



Big Heart World Educator Guide

Feelings

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PRESENTED BY

spar^kler

IN PARTNERSHIP WITH **noggin**



Contents of This Guide

Find out what's included!



Use Big Heart World resources in your classroom and share our Parent & Caregiver Guide — which will be released each month — with the families of your students.

What to expect in this guide:

1. What is Big Heart World?
2. Feelings: The Second Unit of Big Heart World
3. The Big Heart World learning approach
4. Big Heart Vocabulary
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Visit www.BigHeartWorld.org for articles, games, do-together activities, and more to help you build your students' big hearts!

What is Big Heart World?

Big Heart World aims to help you help the children in your care learn social and emotional skills — what it means to have a *big heart* and how to grow one. This means:

- ★ Learning about me (self)
- ★ Learning about you (others)
- ★ Learning about us (relationships)

Learning social and emotional skills is *a/ways* important to children's development, but is particularly important now due to changes and school closures brought about by COVID-19.

If you're wondering how to help your students express their feelings, figure out friendships, and share, Big Heart World is for you.

If you're feeling overwhelmed by the pandemic, school closures, and endless change and transition, Big Heart World is for you.

If you're interested in ways to help children adjust to a classroom environment after months of being at home, and want to get advice from leading experts in the fields of education, psychology, medicine and more, Big Heart World is for you.

How wonderful would it be if everyone lived in a Big Heart World?

Big Heart World is presented by Sparkler Learning in partnership with Noggin and with support from many non-profit partner organizations.

Learn more: bigheartworld.org/about-us



Feelings:



The Second Unit of Big Heart



Angry! Happy! Frustrated! Silly! Scared! Sad!

Every person on the planet has a range of emotions, and children's feelings are just as real and important for them as YOUR feelings are for you.

Babies express their feelings through smiles and cries. Toddlers start to experience a greater range of feelings and, with help, can start to identify their feelings. Before children's language skills develop, they will use their facial expressions and bodies to express their feelings. This might include crying, stomping, or even hitting. It takes time to learn how to manage feelings.

Children learn about their feelings — and how to control them — by watching the grown-ups in their lives. So remember: the kids are watching! If you are angry with someone, it's a good idea for you to say, "I'm angry," and to show your child some effective ways of dealing with your anger — like taking deep breaths to relax or talking calmly to the other person to resolve the conflict.

You have the power to help your child to feel safe exploring and expressing all of their emotions without shame. When children feel they can come to you and share their feelings, they will continue to trust you and rely on you for emotional support.

It can take time and practice for kids to learn to express and manage their big feelings, but remember: all the hard work will pay off. As they learn about their feelings, they'll build important skills for success in school and beyond, like empathy, independence, the ability to navigate relationships, and the capacity to overcome challenges along the way,

The Big Heart World Learning Approach



In April, we started learning about “me” with a focus on identity and belonging. This month, we dive deeper into our focus on self by exploring the feelings. Here is an overview of the Big Heart World approach so you know what is ahead.



Identity & Belonging

Our identity makes us who we are. This includes our skills, passions, preferences, physical traits, culture, and language.



Feelings

Identifying emotions and managing them helps us build relationships and overcome challenges.



Similarities & Differences

Recognizing similarities and differences helps us appreciate that we have a lot in common and that everyone is unique.



Friendship

Interacting with others and treating them with kindness helps us form strong relationships.



Empathy

Walking in others' shoes helps us understand others and form stronger relationships with them.



Problem Solving

Sharing, listening to others, solving problems together, and taking turns helps us collaborate with others.



Helping

Being kind, fair, and helping others helps us become great friends, neighbors, and community members.



Upstanding

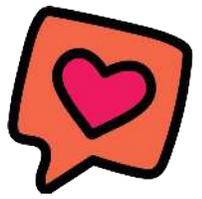
When we see something wrong, we can learn to stand up for what's right. Learning to stand up will help children grow up to be change-makers.



Global Citizenship

Each of us is part of a BIG world: together, we can make the world a better, kinder place.

Let's Learn Some Big Heart Words!



When you introduce new vocabulary words, you help your child learn the words they'll need to express their feelings and communicate with you and others. Here are some words you can share related to identity and belonging.

