



Big Heart World Parent & Caregiver Guide

Friendship

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PRESENTED BY
sparkl**er**

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.





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!



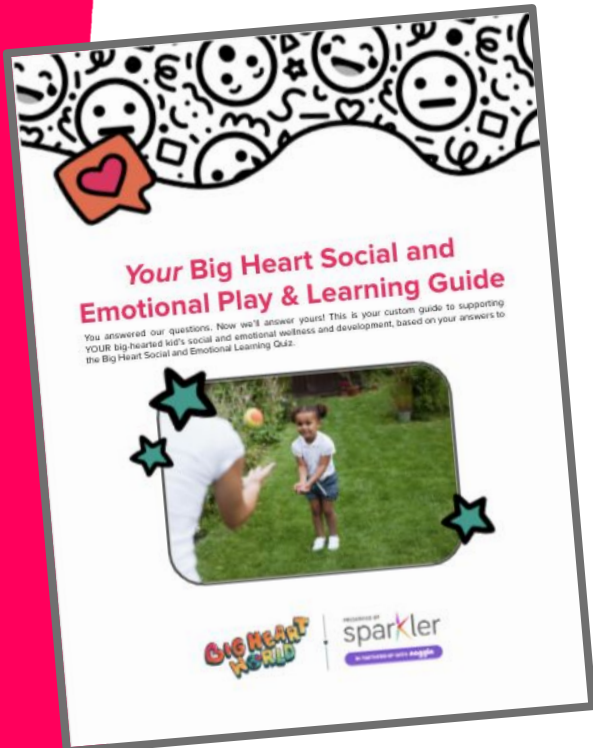
When you introduce new vocabulary words, you help your child learn the words they'll need to express their feelings and communicate with you and others. Here are some words you can share related to friendship.

- ★ **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



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 child to help them get ready to transition back to your family's version of "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/>





BIG HEART

Activities





“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!



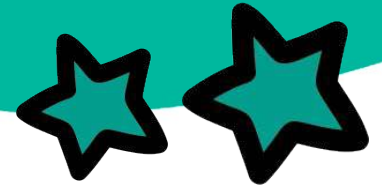
Ways to Explore Feelings Using “A Friend Like You”



1. **Dance With a Friend!** (Learn About: Wellness, Social and Emotional)
Play “A Friend Like You” on www.bigheartworld.org. Sing and dance along. Babies will enjoy moving with you as you dip, sway, and spin. Bigger kids can dance along to the music. Bonus points if your child can dance with a friend and learn new dance moves from each other. Dancing together helps people strengthen their bond and create warm memories!
2. **What Friends See!** (Learn About: Social and Emotional Skills, Empathy)
In the “A Friend Like You” music video, the Noggin Kids imagine all the amazing adventures they go on together. Let’s talk about what you do in real life with your friends and then create the imaginary adventure version. For example, if you colored pictures in real life, maybe you painted a mural on a whole city block in your imagination! If you rode balance bikes together, maybe you piloted airplanes across the ocean!
3. **Art for a Friend!** (Learn About: Social and Emotional Development, Arts, Communication Skills)
Draw or paint a picture for a special friend and bring it to them to show how much they mean to you!
4. **Friends’ Story** (Learn About: Social and Emotional Development, Communication, Stories)
The lyrics to “A Friend Like You” encourage listeners to celebrate friendship. Let’s write and illustrate an adventure we go on with a friend. It can be a story, a comic, or just a series of illustrations. Imagine all the fun we’ll have together.
5. **Play With Friends!** (Learn About: Social and Emotional Development, Friendship)
Check out all the activities in our playroom (www.bigheartworld.org/big-heart-playroom). We have a series of new friendship-focused activities to help your child practice skills that will help them grow strong friendships.



Bake a Treat to Share



Butterbean knows that baking can be a great way to practice creativity, entrepreneurship — and friendship! Bake together with your child to hone his or her fine motor and early math skills — and to learn important lessons about sharing delicious treats with people we love.

Friendship Cookie

Ages: 1 - 10 and up!

