



THROUGH OUR EYES
UPROOTED
FAMILY JOURNAL

Dear Family,



Welcome to “Uprooted” from the award-winning documentary series, *Through Our Eyes*. In this episode, we meet two families who share their challenges caused by issues related to our changing climate. These changes affect our environment by increasing the frequency and intensity of storms, floods, heat, drought, wildfires, and more. As you and your child watch “Uprooted” use this journal to explore your ideas and questions, and how we all can become environmental stewards for this generation and the next.

Meet the Children



Emma can name all the crops that used to grow on her family’s farm. She’s thinking about the future and how to use the land in a new way, as a place where kids can learn about nature.

“I think if other kids knew what climate change was and what it affected, they would want to help try and stop it.”

– Emma, 11 years old



Leo, like her big sister, Emma, has lived her whole life on the farm. She loves watering the potatoes growing in the greenhouse and making pasta from scratch. She also loves ice skating and climbing trees with her sister.

“Climate change is affecting a lot of us because it’s happening right now.”

– Leo, 8 years old



Mariah lives with her family in a motel room while her house is being rebuilt after a hurricane. She uses the motel desk for doing homework, making artwork, and eating. She’s looking forward to when they have a kitchen again, so her mom can make home-cooked spaghetti...perfection!

“I do a lot of water in my drawing, and a lot of rain, and a lot of thunder.”

– Mariah, 9 years old

Family Viewing Tips

As possible, take a moment to watch this video before sharing it with your child so that you can prepare for questions your child may have. As you watch, write down how your family manages through climate-related events. Ideas could include:

- Being curious about our natural world
- How we care for ourselves through our changing climate
- How we can become environmental stewards and upstanders

As we care for the natural world around us, we can become more resilient to climate changes by empowering ourselves with the information, skills, and resources to prepare and adapt to these events.

before

The natural world is wondrous!

As you talk with your child about their connections to the natural world, reinforce the idea that the world is a wondrous place. Share that your child will meet children who live in places that experience climate and weather events that may be different from yours. Reassure them that all the children in the video live with families who love them and keep them safe—just like you and your family.

during

Follow your child's lead.

As you watch the video with your child, pause the viewing to check in. Does your child have any questions? How is your child feeling? How are you feeling? Should you continue the viewing or take a break? Following your child's lead gives you the opportunity to do more listening and sharing. See the "Questions Kids Ask" list on the next page for additional support.

after

How can we help our environment?

With your child, think about how to turn your feelings and ideas into action. One way to start is by sharing that living things grow and thrive when we care for them. Then, begin noticing, appreciating, and celebrating our natural world. We can appreciate the smallest of green spaces around our neighborhood. We can take hikes and observe the creatures with whom we share this world.

Questions Kids Ask

Exploring and talking about climate change is much like talking about other tough topics or major news events. We should do so in developmentally sensitive ways, such as first asking your child what they may have heard about the topic. Modeling being curious, hopeful, and caring about our natural world creates moments for your child to ask questions and to take action to help.

To support you, here are a few questions children may ask. In all cases, follow your child's lead. Talk about these ideas when you and your child are calm. Holding such courageous conversations with your child can take place during or after watching this episode. They can even happen during everyday moments such as taking a walk or sorting items for recycling days.

What does climate change mean?

Climate change means that we can see and feel a change or difference in our typical everyday weather. This may mean that a cold season is now warmer, or that some places don't get enough rain. A changing climate can also lead to stronger storms, like the hurricane that flooded Mariah's family home.

What is the difference between weather and climate?

Weather is day to day. It is a specific event (condition of the atmosphere) like a sunny or rainy day. Weather happens over a few hours, days, or weeks. Climate is the pattern of weather over a long period of time. Scientists determine a region's climate by observing its weather patterns over many years.

Will we have to move because of climate change?

I am here to keep you safe and protected, no matter where we live. (If your child is developmentally ready or if it's needed, think about making a simple action plan for what to do in an emergency.)

