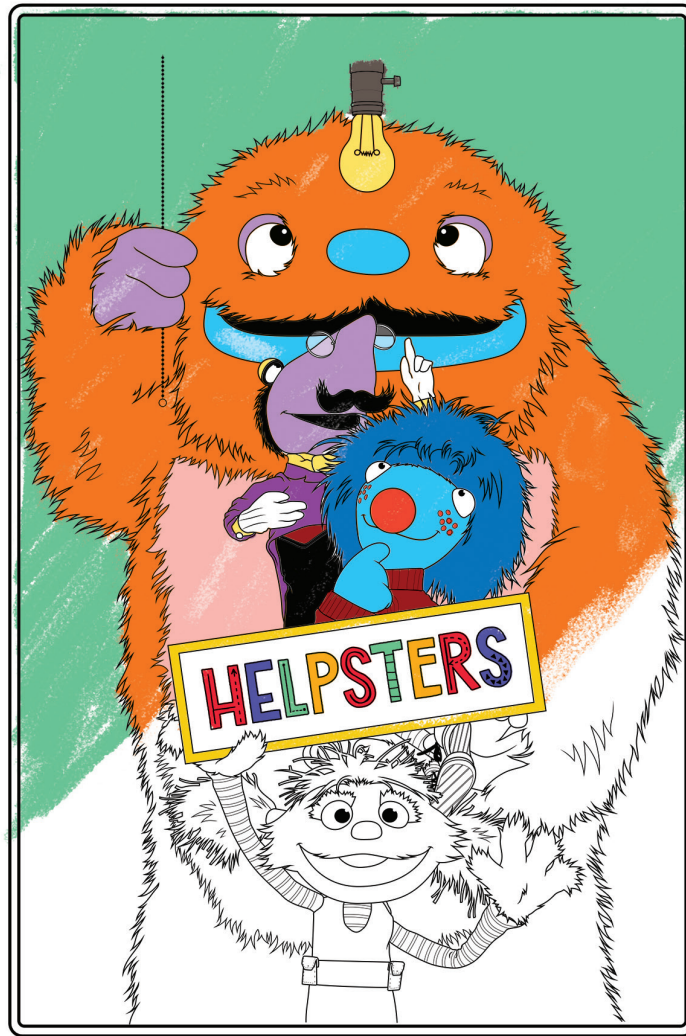
Go back through the sequence of jobs to **debug** and find where you went wrong. Keep trying until your drawing matches Mr. Primm's picture.



Color with your imagination!



Grab your favorite markers, crayons, pencils or paint and create your own masterpiece. Color all the Helpsters on the pages that follow.



No Printer? Screenshot these pages on your phone. Then color them in with your Apple Pencil and iPad. **Grown-ups** then share your kid's masterpiece to Instagram with the hashtag **#HelpstersHelpYou**.

FROM THE MAKERS OF SESAME STREET

HELPSTERS



Hi, I'm Cody!

FROM THE MAKERS OF SESAME STREET

HELPSTERS



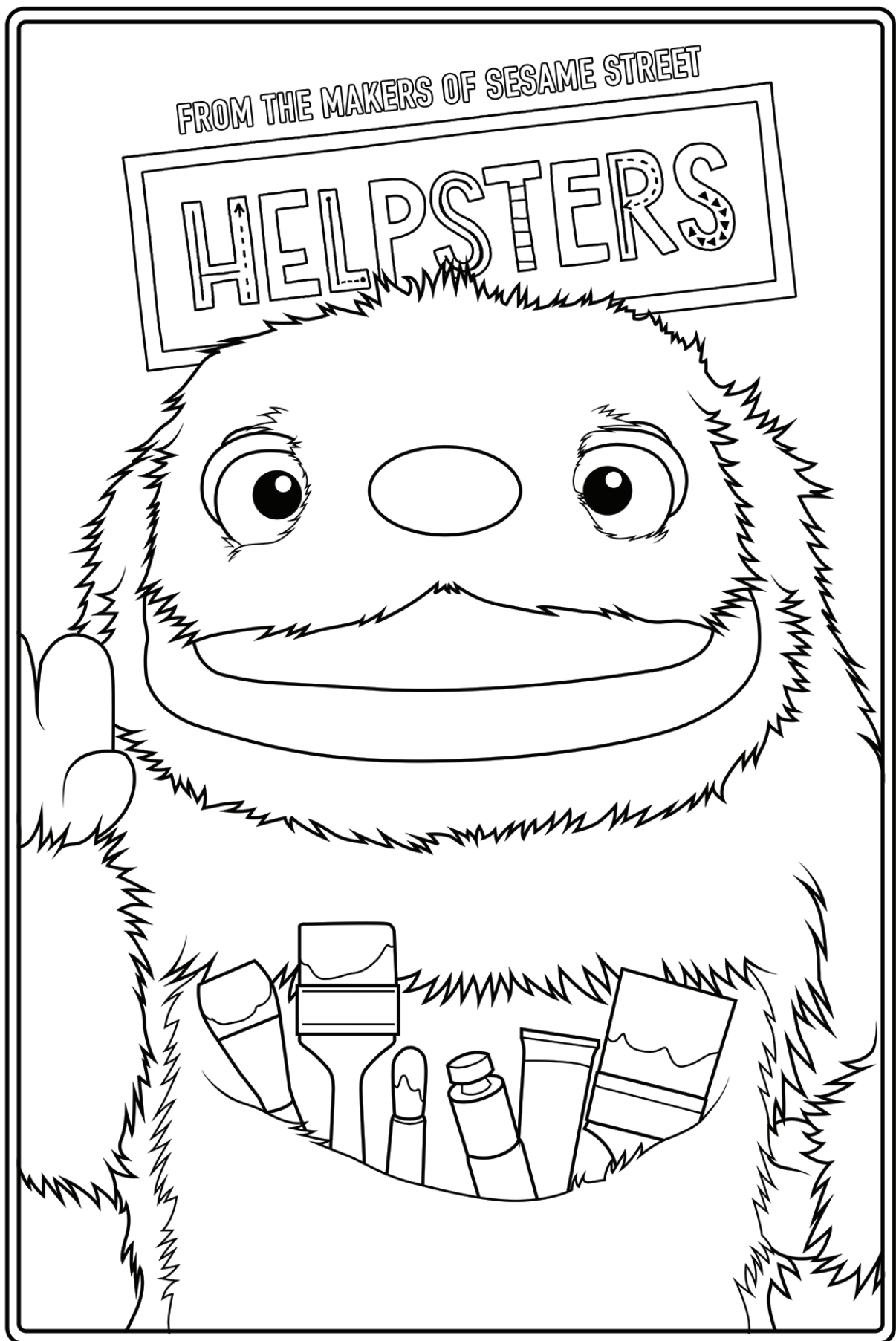
Hi, my name is Scatter!