- ★ **Afraid** - feeling fear or anxiety, frightened
- ★ **Angry** - mad
- ★ **Anxious** - uneasy, worried, and fearful about something
- ★ **Brave** - having courage
- ★ **Calm Down** - to relax or settle down
- ★ **Confused** - mixed up
- ★ **Curious** - eager to know or learn
- ★ **Disappointed** - not meeting someone's hope, desire, or expectation
- ★ **Embarrassed** - feeling awkward, self-conscious, or ashamed
- ★ **Emotion** - a deep feeling
- ★ **Energetic** - with a high level of energy
- ★ **Excited** - enthusiastic and eager
- ★ **Feelings** - an emotional state or reaction
- ★ **Frustrated** - feeling or expressing distress and annoyance, especially because of inability to change or achieve something
- ★ **Happy** - glad
- ★ **Lonely** - feeling sad because you're without companions
- ★ **Mad** - very angry
- ★ **Nervous** - uneasy
- ★ **Proud** - pleased with yourself
- ★ **Relaxed** - free from tension and anxiety; at ease
- ★ **Sad** - unhappy, feeling sorrow
- ★ **Scared** - feeling afraid
- ★ **Silly** - playfully lighthearted and amusing
- ★ **Surprised** - feeling astonished by something unexpected
- ★ **Upset** - feeling disappointed, unhappy, or worried



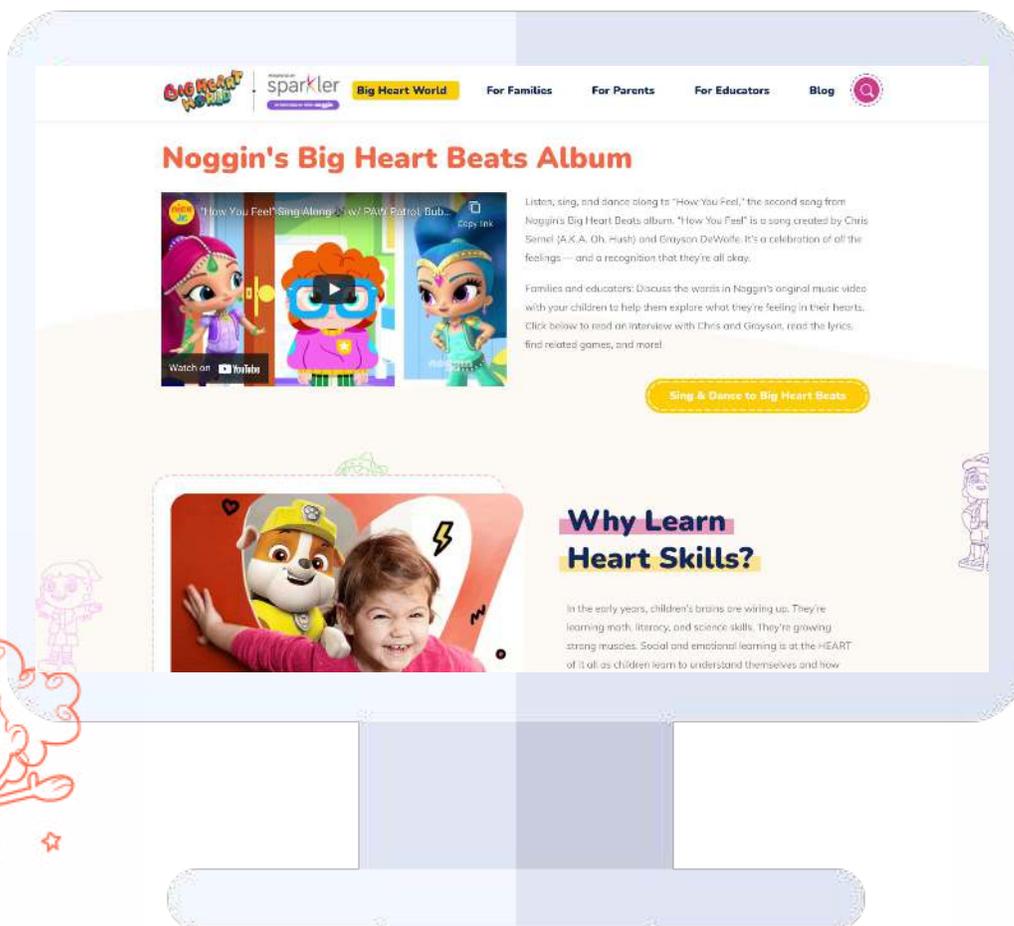
BIG HEART

Activities





Sing and Dance to Noggin's "How You Feel"



Each month, a new music video in Noggin's Big Heart Beats album will be released on BigHeartWorld.org. The songs correspond to the monthly themes.

"How You Feel" by Chris Sernel (a.k.a. Oh, Hush) and Grayson DeWolfe is the second song in the album. It celebrates identity, individuality, and self-respect. You can play it for your students during transitions or to prompt a discussion about the themes the song addresses.

“How You Feel”

Song



“How You Feel” is a song by Oh, Hush and Grayson DeWolfe. It’s the second song in Noggin’s Big Heart Beats album. The lyrics introduce children to a range of feelings.

