



Big Heart World Parent & Caregiver Guide

Problem Solving

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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.





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 the 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. In July, we started looking at others, thinking about friendship and empathy. This month, we will learn about solving interpersonal problems.



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
- ★ **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





“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!

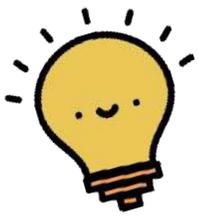
It’s okay when people disagree
We all see things differently
But if you ever see two people getting fed up
Show me how ya step up

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!



Ways to Explore Problem Solving Using “Help Work It Out”



- 1. Dance It Out** (Learn About: Wellness, Social and Emotional)
The next time you or your child is feeling grumpy, frustrated, or stressed, play “Help Work It Out” on www.bigheartworld.org. Sing and dance to the song. Dancing is a great way to get a little exercise, which has the added benefit of boosting our mood.
- 2. Be a Helper** (Learn About: Social and Emotional Skills, Empathy)
The lyrics of “Help Work It Out” talk about helping friends resolve a problem. Let’s pretend that our stuffed animals are in a fight. How can we help them to calm down and solve the problem?
- 3. Plot Twist** (Learn About: Social and Emotional Development, Arts, Communication Skills)
Every good story has a problem to solve! Let’s write and illustrate a story about friends who have a disagreement. What will they disagree about and how will they solve their problem in the end?
- 4. Work it Out** (Learn About: Social and Emotional Development, Problem Solving)
Help characters from your favorite stories find new ways to resolve their differences. Read a story together and brainstorm different ways the characters could compromise to solve problems they face. How would your twist on the story change the ending?
- 5. Wheel of Solutions** (Learn About: Social and Emotional Development, Communication, Stories)
The lyrics to “Help Work It Out” mention a few ways that friends can resolve a problem like breathing to calm down and taking turns. Let’s think of other ways to resolve problems. Next, let’s cut a 12 inch circle out of cardboard and write and draw about our ideas all around the outer edge of the circle. We can add a spinner to the middle and use our Wheel of Solutions to help think of ways to solve our own problems as they arise!





Everyone Can Share



Blue loves to imagine and play in different ways with things around home! Playdough is a great example of something that can be used in *many* different ways to learn *many* different skills. When friends get together and play, working with playdough creates opportunities to practice sharing, cooperation, and kindness.

Playdough Portions

Ages: 1 - 10 and up!

Skills: Geometry/Measurement, Language Expression, Friendship

Vocabulary Words:

- Enough - as much as needed
- Equity - everyone has what they need
- More - greater in amount, number, or degree
- Fair - without favoring anyone or anything

Materials: Playdough

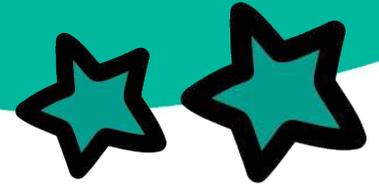
Recipe for Play:

1. Let's play with playdough! The two of us can play, or we can invite friends (real or imaginary) to play with us. How many friends will play together? How many balls of dough do we need?
2. I'll give myself a big ball of playdough and give someone else a small ball. Is that fair and equal? If you want more, you can ask!
3. Let's work together to figure out how to share the playdough equitably. Does everyone have what they need?
4. Let's pretend another friend wants to play too - how can we include them?



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

DIY Hourglass



PAW Patrol is on a roll — always ready to rush to solve a problem or save the day! A visual timer like an hourglass is a great tool to support children’s problem solving skills so they can be quick and helpful like the PAW Patrol. A timer can help children learn to share, take the time to work on something new and challenging, or transition from activity to activity.

Make your own timer

Ages: 2 - 10 and up!

Skills: Self Regulation, Geometry and Measurement, Fine Motor

Vocabulary Words:

- Timer - a specialized clock that measures time
- Wait - to stay in a place and be ready for something
- Patient - willing to wait calmly



Materials: Two empty 8 oz water bottles, salt, glue and/or strong tape, cardboard, nail

Recipe for Play:

1. Let’s make our own hourglass to use as a timer!
2. First I’ll use a nail to make a hole right in the middle of each bottle cap. Then, let’s stick the caps together with the tops touching each other.
3. Let’s pour salt (or sand) into one water bottle, and screw the caps on. Then, let’s screw the empty water bottle onto the other cap. When everything is attached, let’s use strong tape around the necks of the bottles to keep the hourglass stable.
4. Let’s glue cardboard squares to the bottom of each bottle for stability. Let’s decorate it!
5. Now we can turn our hourglass over and watch time pass as salt falls from the top to the bottom. How long does it take to empty the bottle?

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



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 "Problem Solving" episode is coming out in September! Listen on Apple, Spotify, wherever you find your podcasts. Find discussion guides and more at www.BigHeartWorld.org/podcast.



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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.

★ **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?



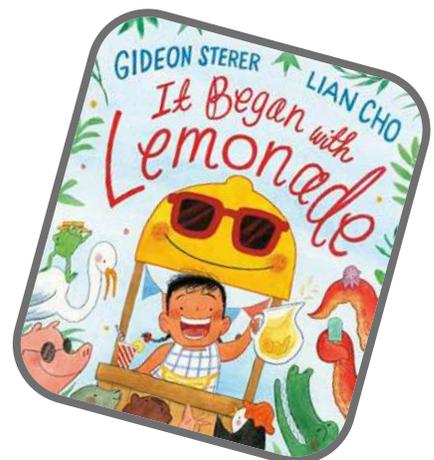
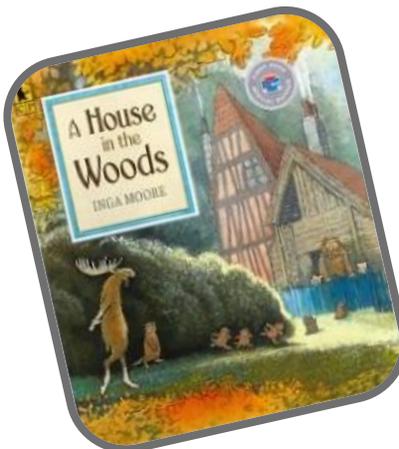
For Discussion: Can you think of a time when you figured out how to share space with a friend? What about four friends?

★ **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!★



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