

# Little Kids, Big Hearts: Episode 6

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. “Let’s Work it Out” is about interpersonal problems — and how to solve them together!

### Discussion Prompts :

- ♥ Has someone else ever ruined something you created — broke your toy, knocked over your tower, ripped your drawing, etc.? How did it make you feel?
- ♥ How did you calm down when you were feeling angry/frustrated/scared?
- ♥ Once you were calm, how did you solve your problem? Were you proud of your solution, or would you try a different strategy next time?
- ♥ Imagine your friend is in a fight with his/her sibling or cousin. What advice would you offer?
- ♥ Imagine two kids on the playground were grabbing each other’s toys. How would you advise them to resolve their problem?
- ♥ Imagine someone you know was being pressured to do something he or she didn’t want to do. What would you tell them to say or do?
- ♥ Draw 3 squares on a piece of paper. In the first square, illustrate a problem between two people. In the second, draw something that happens. In the third, draw what happens in the end — the resolution.

Solving problems between people is hard ... but it’s an important part of relationships because ALL people (friends, family, strangers) *sometimes* have problems.