How can we help?

There are things we can do to help take care of our natural world. Let's make a list of what we already do and then think about what else we can do. For example, we turn lights off after we leave a room. We also recycle. What else can we do?

This is your journal for drawing, writing, and sharing ideas about how you can help make the world a greener place for everyone.



MY JOURNAL: UPROOTED



cli·mate re·sil·ience: **Climate resilience** is the ability to anticipate, prepare for, respond to, and recover from significant climate events.

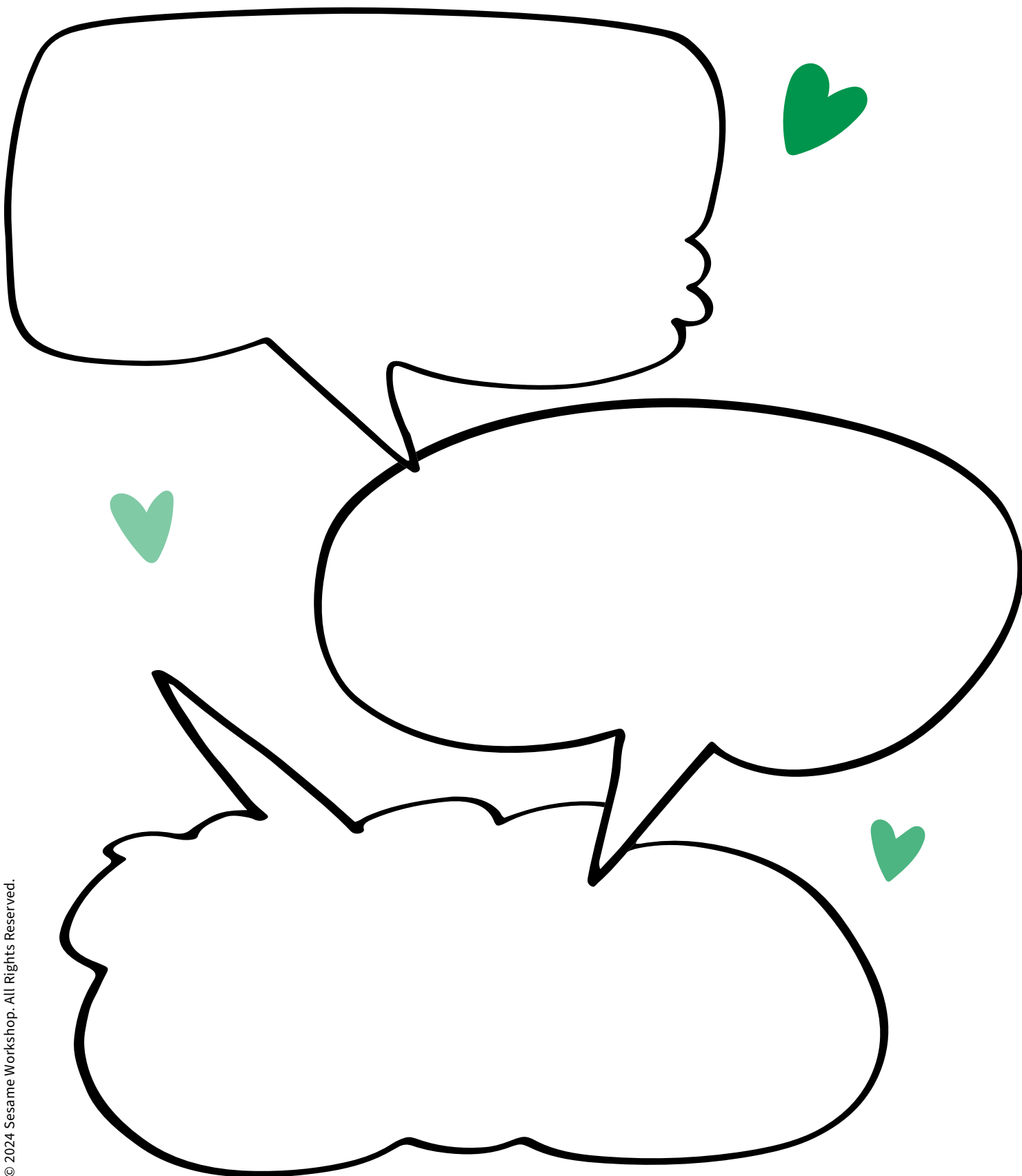
OUR Wonderful EARTH



Our natural world is an amazing place! Draw or write about some of the things you love most about nature.



What would you like to ask Mariah, Leo, and Emma?
What would you say to them if you were to meet them?



The form consists of three large, empty speech bubbles with black outlines, arranged vertically. The top bubble is rectangular with rounded corners and a small tail pointing down and to the left. The middle bubble is oval-shaped with a tail pointing up and to the left. The bottom bubble is cloud-shaped with a tail pointing up and to the left. There are three green hearts scattered around the bubbles: one to the right of the top bubble, one to the left of the middle bubble, and one to the right of the bottom bubble.

Here are a few ways to keep our Earth healthy.
Which ones would you like to do by yourself or with your family or a friend? What other ideas can you think of?

MY ACTION PLAN

☐ **Grow a plant.**

Trees and plants help keep our air clean.

☐ **Save electricity.**

Turn off lights and unplug small machines when they are not in use.

☐ **Save water.**

We will turn off the water while brushing our teeth (which can save up to 25 gallons of water), shorten our showers (saves up to 150 gallons of water), and turn off the water while we lather our hands.

☐ **Reduce, reuse, recycle, and upcycle!**

Instead of throwing some things away, how can we turn them into something new?

☐ **Show respect to planet Earth!**

Keep our Earth clean by not littering and picking up trash.



MY IDEAS

About Uprooted

