

# ABC ME Week 6 Program Guide

**Sunday, 4 February 2024**

6:00am	<b>Dragon Ball Super</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
6:25am	<b>Dorg Van Dango</b> (CC,Repeat,G)
6:35am	<b>Coop Troop</b> (CC,G)
6:45am	<b>The Deep</b> (CC,AD,Repeat,G)
7:10am	<b>Kung Fu Panda: Legends Of Awesomeness</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:35am	<b>Kung Fu Panda: Legends Of Awesomeness</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
7:55am	<b>Planet Lulin</b> (CC,AD,Repeat,G)
8:20am	<b>Little Lunch</b> (CC,Repeat,G)
8:35am	<b>Little Lunch</b> (CC,Repeat,G)
8:50am	<b>Ted's Top Ten</b> (CC,AD,Repeat,G)
9:15am	<b>Home Sweet Rome!</b> (CC,G)
9:40am	<b>Home Sweet Rome!</b> (CC,G)
10:05am	<b>Dwight In Shining Armour</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:30am	<b>Dwight In Shining Armour</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
10:55am	<b>Malory Towers</b> (CC,AD,Repeat,G)
11:20am	<b>Malory Towers</b> (CC,AD,Repeat,G)

- 11:45am Holly Hobbie**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 12:05pm Holly Hobbie**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 12:30pm Hank Zipzer**  
(Repeat,G)
- 12:55pm Secret Life of Boys**  
(CC,Repeat,G)
- 1:20pm Grace Beside Me**  
(CC,Repeat,G)
- 1:45pm Grace Beside Me**  
(CC,Repeat,G)
- 2:10pm Horrible Histories**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 2:40pm Operation Ouch!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:10pm Operation Ouch!: Do Try This At Home**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 3:25pm Gardening Australia Junior**  
(CC,AD,Repeat,G)
- 3:35pm Odd Squad**  
(CC,Repeat,G)
- 4:00pm Planet Lulin**  
(CC,AD,Repeat,G)
- 4:25pm Bluey**  
(CC,AD,Repeat,G)
- 4:30pm Mystery Lane**  
(CC,Repeat,G)
- 4:55pm Miraculous: Tales Of Ladybug And Cat Noir**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 5:15pm Total Drama Island**  
(CC,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 5:40pm School Of Rock**  
(CC,Repeat,G)
- 6:05pm The Next Step: Perfect for You**  
(CC,Repeat,G)  
Lilly struggles to focus on dance, and Ozzy tries to find Richelle the perfect venue.

- 6:30pm**      **Operation Ouch!: It's Hairy!**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,This program shows medical procedures. In an emergency ring 000 for help)  
Can you lift a car with a ponytail? The doctors put the strength of human hair to the test and find out what makes different colours and types of hair.
- 7:00pm**      **Mythbusters "There's Your Problem!"**  
(CC,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
The Mythbusters crew are back with a crash-course in science! In a unique, fun-filled and custom-made encyclopaedia of impacts, explosions and experiments that everyone can enjoy.
- 7:30pm**      **Shaun The Sheep: Fossils**  
(AD,Repeat,G)  
Bitzer has a map and a nose for hidden treasure - especially when it's a bone! This time he has unearthed more than he can chew. Shaun and The Flock get stuck in to help discover what he has found.
- 7:35pm**      **Star Wars: Young Jedi Adventures: Yoda's Mission**  
(CC,AD,Repeat,G)  
Yoda gives the younglings a mission.
- 7:50pm**      **Kung Fu Panda: Legends Of Awesomeness: Sticky Situation**  
(CC,Repeat,G)  
Po accidentally destroys the training hall and seeks help from the original builder, unaware that the inventor is an old enemy of Shifu's.
- 8:15pm**      **The Legend Of Korra: Light In The Dark**  
(CC,Repeat,G)  
Book Two - Spirits, Chapter Fourteen: Korra discovers a way she may be able to defeat the ultimate dark spirit and save the world.
- 8:35pm**      **Jade Armor: La Vie en Rose**  
(CC,Repeat,G)  
When L.J.'s rose-tinted sunglasses turn out to be Shard-tinted, our heroine is her own problem. The effect makes her so Pollyanna, she can see no evil.
- 9:00pm**      **Grace Beside Me: The Sweetest Gift**  
(CC,Repeat,G)  
Desperate for a new bike, Fuzzy performs odd jobs to save money. Meanwhile Jesse suffers from stage fright auditioning for the school play.

- 9:25pm**      **100 Things To Do Before High School: Run With The Bears**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,Do not disturb or try to handle wild animals as they can be dangerous.)  
The gang each sets out to conquer their fears, but when CJ is faced with talking to her 8th grade crush, she needs the help of Fenwick and Crispo to cross this item off the list.
- 9:45pm**      **Gym Stars: When Friends and Family Have Your Back**  
(CC,Repeat,G)  
It's competition day for the Birmingham boys, and all change for Synchro trampoline duo Alannah and Morgan.
- 10:10pm**      **rage**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.

