

# Little Kids, Big Hearts: Episode 5

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 IS Empathy?” is about how to share others’ feelings and show how you care.

## Discussion Prompts :

- ♥ What does empathy mean to you?
- ♥ What are some ways we can tell how someone else is feeling?
- ♥ Have you ever noticed that a friend was having a BIG feeling? How could you tell, and how did you help?
- ♥ One great way to know how other people are feeling is to think about how what they're experiencing would make YOU feel. When have YOU had a hard time with something? How did it make you feel? When did YOU experience something scary, like moving to a new place? How did it make you feel?
- ♥ Let's think of a time when we did something to show we cared about someone else like Harley's “scrunchie story.”
- ♥ Let's think of a time when we included someone else who felt left out like Ethan's friend who included him in a game.
- ♥ What are some other ways we can practice empathy?

Showing empathy is an important part of relating to others, but empathy isn't necessarily a natural trait or skill for children.

Learning empathy takes time and practice!