



# Big Heart World Parent & Caregiver Guide

Helping

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PRESENTED BY  
**spar**kl**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](http://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.*





# Helping:

## The Seventh Unit of Big Heart



"Everybody can be great ... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

— Dr. Martin Luther King Jr.

"...We can all do small things, with great love, and together we can do something wonderful." — Mother Teresa

Every person — big or small — is presented with opportunities to be a helper every day.

Helping can be a small gesture, such as pitching in to clear the dishes after dinner. Or it can be a lifelong endeavor, like keeping the Earth clean. Even big problems can be made better by one small person doing one small thing. You and your child can make a difference, and that simple fact can be empowering!

Whether they're taking on big or small problems, when children help, they are building connections. community, independence, and interdependence.

Research shows that children innately *want* to help, and when adults allow them to help, helping becomes a habit that they practice as children and as they grow up!

One of the BEST ways to encourage children to be helpers, is to be a helper yourself! When you help others in your family and community, you lead the way for your child!

As children explore the activities, books, music, and other content from Unit 7, they will start to understand that they have the power to help — at home, in their community, and even the whole world! They will learn to recognize when help is needed, find ways to help individually or as a part of a team, and take action to make things better. And they will start to recognize the emotional rewards of helping, both to themselves and to others. Young children are natural helpers; now is the time to nurture that inclination, so that they can continue to find satisfaction in helping others as they grow.





# The Big Heart World Learning Approach



We started by focusing on “self” — learning about identity and belonging, feelings, and similarities and differences. Then, we learned about “others” with focuses on friendship, empathy, and problem solving. We’re entering the last big unit of Big Heart World, in which we’re focusing on “us.”



## 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 helping..*

- ★ **Appreciate** - to recognize the worth/value of
- ★ **Collaborate** - to work together, sharing ideas, skills, or knowledge to achieve a common goal
- ★ **Community** - a group of people with something in common
- ★ **Cooperate** - to work together
- ★ **Donor** - a giver
- ★ **Empathy** - to understand and share the feelings of someone else
- ★ **Exclude** - to leave out
- ★ **Fair** - without favoring anyone or anything
- ★ **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
- ★ **Need** - a necessity like food, water or shelter
- ★ **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
- ★ **Thankful** - feeling gratitude or appreciation for something or someone
- ★ **Understand** - to know what something means



# BIG HEART

## Activities





# “Helping Others”



“Helping Others” by Darlingside is the newest song in Noggin’s Big Heart Beats album. It talks about how helping and kindness can build community!

My neighbors are wondering if I have seen  
Their cat who is red, orange, yellow and green  
I have not seen her so what can I do  
“Hmmm, what can I do?” I can look for her too!

*Helping others, helping others  
I feel good when I’m helping others!  
Helping others, helping others  
I feel good when I’m helping others!*

I can make a nice card for the new kid in class  
And pick up a wrapper you dropped in the grass  
I can tell you there’s spinach stuck to your tooth  
“How do I look?” I can tell you the truth!  
I can pull up a chair, I can hold the door  
I can offer to share an old toy I adore  
Yes it feels good to me when I’m helpful to you  
And it feels good to see you feeling good too

Is somebody having a hard time alone?

*Helping others, helping others  
I feel good when I’m helping others!  
Helping others, helping others  
I feel good when I’m helping others!  
Help your sisters, help your brothers  
I feel good when I’m helping others!  
Help your neighbors, help your friends  
Help ‘em once and then help ‘em again!*

[repeat chorus a cappella]

*Helping others, helping others  
I feel good when I’m helping others!  
Helping others, helping others  
I feel good when I’m helping others!  
Help your sisters, help your brothers  
I feel good when I’m helping others!  
Help your neighbors, help your friends  
Help ‘em once and then help ‘em again!*





# Ways to Explore Helping With “Helping Others”

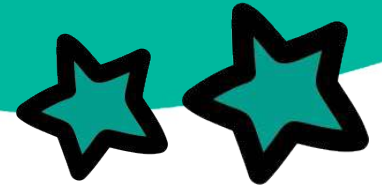


- 1. Whistle While You Work** (Learn About: Social and Emotional Skills, Persistence)  
Work together to get a big job done! Painting a wall, washing the windows, or picking up toys are all easier with help, and an upbeat song like “Helping Others” can keep you motivated until the end.
- 2. Lost Stuffie** (Learn About: Social and Emotional Skills, Empathy)  
Play with your child and pretend that a favorite stuffed animal is lost just like the neighbor’s cat in the song! How do you feel about your missing stuffed friend? How does it feel to get help looking for them?
- 3. Chalk Message** (Learn About: Social and Emotional Skills, Arts, Kindness)  
The lyrics of “Helping Others” talk about lots of ways to help, including writing a nice note to someone new. Let’s write a kind message on the sidewalk for everyone who passes by to see. A picture and words of encouragement can help everyone have a great day!
- 4. Little Helper** (Learn About: Social and Emotional Development, Arts, Communication Skills)  
Everyone can help, even if they are small! At the end of the day, talk with your child about all the ways that THEY were helpful today — to you and to others. Celebrate their kindness!