**Monday, 5 February 2024**

<b>6:00am</b>	<b>Dragon Ball Super</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>6:25am</b>	<b>Dorg Van Dango</b> (CC,Repeat,G)
<b>6:35am</b>	<b>Coop Troop</b> (CC,G)
<b>6:50am</b>	<b>Mystery Lane</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>7:10am</b>	<b>Open Season: Call of Nature</b> (CC,G)
<b>7:25am</b>	<b>Bionic Max</b> (CC,Repeat,G)
<b>7:35am</b>	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
<b>8:00am</b>	<b>Total DramaRama</b> (CC,Repeat,G)
<b>8:10am</b>	<b>Teenage Mutant Ninja Turtles</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:35am</b>	<b>The Fairly OddParents</b> (Repeat,G)
<b>8:55am</b>	<b>Get Blake!</b> (Repeat,G)
<b>9:10am</b>	<b>The Penguins Of Madagascar</b> (Repeat,G)
<b>9:30am</b>	<b>Kuu Kuu Harajuku</b> (Repeat,G)
<b>9:45am</b>	<b>Larry the Wonderpup</b> (Repeat,G)
<b>10:00am</b>	<b>Numberblocks</b> (CC,Repeat,G)
<b>10:05am</b>	<b>Grace's Amazing Machines</b> (Repeat,G)
<b>10:20am</b>	<b>Maddie's Do You Know?</b> (CC,G)
<b>10:40am</b>	<b>Ecomaths</b> (CC,Repeat,G)
<b>10:50am</b>	<b>SciGirls</b> (CC,Repeat,G)
<b>11:15am</b>	<b>Look Kool</b> (CC,Repeat,G)

<b>11:40am</b>	<b>Deep Dive Into Australia's Wild Odyssey</b> (CC,Repeat,G,Do not disturb or try to handle wild animals as they can be dangerous.,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
<b>12:00pm</b>	<b>Dwight In Shining Armour</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>12:25pm</b>	<b>Detention Adventure</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>12:40pm</b>	<b>Know It Alls: History</b> (CC,Repeat,G)
<b>12:45pm</b>	<b>Silverpoint</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>1:10pm</b>	<b>The Next Step</b> (CC,Repeat,G)
<b>1:35pm</b>	<b>The Next Step</b> (CC,Repeat,G)
<b>1:55pm</b>	<b>Horrible Histories</b> (CC,Repeat,G)
<b>2:25pm</b>	<b>Flix!</b> (Repeat,G)
<b>2:40pm</b>	<b>Supernoobs</b> (CC,Repeat,G)
<b>2:50pm</b>	<b>Supernoobs</b> (CC,Repeat,G)
<b>3:05pm</b>	<b>Hanazuki: Full Of Treasures</b> (CC,Repeat,G)
<b>3:15pm</b>	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>3:25pm</b>	<b>Dennis And Gnasher Unleashed!</b> (Repeat,G)
<b>3:40pm</b>	<b>The Deep</b> (CC,AD,Repeat,G)
<b>4:00pm</b>	<b>Cloudy With A Chance Of Meatballs</b> (Repeat,G)
<b>4:15pm</b>	<b>Bluey</b> (CC,AD,Repeat,G)
<b>4:20pm</b>	<b>Odd Squad</b> (Repeat,G)
<b>4:45pm</b>	<b>The Inbestigators</b> (CC,Repeat,G)
<b>5:00pm</b>	<b>Popularity Papers</b> (CC,G)

- 5:20pm**      **Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,G)
- 5:45pm**      **Hotel Transylvania: The Series**  
(CC,AD,Repeat,G)
- 6:00pm**      **Ted's Top Ten: No-Nos When You're Home Alone**  
(CC,AD,Repeat,G)  
Stu and Lani are taking Bodhi to a holiday camp for the weekend in an attempt to bond with her and bring some much-needed sunshine into her life.
- 6:25pm**      **BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm**      **Operation Ouch!: How Can You See in the Dark?**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,This program shows medical procedures. In an emergency ring 000 for help)  
How do you see in colour? And how can your eyes see in the dark? Time for Dr Xand to become Night Vision Man! Plus, in an Ouch! first, we see a camera go inside Dr Chris' lungs!
- 7:05pm**      **Horrible Histories: Orrible Oliver Cromwell**  
(CC,Repeat,G)  
We follow Oliver Cromwell as he rises from obscurity, challenges King Charles I in the English Civil War, and ultimately orders the King's execution.
- 7:30pm**      **Shaun The Sheep: The Skateboard**  
(AD,Repeat,G)  
Shaun decides he wants to have a go at skateboarding and sets about building a skatepark from scrap he finds in the dump. Before too long he gets carried away and suddenly discovers it's a bit riskier than he first thought.
- 7:35pm**      **The Penguins Of Madagascar: Cate-Astrophe/ King Julien For A Day**  
(CC,AD,Repeat,G)  
Private hones in on his cuteness factor and BOOSH! Any witness or potential threat is instantly disabled. / In the haste of a zoo animal community meeting, King Julien and Skipper agree to switch places for a single day.
- 8:00pm**      **The Legend Of Korra: A Breath Of Fresh Air**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Book Three - Change, Chapter One: As Korra tries to restore the streets of Republic city, she learns that her decision to keep the spirit portals open has created a new conflict between humans and spirits...

