



Big Heart World Educator Guide

Friendship

Released July 2021



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. Friendship: The 4th 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



Friendship:

The Fourth Unit of Big Heart



“I learned that a friend may be waiting behind a stranger’s face.” — Maya Angelou

“Each new friendship can make you a new person, because it opens up new doors inside of you.” — Kate DiCamillo

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” — Marcel Proust

Why have people been writing about friendship forever? It is *really* important for all people, kids included. Friendships help children develop important life skills like getting along with others, exchanging ideas, and solving problems together.

Unit 4 of Big Heart World focuses on friendship. Children and their grown-ups will explore these questions:

1. What makes a good friend?
2. How can I be a good friend?
3. How can I make new friends?

Making and maintaining friends means learning some challenging skills like listening, sharing, taking turns, and paying attention to others’ feelings.

As children explore the activities, books, music, and other content from Unit 4, they will start thinking of themselves as good friends! They will feel appreciated and included, and they’ll help others to feel that way, too. Their self-esteem will grow. They will develop an interest in being friends with others who are different from them. They’ll share toys and ideas and appreciate that people with different backgrounds and perspectives have new games to play and new ideas to share!

Research shows that friendships in early childhood are very important — but being a good friend and developing friendships can take a lifetime! It’s never too early to support your child in this area.

The Big Heart World Learning Approach



We started by focusing on “self” — learning about identity and belonging, feelings, and similarities and differences. This month, July, we start looking at others with a focus on friendship.



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

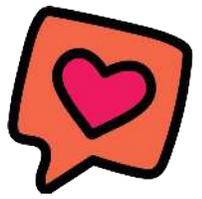
When we see something wrong, we can learn to stand up for what's right. Learning to stand up will help children grow up to be change-makers.



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 friendship.

- ★ **Appreciate** - to recognize the worth/value of
- ★ **Compare** - to look for similarities and differences between things/people
- ★ **Compromise** - to settle an argument by agreeing to both give something up
- ★ **Cooperate** - to work together
- ★ **Empathy** - to understand and share the feelings of someone else
- ★ **Exclude** - to leave out
- ★ **Friend** - someone who you like and who likes you back
- ★ **Helpful** - giving or ready to give help
- ★ **Include** - to make someone part of someone else
- ★ **Invite** - to request someone's presence
- ★ **Join** - to bring together
- ★ **Kindness** - the quality/state of being kind (sympathetic or helpful nature)
- ★ **Listen** - to hear something with thoughtful attention
- ★ **Love** - strong affection
- ★ **Patience** - in the habit of continuing to try, even when things are difficult
- ★ **Share** - to have in common
- ★ **Special** - distinguished, unique
- ★ **Take turns** - to do something one after another in succession
- ★ **Tolerance** - being okay with people, ideas, or beliefs that are different from your own
- ★ **Value** - to rate highly



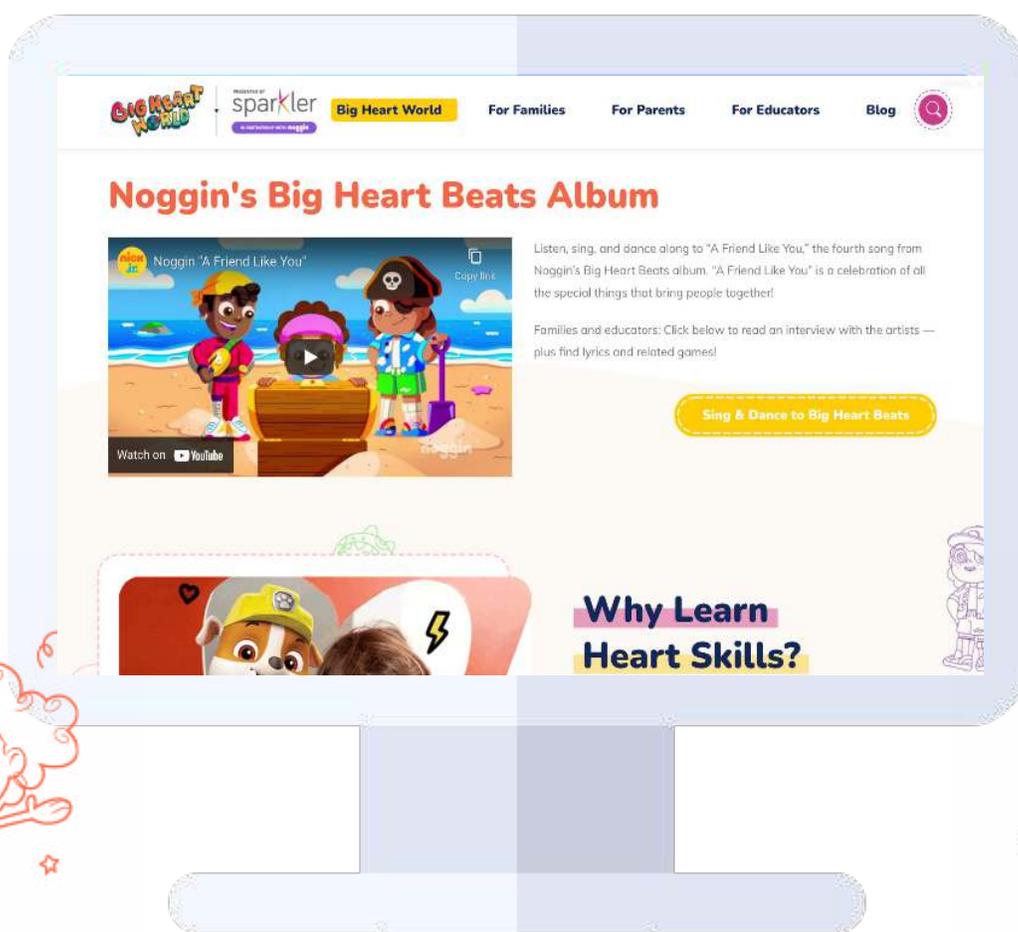
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Activities





