



Big Heart World Parent & Caregiver Guide

Feelings

Released May 2021



PRESENTED BY



IN PARTNERSHIP WITH **noggin**

What is Big Heart World?



Big Heart World helps families learn together about 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 *always* important to children's development. From the time babies are born, they are learning about who they are, developing confidence, compassion, and a sense of what is right and what is wrong.

Parents are particularly concerned about their children's social and emotional development now due to transitions and school closures brought about by COVID-19.

If you're wondering how to help your child express their feelings, figure out friendships, share, enter a classroom environment, or learn what makes them special, Big Heart World is for you.

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

If you feel like you can't handle one more tantrum and you want to know what your child is really trying to tell you when they act out, Big Heart World is for you.

This guide walks you through what is available on Big Heart World this month and what you can do with it. Learn more:

www.BigHeartWorld.org

Big Heart World is produced by Sparkler Learning with support from Noggin, the Walton Family Foundation, and many non-profit partner organizations.



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BIG 1

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 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



“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

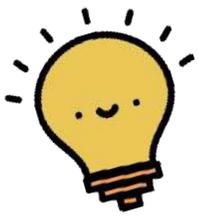
How you feel, hey!
It’s OK to feel how you feel
It’s OK to talk about you you’re
Feeling any day, oh in every way
How you feel
It’s OK to feel how you feel

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!





5 Ways to Explore Feelings Using “How You Feel”

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- 1. 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.
 - 2. 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!
 - 3. 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?
 - 4. 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.





What Color is Happiness?



The Bubble Guppies use the arts — from singing to drawing to dancing — to express their feelings.

Research shows that the arts help young children express themselves and develop vital social skills.

Crayons are the perfect art supply to help children express themselves on paper since they respond to the strength of children’s movements with different shades and textures.

Play on to create your own representation of feelings!

Scribble Your Heart Out (Toddlers)

Ages: 1.5 - 4

Skills: Feelings, Representation

Vocabulary Words:

- Colors: red, blue, yellow, green, orange, etc.
- Feeling: emotion
- Light: pale in color
- Strong: powerful

Materials: Paper and crayons

Recipe for Play:

1. Let’s get out our crayons and make feelings art.
2. What feeling should we draw first?
3. Let’s pick a color that you think of when I say [feeling].
4. Let’s close our eyes, take a deep breath, and think about how that emotion feels in your body. When you’re ready, open your eyes and start to draw with our crayon.
5. As you draw, let’s talk about the feeling. [For example, “Yellow is a happy color! When you draw, your hand hops up and down on the paper to make dots! It’s like your hand is skipping.”]



Find this and other Big Heart World co-play activities online at: <https://bigheartworld.org/big-heart-playroom>

Scribble Your Heart Out (for Little Kids & Big Kids)

Ages: 5-10

Skills: Feelings, Writing

Vocabulary Words:

- Primary colors: red, blue, yellow — you can mix them to make the other colors!
- Feeling: emotion
- Light: pale in color
- Strong: powerful

Materials: Paper and crayons

Recipe for Play:

1. Let's get out our crayons and make feelings art.
2. What feeling should we draw first?
3. Let's pick a color (or colors) that you think of when you hear the feeling.
4. Let's close our eyes, take a deep breath, and think about how that emotion feels in your body. When you're ready, open your eyes and start to draw.
5. As you draw, let's talk about the feeling: Where in your body do you feel it? What color does it remind you of? What reminds you of the feeling? When is a time you felt the emotion?
6. Let's talk about how your fingers, hands, wrists, and arms move while you're drawing. How does your hand feel when you're finished?
7. When you're all done, give your picture a title, and try writing a few words describing your work.



Boost Wellness as You Explore Feelings



Little Kids, Big Hearts

Podcast Explores Feelings

An original podcast highlighting kids' big questions, designed to help families explore ideas around social and emotional learning.

The first episode features a discussion around what it means to have a big heart. The second episode is focused on Identity: what makes me, me? Find it where you listen or on

<https://bigheartworld.org/podcast>.

Grow Hearts with Art!

Find lyric coloring books to explore the Big Heart Beats album and an "All About Me" coloring book to help your little artist learn about themselves through art. Find coloring activities and more at

www.bigheartworld.org/big-heart-playroom.

Heart Tips from Experts

A third grade teacher will teach you how to use journaling to support social and emotional wellness.

A music professor will teach you how to use music to spark brain and heart development. Find it at:

www.bigheartworld.org/blog-grid/



Boost Wellness as You Explore Feelings



Big Heart World Events for Kids and Families



Big Heart World hosts events, including monthly live, **virtual music classes in collaboration with the National Head Start Association.**

Also, find panel discussions. The first, hosted by The 74, helps families navigate pandemic-related social and emotional challenges:

- **Janelle Bradshaw**, CEO of Public Prep
- **Dr. Dana Crawford**, a pediatric clinical psychologist and scholar in residence at Columbia Zuckerman Mind Brain Behavior Institute
- **Dr. Ryan Padrez**, a pediatrician at Stanford and Medical Director at The Primary School



Behind the Big Heart Beats Album



Step One: Know Your Feelings

Chris Sernel (a.k.a. Oh, Hush) is a Grammy-nominated songwriter and producer, but he's not all serious, all the time: He recorded the music for "How You Feel" for Noggin's Big Heart Beats album entirely on his two- and four-year-old daughters' toy instruments.

"I wanted to write a song that they would be able to connect with and enjoy," he said in an interview. "I recorded the music using only Avalyn and Ayla's toy instruments — melodica, toy piano, slide whistle, wood block, ukulele, etc."

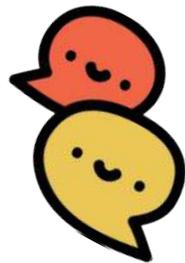
Sernel said he wants children like his own daughters to listen to the song and realize that people have a wide range of feelings, often in a single day or even in a single moment.

"Young kids experience a whole range of emotions (sometimes at the same time?!) and I wanted the song to capture that wide range of emotions and let them know that it's okay to feel them," he said.

Read the whole article and see a behind-the-scenes video of the recording session at Big Heart World: www.bigheartworld.org.



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

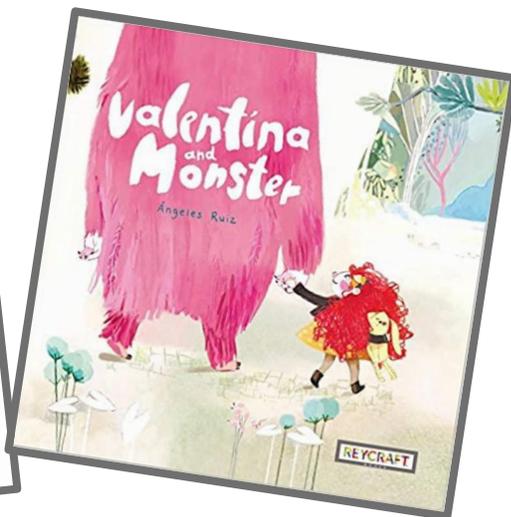
A Munchy and Jumpy tale of two rabbits who learn to manage their feelings through physical movements, breathing, and conversation.

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!★



For more tools and resources, please visit us
online at www.BigHeartWorld.org