- 8:25pm**      **Jade Armor: Transparency**  
(CC,Repeat,G)  
Ban Tang isn't a ghost town, people are invisible. Black Tiger steals a crystal ball with an invisibility Shard in it to become the world's greatest thief.
- 8:45pm**      **Grace Beside Me: Blackbird**  
(CC,Repeat,G)  
It's Harmony Day and everyone is looking forward to the cultural showcase until Fuzzy has a premonition that Tui will be humiliated during her dance and Pop is leaving her forever.
- 9:15pm**      **100 Things To Do Before High School: Be A Fairy Godmother**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Hoping to insert a little magic into their middle school routine, CJ, Fen and Crispo set out to grant the wishes of some people in their lives.
- 9:35pm**      **Gym Stars: Always Believe in Yourself**  
(CC,Repeat,G)  
Acro pair Harry and George have perfected their routines ready to shine at the Acro British Championships.
- 10:10pm**      **rage**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.



**Tuesday, 6 February 2024**

<b>6:00am</b>	<b>Dragon Ball Super</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>6:25am</b>	<b>Dorg Van Dango</b> (CC,Repeat,G)
<b>6:35am</b>	<b>Coop Troop</b> (CC,G)
<b>6:50am</b>	<b>Mystery Lane</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>7:10am</b>	<b>Open Season: Call of Nature</b> (CC,G)
<b>7:25am</b>	<b>Bionic Max</b> (CC,Repeat,G)
<b>7:35am</b>	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
<b>8:00am</b>	<b>Total DramaRama</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:10am</b>	<b>Teenage Mutant Ninja Turtles</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:35am</b>	<b>The Fairly OddParents</b> (Repeat,G)
<b>8:55am</b>	<b>Get Blake!</b> (Repeat,G)
<b>9:10am</b>	<b>The Penguins Of Madagascar</b> (Repeat,G)
<b>9:30am</b>	<b>Kuu Kuu Harajuku</b> (Repeat,G)
<b>9:45am</b>	<b>Larry the Wonderpup</b> (Repeat,G)
<b>10:00am</b>	<b>BTN</b> (CC)
<b>10:25am</b>	<b>What's Your Problem?</b> (CC,G)
<b>10:35am</b>	<b>What's Your Problem? DIY Tutorials</b> (G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>10:40am</b>	<b>Hey You! What If</b> (CC,Repeat,G)

- 10:45am**      **Science Max! Experiments At Large**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,Some of these experiments can be dangerous. Do not try them without the help of an adult.)
- 11:10am**      **Built To Survive**  
(CC,Repeat,G,Do not disturb or try to handle wild animals as they can be dangerous.)
- 11:35am**      **So You Want To Be A Designer?**  
(CC,Repeat,G)
- 12:00pm**      **Dwight In Shining Armour**  
(CC,Repeat,G)
- 12:25pm**      **Red Dirt Riders**  
(Repeat,G)
- 12:40pm**      **Know It Alls: History**  
(CC,Repeat,G)
- 12:45pm**      **Silverpoint**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 1:10pm**        **The Next Step**  
(CC,Repeat,G)
- 1:35pm**        **The Next Step**  
(CC,Repeat,G)
- 1:55pm**        **Horrible Histories**  
(CC,Repeat,G)
- 2:25pm**        **Flix!**  
(Repeat,G)
- 2:40pm**        **Supernoobs**  
(CC,Repeat,G)
- 2:50pm**        **Supernoobs**  
(CC,Repeat,G)
- 3:00pm**        **Get Blake!**  
(Repeat,G)
- 3:15pm**        **The Brilliant World Of Tom Gates**  
(CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
- 3:25pm**        **Dennis And Gnasher Unleashed!**  
(Repeat,G)
- 3:40pm**        **The Deep**  
(CC,AD,Repeat,G)
- 4:00pm**        **Cloudy With A Chance Of Meatballs**  
(CC,Repeat,G)
- 4:15pm**        **Bluey**  
(CC,AD,Repeat,G)
- 4:20pm**        **Odd Squad**  
(Repeat,G)
- 4:45pm**        **The Inbestigators**  
(CC,Repeat,G)

- 5:00pm Popularity Papers**  
(CC,G)
- 5:20pm Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,G)
- 5:45pm Hotel Transylvania: The Series**  
(CC,AD,Repeat,G)
- 5:55pm So Awkward**  
(CC,Repeat,G)
- 6:25pm BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm Operation Ouch!: Magnificent Mucus**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)  
The doctors reveal the power of mighty mucus in keeping bacteria and air particles out of your airways. And in the emergency department, Maisie has a bead stuck up her nose!
- 7:00pm Horrible Histories: Rotten Rulers**  
(CC,Repeat,G)  
This episode features a host of Rotten Rulers, including Naughty Napoleon annoying his Josephine, and Horrid Henry VIII getting married, again!
- 7:30pm Shaun The Sheep: The Piano**  
(AD,Repeat,G)  
The Farmer is playing the piano and torturing everyone with his musical inability! When the Flock discover that Bitzer is a virtuoso they decide it's time for a party. They devise a plan to 'borrow' the piano from the Farmer.
- 7:40pm The Penguins Of Madagascar: A Visit From Uncle Nigel/ Maurice At Peace**  
(CC,AD,Repeat,G)  
Private's quirky Uncle Nigel pops in for a quick visit from across the pond./ The boys intercept a fax with cartographic news; Maurice has only 24 hours to live!
- 8:00pm The Legend Of Korra: Rebirth**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Book Three - Change, Chapter Two: Travelling across the Earth Kingdom with Team Avatar and Jinora, Tenzin finds that most of the new airbenders are not willing to uproot their lives to join them, except a young thief, Kai.
- 8:25pm Jade Armor: Crimson Moon**  
(CC,Repeat,G)  
Xin Qi needs a vessel like a genie needs a lamp. Tonight's strength-giving lunar event should help. But the Red Moon also causes Shards to rise.