FROM THE MAKERS OF SESAME STREET

HELPS

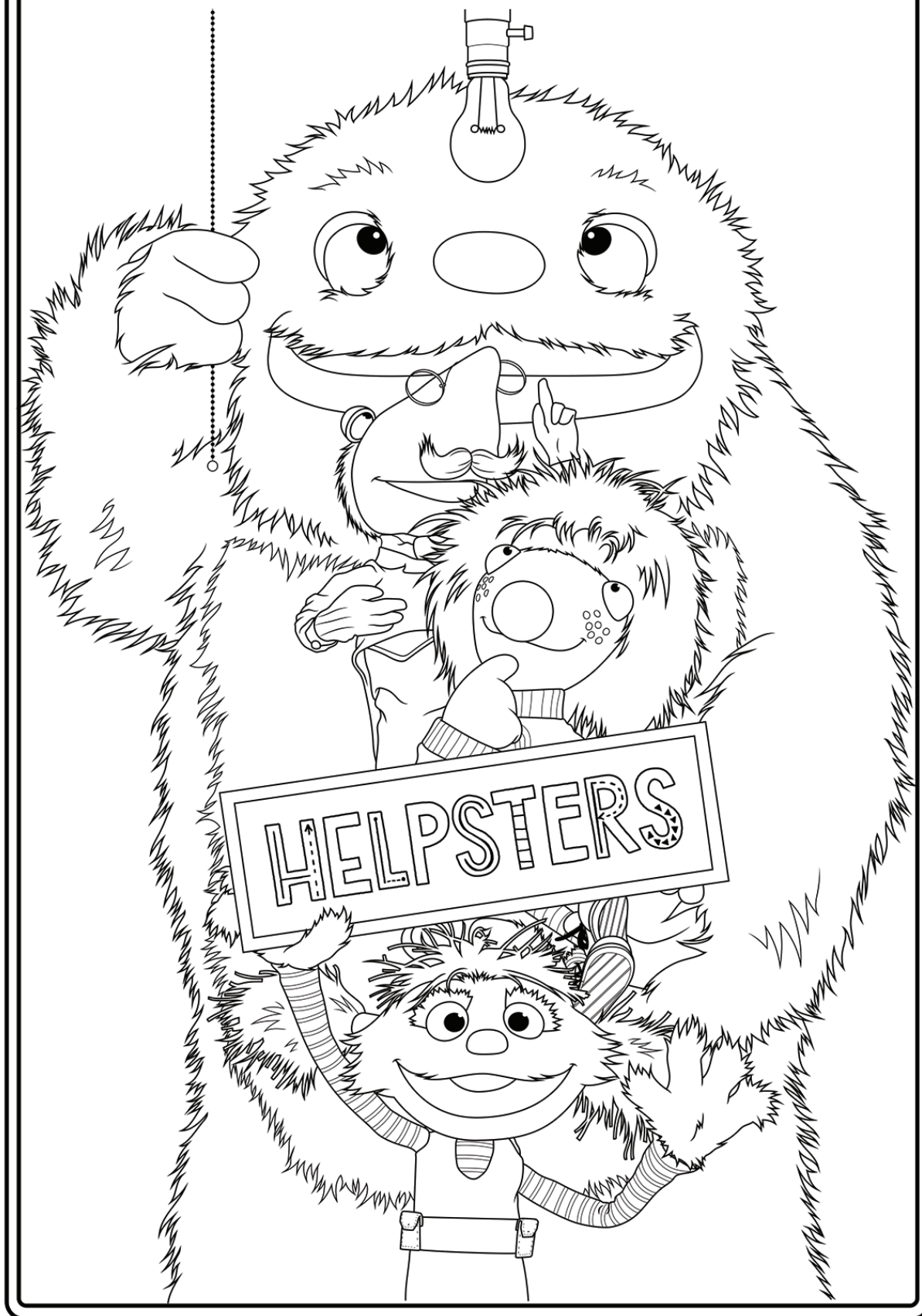


Hello, call me Mr. Primm.



Hey there, I'm Heart!

FROM THE MAKERS OF SESAME STREET



We're the Helpsters!

THANK YOU HELPER!



Hey helper! Color in Cody's thank you message and hang it up so you can always remember to be the most helpful helper!



A special thanks to you, **the kids** who are giving grown-ups a helping hand.

I am so proud of you.

Now, if you'll excuse me, I'm gonna see if there are even more ways I can help.
And I hope you will do the same!