# Help Yourself, Too!



The kids at Kinderwood, the Kinderkids, are working on solving problems using cooperation and imagination. All people — even animated characters — are working on *something!* Parents, caregivers, and educators can help kids to achieve their goals by helping them set goals ... and then helping them work toward achieving them.

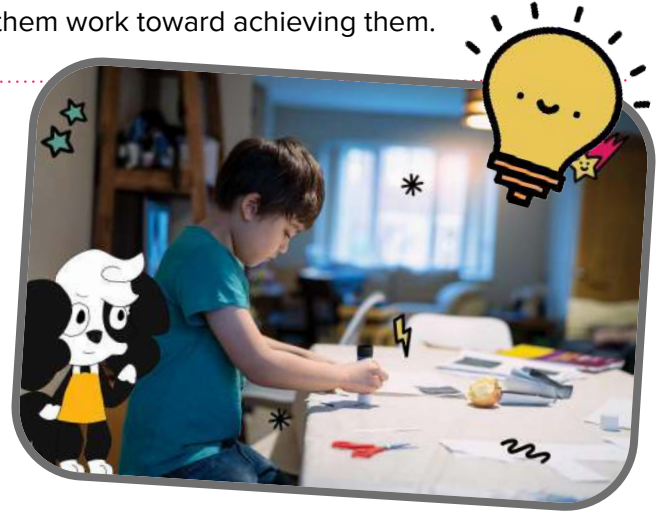
## My Vision Board

**Ages:** 3 - 10 and up!

**Skills:** Language Expression, Identity, Fine Motor

### Vocabulary Words:

- Vision - the ability to think about or plan the future with imagination or wisdom
- Goal - aim or purpose
- Inspire - fill (someone) with the urge or ability to do or feel something



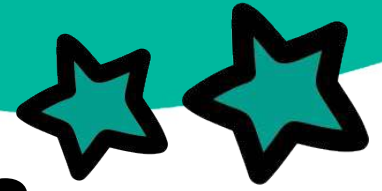
**Materials:** Large paper or cardboard, images from magazines, printed photos, and other art supplies

### Recipe for Play:

1. Let's make vision boards to help us achieve our big goals!
2. First, let's each think of something about ourselves that we would like to make better. Do you want to be a good friend or learn a new language? Could I exercise more or learn to play the guitar?
3. Next, let's look through old magazines for images to cut out that represent our goals and what it will feel like when we achieve them. We can include words and pictures — anything that inspires us to work hard to achieve our goals. We can also draw pictures! Let's be sure to include a photo of ourselves feeling happy and proud!
4. Let's arrange and glue or tape the pictures onto a large piece of paper or cardboard. Let's decorate our vision boards and hang them someplace where we can see them regularly as we work toward our goals!

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

# How Can We Help You?



The PAW Patrol Pups help by jumping to solve problems and being willing to save the day! Blue helps her friends by using clues to solve mini-mysteries. Everyone can be a helper! No matter how small, everyone can help others; even babies can brighten someone's day with a visit, a smile, or a wave.

## Get Well Gift

**Ages:** 0 - 10 and up!

**Skills:** Empathy, Trust, Fine Motor

### Vocabulary Words:

- Help - to aid or assist someone
- Gift - a present
- Smile - facial expression that indicates happiness, pleasure, satisfaction, etc.



**Materials:** Art supplies or baking ingredients

### Recipe for Play:

1. Let's get ready for a ruff, ruff rescue like the PAW Patrol pups!
2. We can work together to make a gift or card for someone we know who isn't feeling well. They may be sick, sad, or having a hard time with something.
3. Let's get out the art supplies and make some art to brighten their day. We can also bake a special treat, schedule a video call, or anything else that we think will help them to feel better.
4. Let's deliver our gift! When we're done, let's talk about how you helped them feel better!

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



# Little Kids, Big Hearts Podcast



*Our October episode about helping will feature little kids doing big things to help their community and world! How can YOU and your child make the world a better place?*

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 and more at [www.BigHeartWorld.org/podcast](http://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 helping. See all the recommendations at [www.bigheartworld.org/the-big-heart-book-list](http://www.bigheartworld.org/the-big-heart-book-list).

★ **Change Sings: A Children’s Anthem by Amanda Gorman and Illustrated by Loren Long**

Anything is possible when our voices join together! As a young girl leads a cast of characters on a musical journey, they learn that they have the power to make changes—big or small—in the world, in their communities, and in most importantly, in themselves.



*For Discussion: Look carefully at the illustrations — try to count all of the different ways people help each other, the community, and the earth.*

★ **Stand Up! Speak Up! A story inspired by the climate change revolution by Andrew Joyner**

An outwardly simple introduction to activism and helping heal the earth, Joyner captures the enthusiasm, anxiety, and action of children of all ages and abilities. From sign-making to marching, this title answers the age-old question, “How can I help?” with bright, effective answers.



*For Discussion: What is climate change? How can one person make a difference to help the Earth?*







# 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](http://www.BigHeartWorld.org)