



Big Heart World Educator Guide

Similarities & Differences

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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. Similarities & Differences: The Second Unit of Big Heart World
3. The Big Heart World learning approach
4. Big Heart Vocabulary
5. Use Noggin's "Celebrate Our Difference" Song with Students
6. Big Heart World Feelings activities
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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



Similarities & Differences:

The Third Unit of Big Heart



The world is made up of different people — people of different races/ethnicities, religions, traditions, languages, abilities, and talents. Sometimes these differences can divide people. For example, people of different political beliefs might fight with each other, or sometimes people of different races or religions might not socialize.

But differences have the power to bring people together in ways that are wonderful! Learning about other people can open our eyes to new traditions, stories, foods, words, beliefs, and ideas. Playing and working with different people helps us solve new problems in new ways and learn new perspectives.

Unit 3 focuses on the similarities and differences between us and others. This unit has three core ideas:

1. It is important to recognize, embrace, and value similarities and differences.
2. Every person belongs.
3. We are better together.

All children notice differences. Research shows that children notice racial differences in people as early as 6 months of age. Parents, caregivers, and educators can talk to children about differences — in physical appearance and beyond — to help them learn to respect all the different people that make up a classroom, a community, or a country.

Grown-ups can help children acknowledge and celebrate the things that make us different as well as the things that make us similar. There are many tools that adults can use to help children learn about similarities and differences, including:

- Books that incorporate a range of characters, cultures, abilities, and languages
- Cooking recipes from many cultures
- Games that teach words from different languages
- Activities or gatherings where children have opportunities to meet people with different backgrounds, races, beliefs, etc.

Conversations about similarities and differences early in life can help children to appreciate people's unique differences and to use their voices to stand up for all people, no matter their color or background.

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

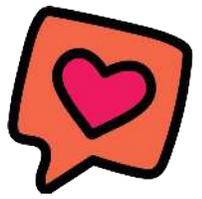
When we see something wrong, we can learn to stand up for what's right. Learning to stand up will help children grow up to be change-makers.



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 similarities and differences.

- ★ **Appreciate** - to understand the worth/importance of something
- ★ **Belong** - to be accepted and liked
- ★ **Culture** - the beliefs, customs, and traditions of a group of people
- ★ **Different** - not the same as something else
- ★ **Diversity** - having many different forms, types, ideas, etc.
- ★ **Equal** - the same as
- ★ **Equality** - having the same rights
- Fairness** - treating people in a way that doesn't favor some over others
- Family** - a group of people who are related to each other
- Include** - to make someone or something part of something else
- ★ **Language** - the system of words or signs people use to express themselves and communicate thoughts and feelings
- ★ **Race** - a group people have been put in based on their history, language, culture, and sometimes physical qualities like skin color and facial features
- ★ **Religion** - an organized system of beliefs with ceremonies and rules used to worship
- ★ **Respect** - a feeling of admiration for someone or something
- ★ **Similar** - resembling without being identical
- ★ **Together** - with each other
- Tradition** - a way of thinking, behaving, or doing something that has been done for a long time
- Unique** - being the only one of its kind
- ★



BIG HEART

Activities





Sing and Dance to Noggin's "Celebrate Our Difference"



Noggin's Big Heart Beats Album



Listen, sing, and dance along to "Celebrate Our Difference," the third song from Noggin's Big Heart Beats album. "Celebrate Our Difference" is by Chris Sernel (A.K.A. Oh, Hush), Grayson DeWolfe, and Matt Richert (A.K.A. Matrik). It's a celebration of all the things that make us different — and a recognition that it's the things that make us different that make us special.

Families and educators: Click below to read an interview with the artists — plus find lyrics and related games!

[Sing & Dance to Big Heart Beats](#)



Why Learn Heart Skills?

In the early years, children's brains are wiring up. They're learning math, literacy, and science skills. They're growing strong muscles. Social and emotional learning is at the HEART.



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.

"Celebrate Our Difference" by Chris Sernel (a.k.a. Oh, Hush), Grayson DeWolfe, and Matt Richert (a.k.a. Matrik) is the third song in the album. It is a celebration of *all* the things that make us different — and a recognition that it's the things that make us different that make us special. You can play it for your students during transitions or to prompt a discussion about the themes the song addresses.