- 8:50pm**      **Grace Beside Me: Catch Your Death**  
(CC,Repeat,G,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)  
It's Halloween and Fuzzy and her gang are at the cemetery scaring each other with ghost stories. Fuzzy follows a ghost dog to Pop's good friend Lefty's house and discovers Lefty has passed away.
- 9:15pm**      **100 Things To Do Before High School: Stay Up All Night**  
(CC,Repeat,G)  
It's the night of the school's sleepover fundraiser, and CJ, Fen and Crispo are determined to stay awake all night and witness their first sunrise. However, this proves to be a bigger challenge than originally thought.
- 9:35pm**      **Gym Stars: Things Don't Always Go To Plan**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Acro duo Finn and Kirsten compete as seniors for the first time at the British Championships in Liverpool.
- 10:10pm**      **rage**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.

**Wednesday, 7 February 2024**

<b>6:00am</b>	<b>Dragon Ball Super</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>6:25am</b>	<b>Dorg Van Dango</b> (CC,Repeat,G)
<b>6:35am</b>	<b>Coop Troop</b> (CC,G)
<b>6:50am</b>	<b>Mystery Lane</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>7:10am</b>	<b>Open Season: Call of Nature</b> (CC,G)
<b>7:25am</b>	<b>Bionic Max</b> (CC,Repeat,G)
<b>7:35am</b>	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
<b>8:00am</b>	<b>Total DramaRama</b> (CC,Repeat,G)
<b>8:10am</b>	<b>Teenage Mutant Ninja Turtles</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:35am</b>	<b>The Fairly OddParents</b> (Repeat,G)
<b>8:55am</b>	<b>Get Blake!</b> (CC,Repeat,G)
<b>9:10am</b>	<b>The Penguins Of Madagascar</b> (Repeat,G)
<b>9:30am</b>	<b>Kuu Kuu Harajuku</b> (Repeat,G)
<b>9:45am</b>	<b>Larry the Wonderpup</b> (Repeat,G)
<b>10:00am</b>	<b>Alphablocks</b> (CC,Repeat,G)
<b>10:10am</b>	<b>Are You Tougher Than Your Ancestors?</b> (CC,Repeat,G)
<b>10:35am</b>	<b>Know It Alls: History</b> (CC,Repeat,G)
<b>10:45am</b>	<b>The Gold Rush</b> (CC,Repeat,G)
<b>10:50am</b>	<b>Colonising Australia 1788-1901</b> (CC,Repeat,G)
<b>10:55am</b>	<b>My Place</b> (CC,Repeat,G)

- 11:20am Further Back In Time For Dinner: The Development Of A Nation**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
- 11:40am HMB Endeavour's Voyage of Exploration (2018)**  
(CC,Repeat,G,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
- 12:00pm Dwight In Shining Armour**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 12:25pm Red Dirt Riders**  
(Repeat,G)
- 12:40pm Know It Alls: History**  
(CC,Repeat,G)
- 12:45pm Silverpoint**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 1:10pm The Next Step**  
(CC,Repeat,G)
- 1:35pm The Next Step**  
(CC,Repeat,G)
- 1:55pm Horrible Histories**  
(CC,Repeat,G)
- 2:25pm Scream Street**  
(Repeat,G)
- 2:40pm Supernoobs**  
(CC,Repeat,G)
- 2:50pm Supernoobs**  
(CC,Repeat,G)
- 3:00pm Get Blake!**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 3:15pm The Brilliant World Of Tom Gates**  
(CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
- 3:25pm Dennis And Gnasher Unleashed!**  
(Repeat,G)
- 3:40pm The Deep**  
(CC,AD,Repeat,G)
- 4:00pm Cloudy With A Chance Of Meatballs**  
(Repeat,G)
- 4:15pm Bluey**  
(CC,AD,Repeat,G)
- 4:20pm Odd Squad**  
(Repeat,G)

