



# Big Heart World Parent & Caregiver Guide

Upstanding

Released November 2021



PRESENTED BY  
**sparkler**

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 challenges 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.

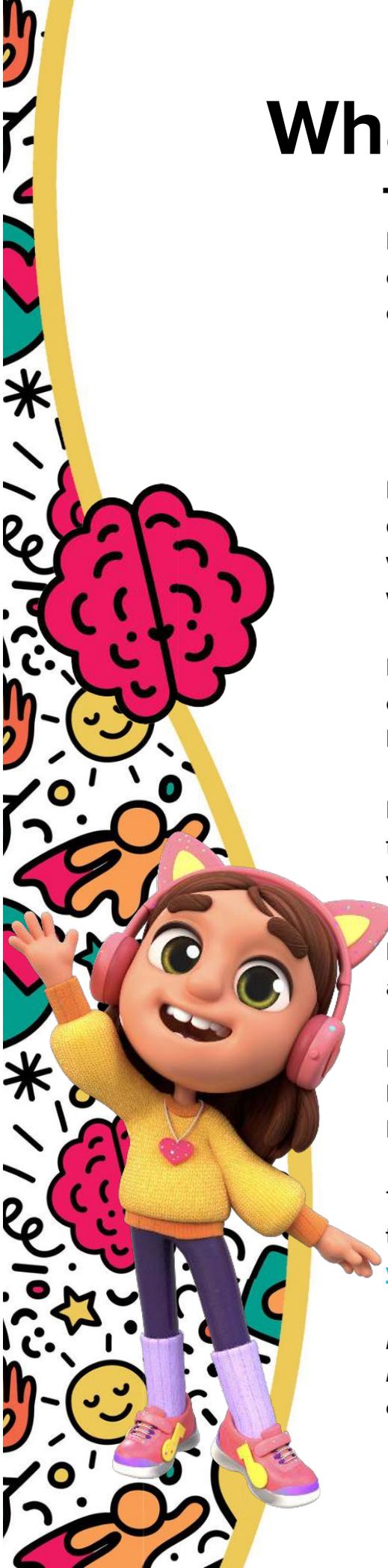
If you’re feeling overwhelmed by the pandemic and endless change and transition, Big Heart World is for you.

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.*





# Upstanding: The Eighth Unit of Big Heart

---



**"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." — The Lorax by Dr. Seuss**

**"Stay strong. Stand up. Have a voice." — Shawn Johnson**

There's a lot of "wrong" in the world that EACH OF US — big or small — can help to right.

Upstanders are brave people who stand up and take action when they see something that isn't right or fair. They use their voices to take a stand against what they see as wrong — from litter in their neighborhood community garden and name calling on the playground to racial injustice and polluted oceans. Being an upstander requires good communication skills, confidence, and empathy!

There are many skills that children need to access in order to be an upstander. All of the Big Heart World skills that you practiced with your child in previous months like knowing themselves, feeling a sense of belonging, empathizing with others, and skills related to friendship and problem solving will contribute to their ability to stand up and speak up.

In the preschool years, children tend to have a keen sense of justice and equity, and are often happy to voice their opinions. As children reach elementary school, the lines between upstanding and "tattling" become blurry. If your child is worried about getting others "in trouble" or being a "tattle tale," here is a simple way to help them understand the difference: If telling a grown-up will help someone — a friend, peer, stranger, or even themselves — and if it's a problem that they can't solve on their own — then telling a grown-up is the right thing to do.

As children explore the activities, books, music, and other content from Unit 8, they will practice supporting others and being upstanders when they see something that is not right.

They can think about how other people might feel if they were not being treated fairly, and how they'd feel about it, too. They will start to see themselves as active community members and as change makers.



# The Big Heart World Learning Approach



*We started by focusing on “self” — learning about identity and belonging, feelings, and similarities and differences. Then we explored “others.” Now we’re studying “us” — how people relate to and help one another.*



## 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 upstanding.*

- ★ **Act** - to take action
- ★ **Appreciate** - to recognize the worth/value of
- ★ **Cooperate** - to work together
- ★ **Change** - to make something different
- ★ **Culture** - the way of life for a certain group of people
- ★ **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
- ★ **Problem** - a situation that prevents you from achieving something
- ★ **Race** - group of people with similar physical traits passed down through generations
- ★ **Respect** - to honor or be considerate of someone or something
- ★ **Satisfied** - happy or pleased with something
- ★ **Share** - to have in common or use together
- ★ **Solve** - to find the answer
- ★ **Support** - to hold up or assist
- ★ **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
- ★ **Welcome** - a kind and hospitable reception



# BIG HEART

## Activities





# “Up, Up, Up”



“Up, Up, Up” is the newest song in Noggin’s Big Heart Beats album. It encourages up to stand up for what is right!

We all want to be treated,  
With fairness and respect  
And that’s worth speakin’ up for,  
Every voice has an effect  
The power is inside us  
To give the gift of kindness, yeah, and

Speak Up, Up, Up  
When something’s not okay  
We Step Up, Up, Up  
To show a better, kinder way  
We Stand Up, Up, Up  
For what we believe  
And We Won’t Give Up, Up, Up  
It’s our responsibility!