Sing and Dance to Noggin's "A Friend Like You"

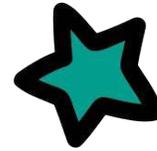


Each month, a new music video in Noggin's Big Heart Beats album will be released on [BigHeartWorld.org](https://www.BigHeartWorld.org). The songs correspond to the monthly themes.

You can play "A Friend Like You" for your students during transitions or use it to prompt a discussion about the themes the song addresses.



“A Friend Like You”



“A Friend Like You” is the newest song in Noggin’s Big Heart Beats album. It explores all the things that make friends special!

First time that I met ‘ya
I wasn’t sure if we’d be friends
We both were sort of shy
I’m glad we tried again!

I got to know you — I liked your style
We laughed a lot and talked a while
I get happy when you smile!

I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!

We jump on our scooters
And go ridin’ all around
Or make a pillow fort
And laugh when it falls down.

We like to make stuff like glue slime
Play some games or make some
rhymes
Find a super cool rock wall to climb!

I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!

Sometimes the greatest friends
See things a different way
But when we disagree we know that we’re OK.

We’re together through thick and thin
This friendship road has no end
I’m so happy you are my friend!

I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!

I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!



Play to Learn About Friendship



Dance With A Friend
Like You



Have a Ball and Be a
Friend



Howdy, pARTner!



Create a Garden Where
Friendship Can Grow

Visit the Big Heart World Playroom
(<https://www.bigheartworld.org/big-heart-playroom>)
to find fun activities that will help children explore
friendship — from making friends to sharing to
taking turns.



Little Kids, Big Hearts Podcast



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

Little Kids, Big Hearts was recently featured in the **Wall Street Journal's family & tech** newsletter. The report said, "As post-pandemic playdates return, it might be helpful for little ones to freshen their social emotional skills. Little Kids, Big Hearts is a new podcast that aims to teach children ages 3 to 8 what it means to be a good friend and how to stand up for what's right."

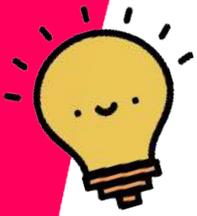
Our "Friendship" episode is coming out in July! Listen on Apple, Spotify, wherever you find your podcasts. Find discussion guides (in English and Spanish) and more at www.BigHeartWorld.org/podcast.



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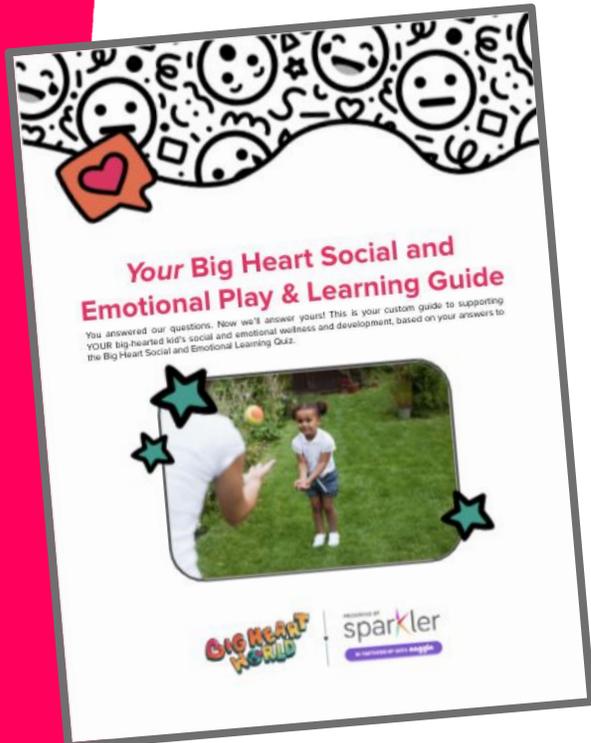
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Answer *our* questions and we'll answer yours!

