

# Little Kids, Big Hearts: How to Help

Discussion Guide for Parents and Educators

## How to Help

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. “How to Help” is our episode about helping. It features three kids who are making a big difference in their communities, sparking domino effects of giving.



## Discussion Prompts :

- ♥ Describe what the three kids in the episode — Zohaib, Katelynn, and Orion — have done to help in their communities.
- ♥ What inspired each of these big helpers to start helping?
- ♥ Zohaib says, “Even if you just help one person that might change their life and make them think better about something and they help another person, they help another and another, and so on.” What do you think he means by that?
- ♥ Orion says, “Without the pandemic, maybe none of this would have even happened.” What do you think he means by this? Are there other ways you think challenges (like COVID) might actually help people?
- ♥ Who helped the kids on the episode as they were helping others?
- ♥ Why is helping and being a helper important?
- ♥ What are some small ways that YOU help people in your family ... in your school ... in your community?
- ♥ What are some big ways you’d like to help others?

All of us can be helpers! Every day, think about the big and little things YOU can do to help others at home, in your school, and in your community!