



# Big Heart World Educator Guide

Problem Solving

Released September 2021



PRESENTED BY

spar<sup>k</sup>ler

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. Problem Solving: The 6th Unit
3. The Big Heart World learning approach
4. Big Heart Vocabulary
5. Use Noggin's "Help Work It Out" Song with Students
6. Big Heart World problem-solving activities
7. Featured Content
8. Books to Spark Big Heart Conversations
9. Your Feedback

Visit [www.BigHeartWorld.org](http://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](https://bigheartworld.org/about-us)



# Problem Solving:

## The Sixth Unit of Big Heart

---



**"In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers." — Fred Rogers**

**"Friendship must never be buried under the weight of misunderstanding."  
— Sri Chinmoy**

Everyone is bound to find themselves in a disagreement from time to time — especially children who are new to the ideas of cooperating, collaborating, and being good friends. Though conflicts are inevitable, parents, caregivers, and educators can help children learn skills to resolve conflicts and problem solve together with their friends.

There are many skills that children may need to access to help them solve problems with friends, including the ability to calm themselves down after they get upset; the ability to clearly express their own point of view and listen to others' perspectives; and the willingness to collaborate and pitch in to work together on a team effort. Big Heart World skills that you practiced with your child in previous months like understanding feelings, empathizing with others, and skills related to friendship like sharing and taking turns also come into play.

As children explore the activities, books, music, and other content from Unit 6, they will start to understand that they have the power to solve their own interpersonal problems! They will feel increasingly confident in their ability to navigate challenging moments with friends, and they'll help others to feel that way, too. When children enter school and their social circles expand to include peers with different backgrounds and perspectives, the ability to solve interpersonal problems will become even more important. Developing these skills early will help children to navigate new relationships and make learning together more fun.

# The Big Heart World Learning Approach



*We started by focusing on “self” — learning about identity and belonging, feelings, and similarities and differences. This month, we are wrapping up our focus on “others” with the theme of problem solving.*



## 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

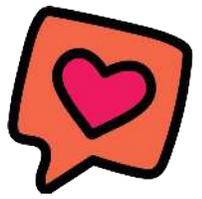
When we see something wrong, we can learn to stand up for what's right. Learning to stand up will help children grow up to be change-makers.



## 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 problem solving.*

- ★ **Appreciate** - to recognize the worth/value of
- ★ **Collaborate** - to work together, sharing ideas, skills, or knowledge to achieve a common goal
- ★ **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
- ★ **Goal** - something that you decide that you want and work hard to achieve
- ★ **Helpful** - giving or ready to give help
- ★ **Include** - to invite someone else to share in an activity or privilege
- ★ **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
- ★ **Problem** - a situation that prevents you from achieving something
- ★ **Satisfied** - happy or pleased with something
- ★ **Share** - to have in common or use together
- ★ **Solve** - to find the answer
- ★ **Take turns** - to do something one after another in succession
- ★ **Teamwork** - the equal work of individuals in a group towards a common goal
- ★ **Value** - to rate highly
- ★ **Vote** - a formal expression of opinion or choice