We've all been through A LOT recently! One thing we have learned through this time is the importance of focusing on our kids and on our own emotional well-being. This starts with learning to develop core social and emotional skills, including identifying and understanding our emotions, learning skills to calm our bodies and minds, and building friendship and empathy.



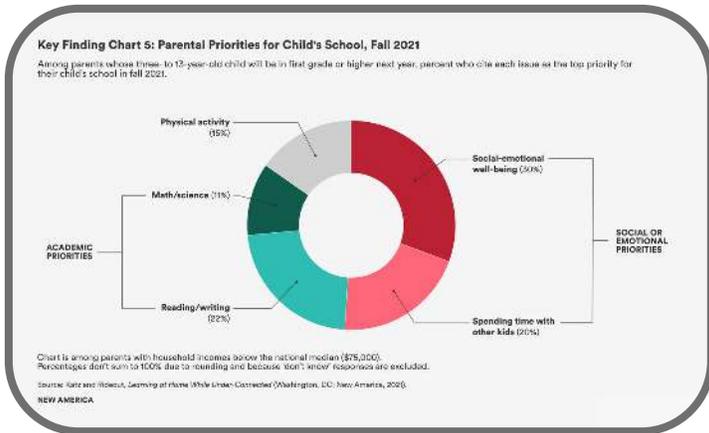
Take our 10-question quiz and get YOUR custom social and emotional play and learning guide, full of fun, creative, off-screen activities that you can play with your students to help them get ready to transition back to the new “normal” and address the areas of need you identified.

Sparkler Learning (the nonprofit organization presenting Big Heart World) and the [Housman Institute](#) created the quiz and guide, in collaboration with other experts who are partnering on the Big Heart World initiative.

Find the Quiz: <https://www.bigheartworld.org/sel-quiz/>



Expert opinions!



Parents: Kids' Social and Emotional Learning Is Top Priority for 21-22

Six in ten U.S. parents say their top concern for the coming school year is their child's social and emotional wellness, about double the percentage of parents who voiced concerns about their children's academic learning, says a new national survey.

<https://www.bigheartworld.org/parents-top-priority-social-emotional-learning/>



Seven Ways Parents Can Help Their Kids Cultivate Post-Covid Friendships

"We are all social beings," Dr. Tahilani said. "Social interaction is important for all of us, at any age. I think it's really important for kids and teenagers because it's such a part of their development and their growth and their emotional growth for them to be able to experience caring for individuals and others outside of their family, for them to be able to see how their actions impact others and how others can have an impact on them, and for them to develop empathy."

<https://www.bigheartworld.org/help-kids-make-friends-after-covid/>

Books to Spark Big Heart-to-Heart Conversations



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

★ **The Kindness Book by Todd Parr**

No matter what other people choose to do, you can always choose to be kind — and what a wonderful thing to be! Today's parents and teachers are looking for ways to instill empathy and kindness in children at a young age. This book is the perfect introduction to a timely and timeless topic.

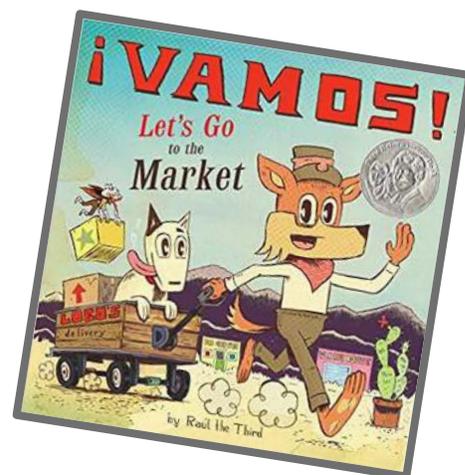
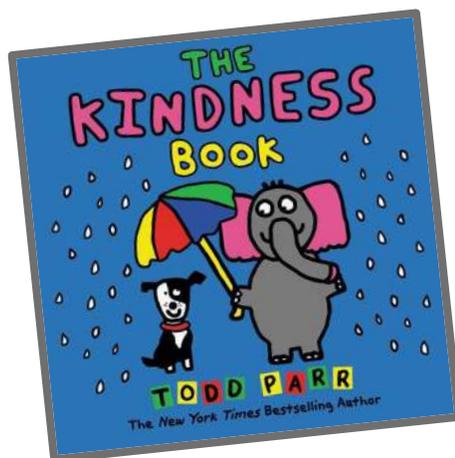
For Discussion: Can you think of one kind thing that someone did for you today? Can you think of one kind thing that you did for someone else today?



★ **Vamos! Let's Go to the Market! By Raúl Gonzalez III**

Lobo is going to the market with his best friend, a dog named Bernabé. The desert town is vibrant with commerce, street vendors, and an array of animal inhabitants. For Lobo there is no stopping; he absolutely enjoys greeting acquaintances, delighting in street performances, and fulfilling his job of delivering supplies at the market.

For Discussion: Do you have any pets like Lobo's pet Bernabé? What's special about Bernabé? What adventures do YOU go on with friends?



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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