In “Uprooted,” two families show us what climate resilience looks like. We meet sisters, Emma and Leo, who live with their family in Iowa, and Mariah, who lives with her family in Texas. Both families show us how they find hope and work together when faced with environmental challenges. These resilient parents and children guide us to understand that we can all be environmental upstanders!

For more information and
resources, please scan this
QR code:



About Sesame Workshop. Sesame Workshop is the global impact nonprofit behind *Sesame Street* and so much more. For over 50 years, we have worked at the intersection of education, media, and research, creating joyful experiences that enrich minds and expand hearts, all in service of empowering each generation to build a better world. Our beloved characters, iconic shows, outreach in communities, and more bring playful early learning to families in more than 150 countries and advance our mission to help children everywhere grow smarter, stronger, and kinder.

About the Director/Producer. Talleah Bridges McMahon is an award-winning director/producer who has worked on documentary series, features, and shorts. She got her start as a director on the PBS series *Black America Since MLK: And Still I Rise* with Henry Louis Gates, Jr., for which she received an Emmy nomination. Her producing credits include the documentary feature *My Name Is Pauli Murray*, which premiered at Sundance '21 and won Peabody and duPont-Columbia Awards; CNN's *The Nineties* and *The 2000s*; and the PBS series *Makers: Women Who Make America*. She was a co-producer on *The African Americans: Many Rivers to Cross*, which garnered Emmy, Peabody, duPont-Columbia and NAACP Image Awards.

About the Writer/Producer. Jim McMahon is a writer/producer and co-owner of Blue Midnight Pictures, a documentary production company he runs with his partner Talleah Bridges McMahon. Jim oversaw post-production and delivery for documentary films at Participant and supervised post-production for the documentary feature *My Name Is Pauli Murray*, which premiered at Sundance and won both Peabody and duPont-Columbia Awards. Previously, he was an executive producer at SundanceTV in New York, where he oversaw the channel's on-air promotion for many of their award-winning series.

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