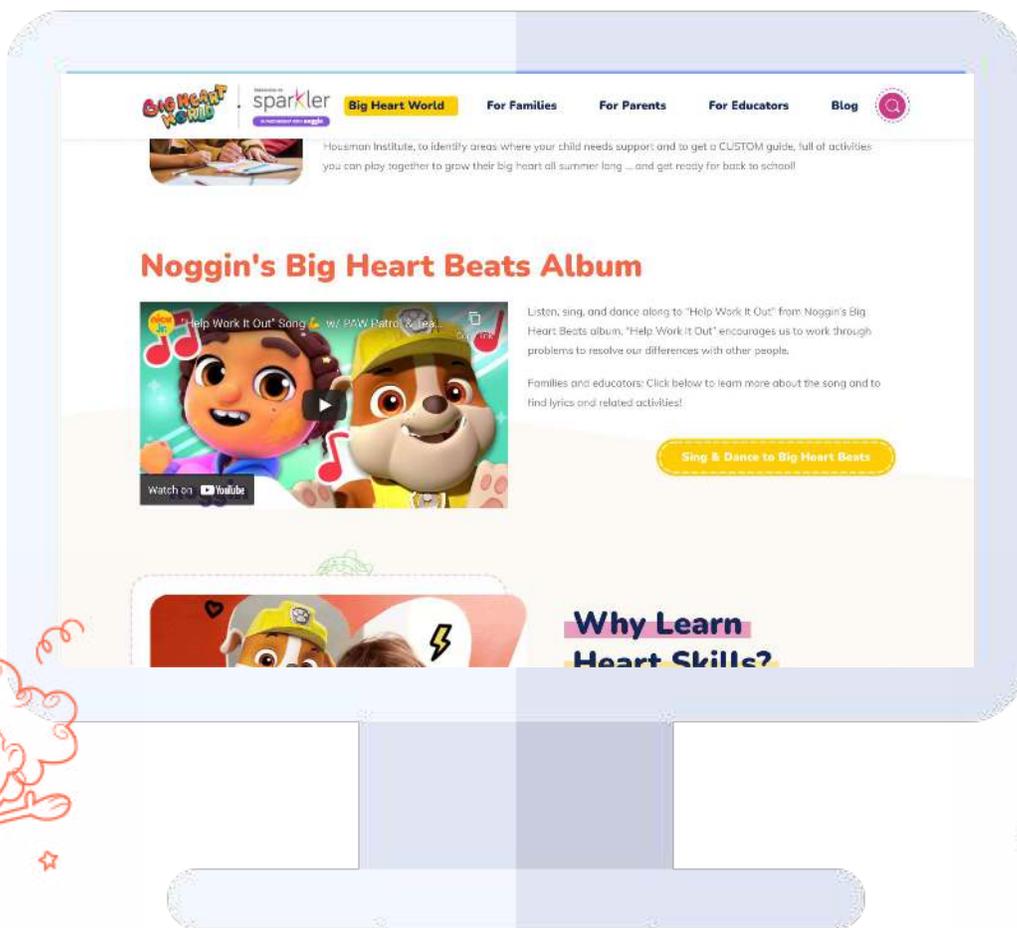
# BIG HEART

## Activities





# Sing and Dance to Noggin's “Help Work It Out”



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 “Help Work It Out” for your students during transitions or use it to prompt a discussion about the themes the song addresses.



# “Help Work It Out”



“Help Work It Out” is the newest song in Noggin’s Big Heart Beats album. It explores many ways to help solve problems!

It’s okay when people disagree  
We all see things differently  
But if you ever see two people getting fed up  
Show me how ya step up

And help work it out  
Help work it out  
There’s no need to shout  
So help work it out  
Though sometimes people see things differently  
We can all live peacefully  
If we can help to work it out

Sometimes it’s just sayin “hey  
We can all take turns, ok?”  
Sometimes you gotta help friends chill,  
Take a breath of air  
If we all stay cool, we’re halfway there!  
‘Cause in disagreements, what’s often missing  
Is a willingness to listen  
To each and everybody’s point of view—  
It might be up to you!

To help work it out!  
Help work it out!  
I’ve got no doubt  
You’ll help work it out!  
Though sometimes people see things differently,  
We can live in harmony  
If we can help to work it out!

When you see a problem’s going down  
Communicate to those around  
The first step is to just calm down  
And you’ll help work it out!  
Help them to step back a bit  
And see there are ways of solving it  
It might take time but just don’t quit  
And you’ll help work it out!  
Help work it out!



# Play to Learn About Problem Solving



Sniff and Puff



DIY Hourglass



Hungry Puppet



Playdough Portions

Visit the Big Heart World Playroom at <https://www.bigheartworld.org/big-heart-playroom> to find fun activities that will help children explore social problem solving.



# Little Kids, Big Hearts Podcast



*Listen to “Let’s Work It Out,” the episode of Little Kids, Big Hearts focused on Problem Solving!*

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.”

Listen on Apple, Spotify, wherever you find your podcasts.

