

Little Kids, Big Hearts: Episode 2

Discussion Guide for Parents and Educators



Support Children’s Social and Emotional Learning

Listen and discuss the Little Kids, Big Hearts podcast with children (aged 3-8) to explore what it means to have a “big heart.” You can use the podcast to spark conversations at your home or in your classroom. “What Makes YOU Special?” is about identity — the qualities and skills that make each individual uniquely themselves!

Discussion Prompts :

- ♥ What is your name and what does it mean to you?
- ♥ Where ARE you? Is that place important to you and why?
- ♥ What do you love about yourself?
- ♥ What are your special skills/things you’re really great at doing?
- ♥ What do you worry about?
- ♥ What makes you happy?
- ♥ What’s something you love about your family? What makes your family special?
- ♥ There’s just ONE you! Let’s talk about some things that make you different from other people and some things that you have in common with other people.
- ♥ Why do you think people are sometimes unkind to others who are different from themselves? What can we do to help?

Goal: I will talk openly with my child/students about their identity so that they learn who they are and why they are special!