- 4:45pm**      **The Inbestigators**  
(CC,Repeat,G)
- 5:00pm**      **Popularity Papers**  
(CC,G)
- 5:20pm**      **Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,G)
- 5:45pm**      **Hotel Transylvania: The Series**  
(CC,AD,Repeat,G)
- 5:55pm**      **So Awkward**  
(CC,Repeat,G)
- 
- 6:25pm**      **BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 
- 6:30pm**      **Operation Ouch!: Mind You Don't Fall!**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,This program shows medical procedures. In an emergency ring 000 for help)  
There's flamenco dancing in the lab as the doctors take a look at fat pads in your feet. Find out what to do if someone falls from height and watch out for a big Gross Alert in A&E.
- 
- 7:00pm**      **Horrible Histories: It's A Wicked World**  
(CC,Repeat,G)  
In this episode, we whizz around the world to visit the ghastly Genghis Khan, the wise Confucius and witness a dance off during a naval battle!
- 
- 7:30pm**      **Shaun The Sheep: The Snapshot**  
(AD,Repeat,G)  
The Farmer wants a family photo and instructs Bitzer to gather all the animals together. Getting them all to stand still at the same time is more than they can manage and Shaun discovers he's cut out of the shot!
- 
- 7:40pm**      **The Penguins Of Madagascar: Danger Wears A Cape/ Operation: Break Sphere**  
(CC,AD,Repeat,G)  
Private discovers a stack of lost comic books. Skipper immediately commands their destruction./ Shakespeare in the park has inspired Private as he struts around the zoo spouting iambic pentameter laden insults.
- 
- 8:00pm**      **The Legend Of Korra: The Earth Queen**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Book Three - Change, Chapter Three: Team Avatar travels to Ba Sing Se to search for Airbenders.

- 8:25pm**      **Jade Armor: Jade Infinity**  
(CC,Repeat,G)  
The Crimson Lord completes his Armor. The timing couldn't be worse for L.J. to learn she wasn't destined to be Jade.
- 8:50pm**      **Grace Beside Me: Love Me, Love Me Not**  
(CC,Repeat,G)  
Fuzzy is enjoying spending time with her dad and after seeing a spark between Sonny and Miss Long, she casts a love spell with Auntie Min's flowers.
- 9:15pm**      **100 Things To Do Before High School: Adopt A Flour Baby**  
(CC,Repeat,G)  
CJ believes she is responsible enough to have a pet, but before she can get one, Mum challenges her to take care of a flour baby in order to prove she's ready to look after a living creature.
- 9:35pm**      **Gym Stars: Quitting's Not Always an Option**  
(CC,Repeat,G)  
Artistic gymnast Madi needs to shine at her Grading, where she hopes to qualify as an elite!
- 10:10pm**      **rage**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.



**Thursday, 8 February 2024**

<b>6:00am</b>	<b>Dragon Ball Super</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>6:25am</b>	<b>Dorg Van Dango</b> (CC,Repeat,G)
<b>6:35am</b>	<b>Coop Troop</b> (CC,G)
<b>6:50am</b>	<b>Mystery Lane</b> (CC,Repeat,G)
<b>7:10am</b>	<b>Open Season: Call of Nature</b> (CC,G)
<b>7:25am</b>	<b>Bionic Max</b> (CC,Repeat,G)
<b>7:35am</b>	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
<b>8:00am</b>	<b>Total DramaRama</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:10am</b>	<b>Teenage Mutant Ninja Turtles</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:35am</b>	<b>The Fairly OddParents</b> (Repeat,G)
<b>8:55am</b>	<b>Get Blake!</b> (Repeat,G)
<b>9:10am</b>	<b>The Penguins Of Madagascar</b> (Repeat,G)
<b>9:30am</b>	<b>Kuu Kuu Harajuku</b> (Repeat,G)
<b>9:45am</b>	<b>Larry the Wonderpup</b> (Repeat,G)
<b>10:00am</b>	<b>Numberblocks</b> (CC,Repeat,G)
<b>10:05am</b>	<b>My Pet And Me: Teeny Tiny Creatures</b> (Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
<b>10:25am</b>	<b>Let's Dance</b> (Repeat,G)
<b>10:30am</b>	<b>What's For Dinner? Lunar New Year</b> (CC,Repeat,G)
<b>10:45am</b>	<b>BTN</b> (CC,Repeat)
<b>11:10am</b>	<b>Know It Alls: Science</b> (CC,Repeat,G)

<b>11:20am</b>	<b>Fierce Earth</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>11:45am</b>	<b>Many Lands, Many Seasons</b> (CC,Repeat,G,For some of these activities you need to ask for an adult's permission. Do not try doing them on your own.)
<b>12:00pm</b>	<b>Dwight In Shining Armour</b> (CC,Repeat,G)
<b>12:25pm</b>	<b>Red Dirt Riders</b> (Repeat,G)
<b>12:40pm</b>	<b>Know It Alls: History</b> (CC,Repeat,G)
<b>12:45pm</b>	<b>Silverpoint</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>1:10pm</b>	<b>The Next Step</b> (CC,Repeat,G)
<b>1:35pm</b>	<b>The Next Step</b> (CC,Repeat,G)
<b>1:55pm</b>	<b>Horrible Histories</b> (CC,Repeat,G)
<b>2:25pm</b>	<b>Scream Street</b> (Repeat,G)
<b>2:40pm</b>	<b>Almost Naked Animals</b> (CC,Repeat,G)
<b>2:50pm</b>	<b>Almost Naked Animals</b> (CC,Repeat,G)
<b>3:00pm</b>	<b>Get Blake!</b> (Repeat,G)
<b>3:15pm</b>	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
<b>3:25pm</b>	<b>Dennis And Gnasher Unleashed!</b> (Repeat,G)
<b>3:40pm</b>	<b>The Deep</b> (CC,AD,Repeat,G)
<b>4:00pm</b>	<b>Cloudy With A Chance Of Meatballs</b> (Repeat,G)
<b>4:15pm</b>	<b>Bluey</b> (CC,AD,Repeat,G)
<b>4:20pm</b>	<b>Odd Squad</b> (Repeat,G)
<b>4:45pm</b>	<b>The Inbestigators</b> (CC,Repeat,G)