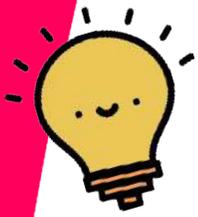
Find discussion guides (in English and Spanish) and more at [www.BigHeartWorld.org/podcast](http://www.BigHeartWorld.org/podcast).



noggin

sparkler





# Big Heart Magic Problem Solver



**BIG HEART  
WORLD**

PRESENTED BY  
**sparkler**  
IN PARTNERSHIP WITH **noggin**



1 Close your eyes and think hard about a problem you're facing.



2 Hover over (or tap) the Big Heart Magic Problem Solver.



3 The Magic Problem Solver will reveal an approach to solving your problem.

Play with our **Big Heart Magic Problem Solver** to help generate solutions to your students biggest problems. It's like a **Magic 8-Ball ... but for problem solving.**

Find the Magic Problem Solver:  
<https://www.bigheartworld.org/problem-solving-interactive/>

**noggin**

**sparkler**

**BIG** 

# Expert opinions!



## This Year's Hottest Back-to-School Supplies: Masks and Problem-Solving Skills

By Jodie Fishman

As our kids begin a new school year, many back in the classroom after a long Covid-induced hiatus, I join *many* parents across the country (and around the world) who are pitching in to help our kids figure out social problem-solving.

<https://www.bigheartworld.org/help-kids-solve-problems/>



## How to Help Your Child Grow Social Problem Solving Skills

By Dr. Colleen Russo Johnson

As a parent, watching your child play with others can be equally heartwarming and anxiety-provoking: We feel a swell of pride when our child offers a toy to another child, while we simultaneously wait with dread for the inevitable, cringe-worthy moment when they barrel through someone's carefully built tower.

Children aren't the only ones figuring out how to effectively solve social problems. Navigating relationships and social problems is hard for all of us — kids and adults. (Raise your hand if you've ever secretly wished you could react to your own social problems the way your child does, just letting it all out, yelling, hitting, etc.)

<https://www.bigheartworld.org/social-problem-solving/>

# 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](http://www.bigheartworld.org/the-big-heart-book-list).

★ **A House In the Woods by Inga Moore**

One little pig has made a little den for herself in the woods, and another little pig has a small hut next door. One morning they return from a walk to find that their big friend Bear has moved into the den and an even larger Moose into the hut. CRASH! With both homes collapsed, they're all in a pickle, but what if they find a way to build a house in the woods that all four of them can share?



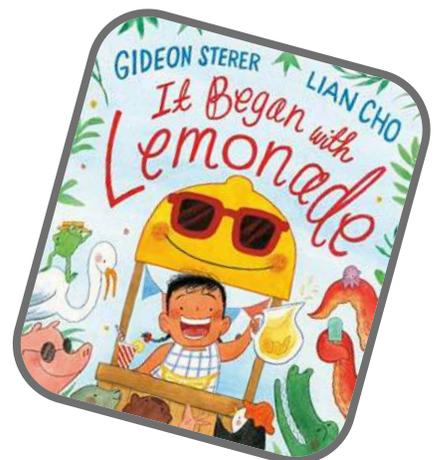
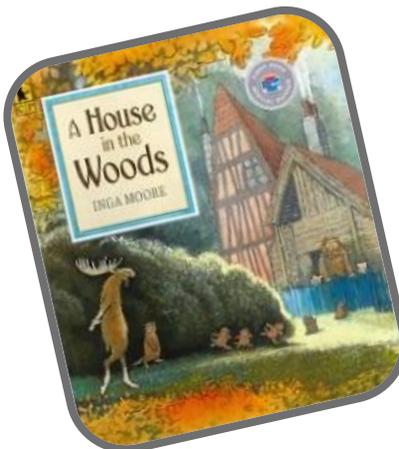
*For Discussion: Can you think of a time when you figured out how to share space with a friend? What about four friends?*

★ **It Began With Lemonade by Gideon Sterer and Lian Cho**

A young entrepreneur, her skin brown and her heart wide open, is not discouraged when she cannot find a location for her lemonade stand. Though she feels as “terrible as a turnip,” she pushes on and finds the ideal place to pitch her business.



*For Discussion: Have you ever felt as “terrible as a turnip?” What did you do to turn your day around?*



# 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](mailto: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>

noggin

sparkler

BIG 14