

Little Kids, Big Hearts: Episode 3

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 Can You Do With Big Feelings?” is about all the feelings — and how we can manage them.

Discussion Prompts :

- ♥ Do you have any advice to share with Rainbow?
- ♥ Can you share a story of a time when you felt sad, angry, or out of control? What happened to make you feel that way? What did you do when you felt that way?
- ♥ In the episode, Raffaele was jealous that he didn't see a Qook-a-Lacka on the group's adventure together. Have you ever felt jealous?
- ♥ What do you do when you have a big feeling that isn't going away?
- ♥ How do you help yourself feel better when you can't change the situation?
- ♥ We've all been through a lot in the last year! How has the COVID-19 pandemic made YOU feel? What has been the hardest part for you?
- ♥ Now the world is starting to get back to normal. Do you have any questions about what's happening? How is the transition making you feel?

All people feel ALL the feelings! This is part of being human.
Goal: I will help my child/students identify the feelings, talk openly about them, and practice strategies to manage them.