- 5:00pm Popularity Papers**  
(CC,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 5:20pm Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,G)
- 5:45pm Hotel Transylvania: The Series**  
(CC,AD,Repeat,G)
- 5:55pm So Awkward**  
(CC,Repeat,G)
- 6:25pm BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 6:30pm Operation Ouch!: Tendon Take Off!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)  
George the tree frog joins the doctors to investigate how your Achilles tendon works using huge catapults! Plus there's a suspected spider-bite in the Emergency Department.
- 7:00pm Horrible Histories: Savage Songs**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
An episode featuring all your favourite songs from the series. Sing along about his burnt cakes with King Alfred, or Henry VIII's love of reformation!
- 7:30pm Shaun The Sheep: Prickly Heat**  
(AD,Repeat,G)  
It's a scorching hot day on the farm and the Flock need to cool off. When Bitzer discovers the Sheep Dip is out of action the Flock have to come up with another plan.
- 7:40pm The Penguins Of Madagascar: Operation: Neighbour Swap/ Herring Impaired**  
(CC,AD,Repeat,G)  
The penguins, annoyed by the lemur's constant music, plan to get them transferred, but things soon spiral out of control./ The penguins journey to the bottom of the Atlantic for 100 year-old preserved herring.
- 8:00pm The Legend Of Korra: In Harm's Way**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Book Three - Change, Chapter Four: After discovering that the Earth Queen is forcing all the Airbenders in Ba Sing Se to join her army, Korra makes a plan to bust them out.

- 8:25pm**      **Kong: King Of The Apes: Act 1**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Kong, a baby ape escapes from ruthless poachers and is saved by a young boy Lukas. He and his family raise Kong much to the disapproval of Lukas' twin brother Richard who tries to get rid of Kong.
- 8:45pm**      **Grace Beside Me: The Wishing Tree**  
(CC,Repeat,G)  
It's the annual Wishing Tree in Laurie Dale and while collecting community gifts, Fuzzy discovers Cat has moved from her big farmhouse and is now living in a tiny apartment with her dad, Mayor Ridgeway.
- 9:10pm**      **100 Things To Do Before High School: Change Your Look And See What Happens**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
CJ and the boys decide to change up their wardrobe and try out new looks. They soon realise there is a lot of power in the clothes you wear and you cannot judge a book by its cover.
- 9:35pm**      **Gym Stars: Never Say Never**  
(CC,Repeat,G)  
Phoebe's leadership skills are put to the test as she heads up the Academy Angels at the Club Championships.
- 10:10pm**      **rage: Guest Programmer**  
(Repeat,PG,Some of the music clips in this show may not be appropriate for everyone watching ABC ME. If you're under fifteen you should check with an adult before watching this next show.)  
Wall-to-wall music videos, from new releases to classics and the long-forgotten.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.

**Friday, 9 February 2024**

<b>6:00am</b>	<b>Dragon Ball Super</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>6:25am</b>	<b>Dorg Van Dango</b> (CC,Repeat,G)
<b>6:35am</b>	<b>Coop Troop</b> (CC,Repeat,G)
<b>6:50am</b>	<b>Mystery Lane</b> (CC,Repeat,G)
<b>7:10am</b>	<b>Open Season: Call of Nature</b> (CC,G)
<b>7:25am</b>	<b>Bionic Max</b> (CC,Repeat,G)
<b>7:35am</b>	<b>Miraculous: Tales Of Ladybug And Cat Noir</b> (CC,Repeat,G)
<b>8:00am</b>	<b>Total DramaRama</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:10am</b>	<b>Teenage Mutant Ninja Turtles</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>8:35am</b>	<b>The Fairly OddParents</b> (Repeat,G)
<b>8:55am</b>	<b>Get Blake!</b> (Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
<b>9:10am</b>	<b>The Penguins Of Madagascar</b> (Repeat,G)
<b>9:30am</b>	<b>Kuu Kuu Harajuku</b> (Repeat,G)
<b>9:45am</b>	<b>Larry the Wonderpup</b> (Repeat,G)
<b>10:00am</b>	<b>Little J And Big Cuz Indigenous Languages</b> (Repeat,G)
<b>10:15am</b>	<b>Grandpa Honeyant Storytime</b> (CC,Repeat,G)
<b>10:20am</b>	<b>House Of Sound</b> (CC,Repeat,G)
<b>10:30am</b>	<b>Art With Mati And Dada</b> (CC,Repeat,G)
<b>10:45am</b>	<b>Your Paintings</b> (CC,Repeat,G)
<b>10:50am</b>	<b>The Storybuilding Tool Kit</b> (CC,Repeat,G)