Look around, it’s clear  
No two people are alike  
There are so many forms of beauty  
So many ways of life!

It makes this world a special place  
And though we’ve come so far,  
We still see people mistreated  
For just being who they are  
And that’s when we can make the choice,  
To do what’s right and use our voice to

Speak Up, Up, Up  
When something’s not okay  
We’re gonna step up, up, up  
To show a better, kinder way  
We stand up, up, up  
For what we believe  
And we won’t give up, up, up  
It’s our responsibility

We’re gonna stand on up, up, up  
When way down, we know we should  
Step up, up, up  
Don’t miss the chance to do some good  
We stand up, up, up  
‘Cause a kinder world  
Starts with you and me, so  
We won’t give up, up, up  
It’s our responsibility!



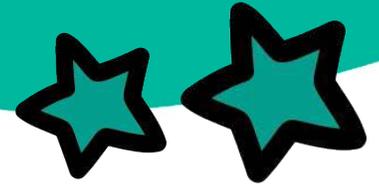
# Ways to Explore Upstanding Using “Up, Up, Up”



1. **That’s Upstanding!** (Learn About: Comprehension, Independence)  
Listen to “Up, Up, Up” on [www.bigheartworld.org](http://www.bigheartworld.org) and make up a dance move to go along with the chorus. When you sing, “up, up, up,” move your bodies higher and higher! Strike a powerful pose.
2. **Random Acts** (Learn About: Empathy and Kindness)  
The lyrics of “Up, Up, Up” talk about being a role model to show others a “better, kinder way.” Look for opportunities to demonstrate kindness with you child. Can your child learn from your example and become a model of kindness for other children?
3. **Upstanding Words** (Learn About: Social and Emotional Development, Communication Skills)  
Play pretend with puppets or toys to practice using phrases that help you child be an upstander. When you’re playing, use phrases like “I’m sorry that happened to you,” “You are not alone,” “I am here,” and “Do you need help?” Encourage your child to use them, too!
4. **Use Your Voice** (Learn About: Social and Emotional Development, Problem Solving)  
Being an upstander means using your voice to speak up! Head outside to practice using a BIG voice. Shout, scream, or chant together. How does it feel to be so loud?



# No! No! No!



The Kinderkids of Kinderwood often have big feelings they want to express! “No” is a powerful word for little ones like the Kinderkids. It’s easy to say, yet carries a big message. When your toddler says “No,” they are saying that they are their own person, with their own ideas, feelings, and desires. When kids use their voices to advocate for themselves, they are taking the first step toward being upstanders

## The NO Song

**Ages:** 1 - 5

**Skills:** Expression, Self-Regulation, Independence

### Vocabulary Words:

- No - a negative answer or decision
- Powerful - strong or forceful
- Loud - very noisy
- Quiet - with little or no sound

**Materials:** none

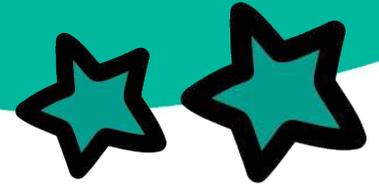
### Recipe for Play:

1. Let’s sing a new song — it’s called The “NO” Song! I’ll sing first, and then we can sing together.
2. Let’s sing the word “NO” over and over again to the tune of *Frère Jacques*. We’ll sing the first phrase quietly, the second phrase a little louder with our hands on our hips, the third phrase as loud as we can and pretend to have a tantrum, and sing the last phrase quietly again.
3. Sing it with me!
4. What other powerful words can we practice saying with this song? Try singing a “Yes” song, a “Mine” song or a “Stop” song!



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

# Sign Language



Helping others is rewarding — like Dora knows from her adventures. Making a simple sign is a great way to practice being an upstander! It's an easy way for your child to express themselves and to help others. There's a lot of "wrong" in the world that we can help right — from people littering in the community garden and pet owners not cleaning up after their dogs to racial injustice and polluted oceans. A great way that children can show what they care about is by making signs or posters expressing their points of view and how they feel.

## Make a Sign to Stand Up

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

**Skills:** Expression, Fine Motor, Empathy

### Vocabulary Words:

- Sign - a printed notice
- Poster - a large page with pictures and words, often hung in a public place
- Issue - a problem
- Right - correct; as it should be

**Materials:** Poster board and art supplies, or sidewalk chalk

### Recipe for Play:

1. Let's make a sign to stand up for what's right!
2. Let's look around us for something that we feel isn't right or fair. Let's choose an issue that matters to us like littering, protecting the environment, protecting animals, or keeping children safe and healthy.
3. Let's use paper and markers or sidewalk chalk to make a big sign that reminds people to do what's right. Let's draw and use words to make our point!
4. Let's make sure other people can see our sign to change hearts and minds.



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



# Little Kids, Big Hearts Podcast



Orion Jean's fifth grade teacher mentioned the National Kindness Speech Contest to him — with just 24 hours to prepare.