Sometimes I feel happy
Like I could touch the sky
Sometimes I feel grumpy
So sad that I just sigh
Sometimes when I feel angry
I stop and count to ten
Makes it a lot less scary
When someone holds my hand

Happy or you’re sad
These emotions are for real
Anxious or real mad
It’s OK to feel

How you feel, hey!
It’s OK to feel how you feel
It’s OK to talk about you you’re
Feeling any day, oh in every way
How you feel
It’s OK to feel how you feel

Sometimes, I get nervous
My heart starts to dance
Sometimes I feel silly
Roll on the ground and laugh
Sometimes when I’m impatient
I stop and take a breath
But I’m always thankful
To know I have a friend

Worried or confused
These emotions are for real
When you’re asked “How are you?”
It’s OK to say how you feel.

How you feel, Hey!
It’s OK to feel how you feel
It’s OK to talk about how you you’re
Feeling any day, oh in every way
How you feel
It’s OK to feel
How you feel, hey!
It’s OK to feel how you feel
It’s OK to talk about how you’re
Feeling any day, oh in every way
How you feel, hey!
It’s OK to feel how you feel!



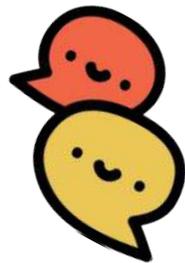


Explore Feelings in your Classroom

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- Dance How You Feel** (Wellness, Social and Emotional)
Play “How You Feel” on www.bigheartworld.org. Sing and dance along. Babies will enjoy moving with you as you dip, sway, and spin. Bigger kids can dance what they feel as they listen to the song. Dancing together is one way for families to build strong attachments and create warm memories.
 - How You Feel Freeze Dance** (Learn About: Social and Emotional Skills, Focus & Problem Solving, Arts)
Help your child build rhythm and the ability to control their body with a game of freeze dance. Play the song “How You Feel” (available for free at www.bigheartworld.org). Players should stop dancing when the music stops!
 - Count Your Feeling Words** (Learn About: Social and Emotional Development, Math)
The lyrics to “How You Feel” mention many different feelings. How many feeling words can we count as we listen to the song?
 - How You Feel-o-Meter** (Learn About: Social and Emotional Development)
Use the printable (found at www.bigheartworld.org) to keep track of how each family member feels. It’s a fun way to talk about your emotions!
 - Play How You Feel!** (Learn About: Social and Emotional Development, Arts)
After listening to “How You Feel,” try a feelings activity from our playroom (www.bigheartworld.org/big-heart-playroom) — off screen, with paper and crayons — to help your child understand feelings and practice managing emotions.
 - ★ **Feel the Music** — move your bodies to moody tunes. Feel the similarities and differences in the music!
 - ★ **Love Poem** — Write an acrostic poem together for someone special to make someone’s day.
 - ★ **The Color of Happiness** — Pick a color and draw your feelings. What color is each member of the family feeling?
 - ★ **Punching Pillow** — Make a punching pillow to safely let go of your frustration.



Books to Spark Big Heart to Heart Conversations



Big Heart World Partners **School Library Journal** and **Empowering Education** have shared beautiful books that help parents, caregivers, and educators talk with children about feelings and promote wellness. See all the recommendations at www.bigheartworld.org/the-big-heart-book-list.

★ **A Thorny Day** by Empowering Education

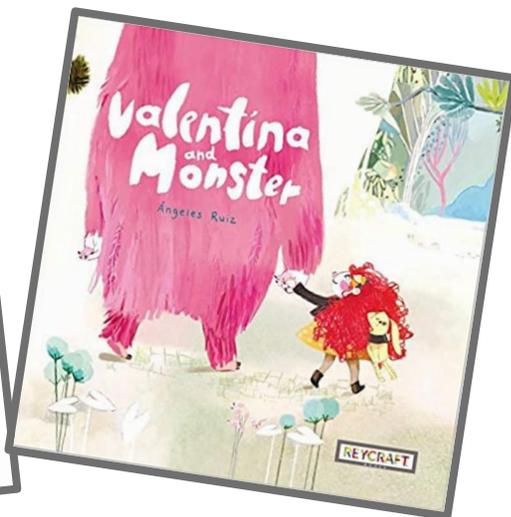
A Munchy and Jumpy tale of two rabbits who learn to manage their feelings through physical movements, breathing, and conversation.

For Discussion: The things that you do to feel better when you are having a tough day are called “coping skills.” What is a coping skill you have used when you have to sit somewhere longer than you want to?

★ **Valentina and Monster**, Written and illustrated by Ángeles Ruiz Reycraft

Valentina, who suffers from nightmares, befriends a monster selling beautiful smelling bright pink cotton candy. One day, Monster does not answer Valentina’s calls.

For Discussion: What do the other characters do to help Valentina feel better? Have you ever lost something or someone? How did it make you feel?



How wonderful would it be if we lived in a big heart world? Join us!

Do you have ideas about how we could make Big Heart World a useful resource for educators like you?

We want to make this a useful resource for YOU. Please email us at support@bigheartworld.org. We'd love to learn about your needs and see if we can help.



For more tools and resources, please visit us online at <https://bigheartworld.org>

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