11:00am	<b>Bringing Books to Life</b> (CC,Repeat,G)
11:05am	<b>Smart Secrets Of Great Paintings</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:35am	<b>BTN: Media Literacy</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
11:50am	<b>Poetry: Between The Lines</b> (CC,Repeat,G)
12:00pm	<b>Dwight In Shining Armour</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
12:25pm	<b>Red Dirt Riders</b> (Repeat,G)
12:40pm	<b>Know It Alls: History</b> (CC,Repeat,G)
12:45pm	<b>Silverpoint</b> (CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
1:10pm	<b>The Next Step</b> (CC,Repeat,G)
1:35pm	<b>The Next Step</b> (CC,Repeat,G)
1:55pm	<b>Horrible Histories</b> (CC,Repeat,G)
2:25pm	<b>Scream Street</b> (Repeat,G)
2:40pm	<b>Almost Naked Animals</b> (CC,Repeat,G)
2:50pm	<b>Almost Naked Animals</b> (CC,Repeat,G)
3:00pm	<b>Get Blake!</b> (Repeat,G)
3:15pm	<b>The Brilliant World Of Tom Gates</b> (CC,Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
3:25pm	<b>Dennis And Gnasher Unleashed!</b> (Repeat,G)
3:40pm	<b>The Deep</b> (CC,AD,Repeat,G)
4:00pm	<b>Cloudy With A Chance Of Meatballs</b> (Repeat,G)
4:15pm	<b>Bluey</b> (CC,AD,Repeat,G)
4:20pm	<b>Odd Squad</b> (Repeat,G)

- 4:45pm**      **The Inbestigators**  
(CC,Repeat,G)
- 5:00pm**      **Popularity Papers**  
(CC,G)
- 5:20pm**      **Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,G)
- 5:45pm**      **Hotel Transylvania: The Series**  
(CC,AD,Repeat,G)
- 5:55pm**      **So Awkward**  
(CC,Repeat,G)
- 
- 6:25pm**      **BTN Newsbreak**  
(CC)  
Find out what's going on in the world with a news bulletin designed for children, featuring stories that are relevant and easy to understand.
- 
- 6:30pm**      **Operation Ouch!: Mouth v Knee**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,This program shows medical procedures. In an emergency ring 000 for help)  
Welcome to the scab factory. The doctors investigate which part of your body heals the fastest, mouth versus knee! Plus in the emergency department, Sophie has a screw in her foot!
- 
- 7:00pm**      **Horrible Histories: Queen Vic's Home Vids**  
(CC,Repeat,G)  
Victorian Fake News, Paparazzi, and camera men strapped to the front of moving trains, Queen Victoria shows you how her subjects invented and became obsessed with films!
- 
- 7:30pm**      **Shaun The Sheep: The Hang Glider**  
(AD,Repeat,G)  
The Farmer has a thrilling new hobby - however it's not as easy as it looks! When the Farmer gets stuck in a tree Bitzer comes to his rescue, leaving Shaun and the Flock to get to grips with the airborne contraption.
- 
- 7:40pm**      **The Penguins Of Madagascar: Rock-A-Bye Birdie/ All Tied Up With A Boa**  
(CC,AD,Repeat,G)  
An accidental zap from the Fresherizer ray turns Skipper into an adorable baby./ The zoo animals are in a panic when word reaches them that Savio the boa constrictor has escaped from the Hoboken Zoo.
- 
- 8:05pm**      **Transformers: EarthSpark: Secret Legacy Part 1**  
(CC,AD,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Robby has trouble adjusting after their family's big move to the rural town of Witwicky, until he and his sister, Mo, discover the first-ever Earthborn Transformers.

- 8:25pm**      **Dragon Ball Super: How Dare You Do That To My Bulma! Vegeta's Metamorphosis Of Fury!**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
When even Buu can't land a hit on Beerus, Vegeta steps in to calm the angry God. The other Z fighters step in, but Beerus proves to be a challenge unlike any other. When he threatens Bulma, will Vegeta finally make his move?
- 8:50pm**      **Dragon Ball Super: Goku Makes An Entrance At Last! A Last Chance From Lord Beerus!**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
With a new surge of power, Vegeta attacks Beerus! But it isn't enough. Giving Earth a second chance, Beerus challenges Oolong to rock-paper-scissors. Will Goku arrive in time to help his friends and planet?
- 9:15pm**      **100 Things To Do Before High School: Have A Scavenger Hunt**  
(CC,Repeat,G)  
When Crispo can't afford to join his friends at a concert, CJ and Fen devise a plan to get him a ticket without him knowing it's from them.
- 9:35pm**      **Gym Stars: Leaving Your Comfort Zone**  
(CC,Repeat,G)  
Coach Liz treats Amelie and Phoebe to some well-deserved rest and relaxation after a tiring training camp.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.