The Texas child, just nine years old at the time, won with his speech on making change with kindness — and put his \$500 award toward a campaign he called the Race to 500 Toys, donating hundreds of toys to a local children's hospital. He went on to launch the Race to 100,000 Meals around Thanksgiving 2020, followed by the Race to 500,000 Books, through which he rallied supporters to donate half a million books to kids in need.

"If you just believe and if you continue to try your best — even if you're only able to help one person, it's definitely all worth it at the end because that's what it's about," Orion said on **How to Help**, a new episode of the *Little Kids, Big Hearts* podcast focused on little kids who are big helpers and stand up for others.

Meet Orion — plus Zohaib Begg and Katelynn Hardee — and get inspired to become a helper in YOUR family, school, and community.

Listen, find discussion guides, and get inspired: [www.bigheartworld.org/podcast](http://www.bigheartworld.org/podcast).

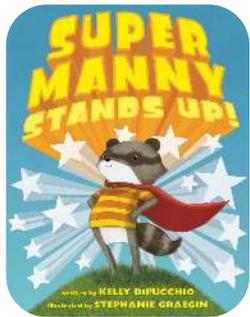




# Books to Spark Heart-to-Heart Conversations



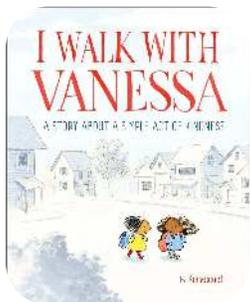
Big Heart World partner **First Book** has shared a beautiful list of book recommendations that help parents, caregivers, and educators talk with children about upstanding. See all the recommendations at [www.bigheartworld.org/first-book-upstanding-books](http://www.bigheartworld.org/first-book-upstanding-books).



## Super Manny Stands Up

Zombie bears, evil cloud monsters, and alien robots with laser beam eyes are no match for Super Manny. But when Manny encounters a real-life nemesis in the school cafeteria, will he be able to summon his superhero strength to save the day?

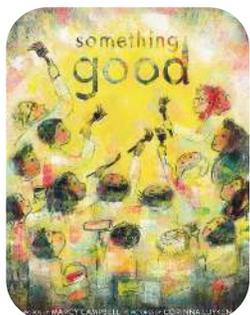
*For Discussion: What is upstanding? What happens when Manny speaks up?*



## I Walk With Vanessa

This simple yet powerful picture book tells the story of an elementary school girl named Vanessa who is bullied and a fellow student who witnesses the act and is at first unsure of how to help. It explores the feelings of helplessness and anger that arise in the wake of seeing a classmate treated badly, and shows how a single act of kindness can lead to an entire community joining in to help.

*For Discussion: What is a bystander vs. an upstander? What would you do if you noticed bullying happening at the playground or in school?*



## Something Good

The story acknowledges that while the scars of such incidents remain, it is possible to teach tolerance and feel true community once again.

*For Discussion: How does the "bad-something" make children feel? How does the school come together to move forward?*



# From Our Heart to Yours

Find insights you can use from guest bloggers at [www.bigheartworld.org/blog-grid](http://www.bigheartworld.org/blog-grid).

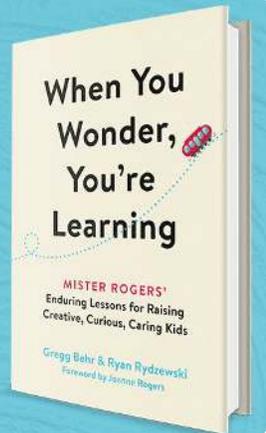


## A Song for Your Child

In this article, Anne-Marie Akin, the the resident musician at Start Early’s Educare Chicago school, and Sam Wolsk, a composer, give parents the tools they need to create a personal lullaby for their child. It’s like a toolkit for building a parent-child bond and giving your child the gift of music — equipped with two original tracks of music that you can use to get the songwriting process started, plus prompts and templates. You don’t need to be a singer/songwriter/musician — or even musical — to give your child the gift of music.

“*When You Wonder, You’re Learning* explores what’s essential about the Neighborhood, making it visible to parents, teachers, and anyone else who cares about children. It breaks down the tools for learning that Fred taught and the reasons they’re still significant. It contains, in a very real sense, the blueprints my husband left us.”

— Joanne Rogers



## Mr. Rogers’ Enduring Lesson: How to Raise a Helper

Gregg Behr and Ryan Rydzewski, the coauthors of *When You Wonder, You’re Learning: Mister Rogers’ Enduring Lessons for Raising Creative, Curious, Caring Kids* share useful insights from Fred Rogers on how to raise a helper!



## Raising Young Upstanders From the Start

Sarah Brown, a mother and preschool director shares her perspective on raising upstanders: “As the director of a progressive preschool program and as the parent of a kindergartener, I deeply feel the need to help my child — and the children in my school — grow into empathetic friends who can stand up for what they believe is right and be “upstanders.” The idea that everyone deserves to be treated fairly and kindly is the heart of social justice, and preschools often work to put these values at the heart of their curriculum. These are skills that must be learned early, to help children grow into empathetic and kind adults, who will stand up for those not being treated kindly or fairly.”



# 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)