“Celebrate Our Difference”



“Celebrate Our Difference” is a song in Noggin’s Big Heart Beats album by Grayson DeWolfe, Chris Sernel (a.k.a. Oh, Hush!), and Matt Richert (a.k.a. Matrik). Just like the title says, the lyrics urge children to celebrate what makes each of us unique.

We’ve all got different faces
We come from different places
Everybody’s got somewhere that they’re from!
And so, some speak a different language
Have different ways of playin’
The whole wide world is bigger than us

So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me
So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me

We have different religions
We have unique opinions
But we can all still get along
‘Cuz when we
Always love one another
Learn more ‘bout other cultures
We learn the world is bigger than us

So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me
So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me

La da da da da da da
La da da da da da da
It’s great if someone is different than me
La da da da da da da
La da da da da da da
It’s great if someone is different than me





Explore Similarities and Differences With Students

1. My Bread: Your Bread

Different cultures have different breads like ciabatta, roti, challah, baguette, tortillas, naan, injera, pita, steamed buns, and buttermilk biscuits — just to name a few! Bake or taste breads from other cultures to help children learn about different people and cultures. Try it:

<https://www.bigheartworld.org/activity/bread-and-culture>

2. Getting to Know You

Getting to know new people helps young children understand that there are many different kinds of people in the world — and that each person deserves to be treated with respect and kindness. Research shows that meeting people from different backgrounds early in life has a direct link with how children view others later in life. Try it:

<https://www.bigheartworld.org/activity/getting-to-know-you>

3. Hello Around the World

There are about 7,000 different languages spoken around the world. Each one lets people express themselves! Learning even a few words in another language helps children learn to think flexibly and strengthens their memory. Learning about others also helps children understand other people better! Try it:

<https://www.bigheartworld.org/activity/hello-around-the-world>

4. Playdough Diversity

Playdough is just flour, salt, and water — but it can be a powerful teaching tool! With a plain, white ball of playdough (plus some paints or markers), educators can introduce a big concept of racial difference and celebrating our differences to children. Thank you to our partners, [Project Ranjeet](#), for sharing this activity, which is being used in schools/classrooms across India — and beyond. Try it:

<https://www.bigheartworld.org/activity/learn-to-appreciate-diversity-from-playdough>



The Power of Pause from Move This World



Practice Strategies to Slow Down and Calm our Minds and Bodies!



Move This World, a leading provider of PreK-12 multimedia SEL experiences, is a Big Heart World partner. The organization is sharing nine Power of Pause videos and activities that will help classrooms and families practice breathing and movement strategies to gain focus, calm, and strength.

Visit www.BigHeartWorld.org to explore these action-oriented, fun, and mindful new activities for free. Activities include:

- **Breath Squares**, a unique breathing exercise
- **Collect Our Grapefruits**: consider and share what you're grateful for!
- **Kudos**: give compliments to others!
- **Heart to Heart**: calm your mind and your body with counting and breathing.



MOVE
THIS WORLD

Little Kids, Big Hearts



***Little Kids, Big Hearts* is a podcast that helps parents and educators introduce big topics in social and emotional learning to children.**

The first episode features a discussion about what it means to have a big heart. The second episode is focused on Identity: what makes me, me? The third is focused on feelings!

Listen on Apple, Spotify, wherever you find your podcasts. Find discussion guides and more at www.BigHeartWorld.org/podcast.



Books to Spark Big Heart to Heart Conversations



Big Heart World partner organizations **First Book** and **School Library Journal** have shared beautiful books that help parents, caregivers, and educators talk with children about similarities and differences and promote wellness. See all the recommendations at www.bigheartworld.org/the-big-heart-book-list.

★ **Alma and How She Got Her Name, Written and Illustrated by Juana Martinez-Neal**

In this 2019 Caldecott Honor Book, a little girl named Alma Sofia Esperanza José Pura Candela thinks she has too many names! She explores all six of her names, discovers their stories, and realizes that one day *she* will have her own story to tell!