**Saturday, 10 February 2024**

- 6:00am Dragon Ball Super**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 6:25am Dorg Van Dango**  
(CC,Repeat,G)
- 6:35am Coop Troop**  
(CC,Repeat,G)
- 6:50am The Deep**  
(CC,AD,Repeat,G)
- 7:10am Kung Fu Panda: Legends Of Awesomeness**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 7:35am Kung Fu Panda: Legends Of Awesomeness**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 8:00am Miraculous: Tales Of Ladybug And Cat Noir**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 8:25am Transformers: EarthSpark**  
(CC,AD,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 8:50am The Flamin' Thongs**  
(CC,Repeat,G)
- 9:00am Total Drama Island**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 9:25am Jade Armor**  
(CC,Repeat,G)
- 9:45am Dragon Ball Super**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 10:10am Dragon Ball Super**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 10:35am Dragon Ball Super**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 11:00am Kong: King Of The Apes**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 11:20am Kong: King Of The Apes**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 11:40am**      **Slugterra**  
(CC,Repeat,G)
- 12:05pm**      **Built To Survive**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,Do not disturb or try to handle wild animals as they can be dangerous.)
- 12:30pm**      **Operation Ouch!: Do Try This At Home**  
(CC,Repeat,G,Some of these experiments can be dangerous. Do not try them without the help of an adult.)
- 12:45pm**      **Critters TV**  
(Repeat,G)
- 12:55pm**      **Mindful Earth**  
(Repeat,G)
- 1:10pm**        **Draw With Will**  
(Repeat,G)
- 1:20pm**        **Art Ninja**  
(Repeat,G,For some of these craft projects you need an adult's help. Do not try making them on your own.)
- 1:40pm**        **The Dengineers**  
(Repeat,G)
- 2:10pm**        **Horrible Histories**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 2:40pm**        **Operation Ouch!**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.,This program shows medical procedures. In an emergency ring 000 for help)
- 3:05pm**        **Operation Ouch!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)
- 3:35pm**        **Odd Squad**  
(CC,Repeat,G)
- 4:00pm**        **Planet Lulin**  
(CC,AD,Repeat,G)
- 4:25pm**        **Bluey**  
(CC,AD,Repeat,G)
- 4:30pm**        **Mystery Lane**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 4:55pm**        **Miraculous: Tales Of Ladybug And Cat Noir**  
(Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 5:15pm**        **Total Drama Island**  
(CC,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)

- 5:40pm School Of Rock**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)
- 6:05pm The Next Step: My Philosophy**  
(CC,Repeat,G)  
Kenzie auditions three dancers for the Nationals solo.
- 6:30pm Operation Ouch!: You're Mostly Made of Water!**  
(CC,Repeat,G,This program shows medical procedures. In an emergency ring 000 for help)  
Did you know you're mostly made of water? Find out how as the doctors say hello to your hypothalamus - the amazing part of your brain that keeps you hydrated.
- 7:00pm Mythbusters "There's Your Problem!"**  
(CC,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
The Mythbusters crew are back with a crash-course in science! In a unique, fun-filled and custom-made encyclopaedia of impacts, explosions and experiments that everyone can enjoy.
- 7:30pm Shaun The Sheep: The Shadow Play**  
(AD,Repeat,G)  
It's bedtime for Timmy but he's overtired and won't go to sleep. Nothing seems to calm him until Shaun accidentally makes a shadow puppet on the wall. Eureka! They'll put on a puppet show to help Timmy go to sleep!
- 7:35pm Star Wars: Young Jedi Adventures: Nash's Race Day**  
(CC,AD,Repeat,G)  
Nash's Jedi friends help her compete in a race.
- 7:50pm Kung Fu Panda: Legends Of Awesomeness: The Princess And The Po**  
(CC,Repeat,G)  
Po, Tigress, and Mantis are assigned to escort the Emperor's daughter, Pei Pei, on a peacemaking visit to the Qidan clan.
- 8:15pm The Legend Of Korra: The Metal Clan**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Book Three - Change, Chapter Five: Korra's quest leads her and her friends to the metal city of Zaofu.

- 8:35pm**      **Kong: King Of The Apes: Act 2**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Kong, a baby ape escapes from ruthless poachers and is saved by a young boy Lukas. He and his family raise Kong much to the disapproval of Lukas' twin brother Richard who tries to get rid of Kong.
- 9:00pm**      **Grace Beside Me: The Battle Of Lola's Forest**  
(CC,Repeat,PG,This program is rated PG, parental guidance is recommended for viewers under fifteen years.)  
Fuzzy finds that the forest is dying. Something is sucking the energy out of it and all of the wildlife has fled. When Fuzzy investigates further she sees a black mass chasing Lola, leaving her frail and old.
- 9:25pm**      **100 Things To Do Before High School: Make A New Friend**  
(CC,Repeat,G)  
CJ and the boys decide to expand their group, but making new friends throws each of them into unexpected situations.
- 9:50pm**      **Gym Stars: Making it Happen**  
(CC,Repeat,G)  
Artistic gymnast Trumaine has some great news and is off to a special training camp.
- 11:15pm**      **ABC ME Programs Resume At 6am**  
ABC ME programs resume at 6am.