Skills: Friendship, Geometry/Measurement

Vocabulary Words:

- Share - to divide with others
- Invite - to ask to come
- Generous - unselfish, giving

Materials: Cookie ingredients or dough, baking pan, rolling pin, child-safe knife

Recipe for Play:

Let's make a giant cookie to share with friends!

1. Let's start with a basic cookie dough (we can mix up our own ingredients or use store-bought dough). Instead of making many small cookies, let's use our fingers and/or a rolling pin to make one big cookie! For a healthier option, we can decorate a round slice of watermelon with other fruits and/or yogurt.
2. While our giant cookie is baking, let's invite some friends over. How many people will there be?
3. Once the cookie cools down, let's think about how to share our cookie with everyone who is coming over. How many pieces will we need? How can we make sure that every piece is the same size, so that everyone gets the same amount?
4. How do you think our friends will feel when they see the Friendship Cookie? How will YOU feel when you get to share it with friends?



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

Find the recipe online at <https://www.bigheartworld.org/activity/bake-a-treat-to-share-with-friends/>

Find Your Child's Noggin Friend Match

Everyone's different! Answer 7 quiz questions on Big Heart World and find out about your child's friendship style.



1. Your child has to pick a snack. What do they pick?

- Ants on a log
- Roasted seaweed
- Slices of cheese and crackers that they can turn into sandwiches
- Their best friend's favorite snack so they can share

Previous

Next

Find the Quiz: <https://www.bigheartworld.org/friend-finder>

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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 and more at www.BigHeartWorld.org/podcast.





Grow Big Hearts with Handy Text Messages



Text **HEART** to **274-448** to get text messages (in English or Spanish) that will help you grow your child's big heart! We ❤️ this collaboration with our partners at Bright By Text and hope that you will, too!

Friends. Feelings. Confidence. We have tips to help you get your kiddo back out into the world, better than ever.



| Text HEART to 274 448



Behind the Big Heart Beats Album



“A Friend Like You” Inspired by Artists’ Real-Life Friendships

SQVARE, the Los Angeles-based vocalist, songwriter and producer who is one of the creators of the newest song from Noggin’s Big Heart Beats Album, “A Friend Like You,” can thank music for bringing his best friend into his life.

“I saw he was a producer on an album I liked as a child,” he said. “I ended up reaching out over social media and have become lifelong friends. Pretty crazy!”

Charity Daw, a Los Angeles-based singer/songwriter, who sang “A Friend Like You” also met her best friend through music: “We were both set up to write a song together and became instant friends! And we still write songs together!”

The creators of “A Friend Like You” shared their thoughts on friends and navigating friendship with Big Heart World just as Noggin released their peppy new song on friendship.

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 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.

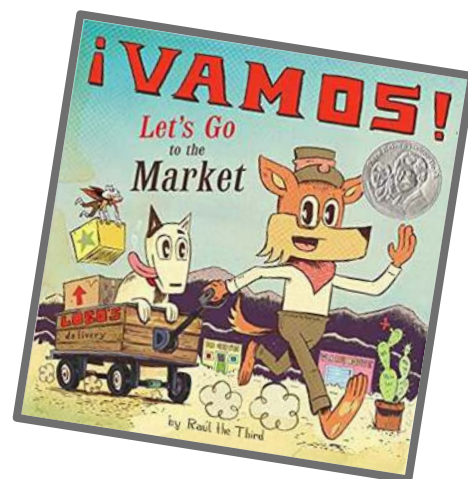
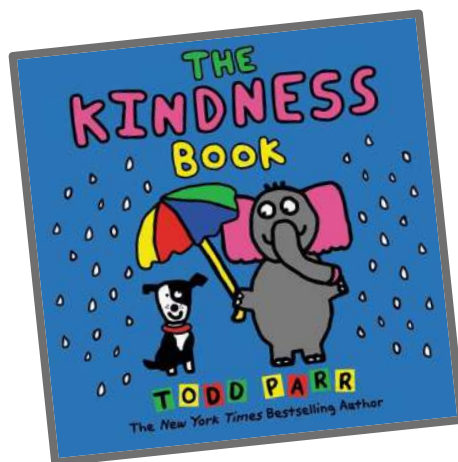
For Discussion: Can you think of one kind thing that someone did for you today? Can you think of one kind thing that you did for someone else today?



★ **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!★



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