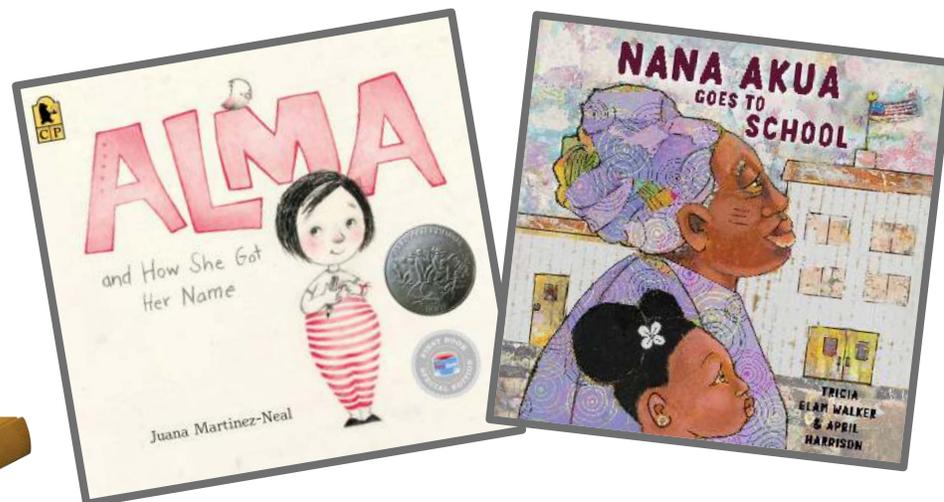
For Discussion: What is YOUR name? How is it similar to and different from other people's names?

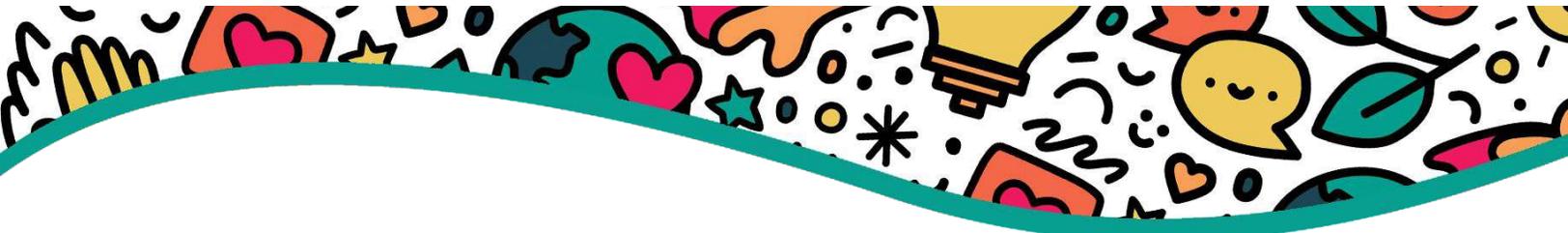


★ **Nana Akua Goes to School, by Tricia Elam Walker and April Harrison**

Zura brings her beloved West African grandmother, whose face bears traditional tribal markings, to meet her classmates. She is nervous, but Nana is able to explain what makes her special in a way that makes all the children feel special — and that celebrates diversity.

For Discussion: What are some differences that make us and other members of our family unique and special?





First Book Tips for Building a Diverse Classroom Library



The end of the school year and the start of summer is a great time to spruce up your bookshelf and evaluate if your home or classroom library celebrates and explores different identities and lived experiences.

Sprucing up the books on your shelves can create welcoming environments for learning. That means you're welcoming ALL students to develop self-awareness, confidence, and pride.

Learn from Becki Last — First Book's Chief Programmatic Officer — how you can evaluate your classroom bookshelves, explore the storylines that are represented with a useful checklist, and start picking new titles. She also suggests five titles from First Book's Stories for All Project™ to get you started (these are available to eligible educators through the First Book Marketplace).

Read the whole article: <https://www.bigheartworld.org/diversify-your-shelves>

Find recommendations: <https://www.bigheartworld.org/firstbooks-similarities-differences-book-recommendations>

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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