



BIG HEART WORLD

Learning Guide

Grow Big Hearts With Catchy Tunes!



PRESENTED BY

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IN PARTNERSHIP WITH **noggin**

What is Big Heart World?

Big Heart World draws upon best practices for social and emotional learning and standards, such as CASEL and the Head Start Early Learning Outcomes Framework, to help 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.

Big Heart World uses music, play, podcasts, and more to help families and educators support children's social and emotional learning. Dr. Eric Rasmussen the chairman of the Peabody Preparatory Early Childhood Music department at Johns Hopkins University, asserts being exposed to music and music education in the early years is a powerful tool that can build multiple parts of the brain, all at once. It can help children to develop fine motor skills; memory; problem solving skills; math and literacy skills. It can also boost social and emotional skills, including perseverance, self-esteem, and relationships with other people.

Each Big Heart unit has an original music video which helps reinforce the theme. The songs, together, are called The Big Heart Beats Album. They are available for free at www.bigheartworld.org.

Learn more about Big Heart World and its partner organizations at www.bigheartworld.org/about-partners.



NHSA in the
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A Note from CASEL



Dear Head Start professionals,

For more than two decades, CASEL (the Collaborative for Academic, Social, and Emotional Learning) has been leading a global movement to make social and emotional learning an essential part of early childhood through 12th grade education. We are so grateful for collaborators like Big Heart World and SEL champions like you who have joined us in this mission to support the healthy development of all children.

Since the very first classrooms, educators and caregivers have understood intuitively that learning is a deeply social and emotional process. You know better than anyone that young children learn best when they have caring relationships and opportunities to practice social and emotional skills through their play and education. A large body of evidence also shows the impact of social and emotional learning on a wide range of outcomes that support students' academic success and long-term well-being.

[Social and emotional learning](#) is the lifelong process of developing five core skills that help children and adults achieve their goals and contribute to their schools, families, and communities:

- **Self-awareness:** understanding our emotions and thoughts, and how they influence our behaviors;
- **Self management:** managing our emotions, thoughts, and actions in different situations to achieve our goals;
- **Social awareness:** understanding different perspectives and empathizing with others;
- **Relationship skills:** building and maintaining connections with others; and
- **Responsible decision-making:** making caring and constructive choices for ourselves and others.

These skills are developed through all of the interactions and learning opportunities that children have in their classrooms, schools, families, and communities. That's why we all need to work together to surround children with supportive relationships and equitable learning environments. In addition to explicitly teaching social and emotional skills through high-quality, evidence-based programs and practices — such as by including the music, podcasts, activities, books, and other content available through Big Heart World — it's important to make sure children are learning in places where they can bring their full selves, feel a sense of belonging, and have frequent opportunities to share their own perspectives and ideas.

As early childhood professionals, you play a critical role in preparing children to become lifelong learners. By integrating social and emotional learning throughout all that you do in early childhood education, you are creating a foundation for all children to thrive.

Thank you for being a champion for children and their social and emotional learning!

Justina Schlund

Collaborative for Academic, Social, and Emotional Learning



Explore Self, Others, and Relationships Through Music



Big Heart World draws upon best practices for social and emotional learning and standards, such as CASEL and the Head Start Early Learning Outcomes Framework, to help families learn together about social and emotional skills — what it means to have a *big heart* and how to grow one. *The framework starts by focusing on “self” — learning about identity and belonging, feelings, and similarities and differences. It then explores “others” — friendship, empathy, and problem solving. Finally, it focused on “us” — helping others, upstanding, and global citizenship. Learn more about Big Heart World’s framework:* www.bigheartworld.org/all-about-big-heart-world.



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.

Big Heart Beats Album

Sing and dance along as you explore big themes in social and emotional learning — from identity and belonging through standing up for what's right — through music. Listen to all the songs online at www.bigheartworld.org/big-heart-beats-album.



The Songs:

- ★ Like Nobody Else
- ★ I Love Myself
- ★ How You Feel
- ★ Celebrate Our Difference
- ★ A Friend Like You
- ★ Use My Ears to Listen
- ★ Help Work It Out
- ★ Helping Others
- ★ Up, Up, Up!
- ★ Share A Smile
- ★ Sad Song



Visit the album online where you can play the songs and music videos:
www.bigheartworld.org/big-heart-beats-album



Lyrics & Activities ⚡



“Like Nobody Else”



“Like Nobody Else” is a song
by Alex Geringas and
William J. Fuller. It celebrates
identity, individuality, and
self respect.



Feel so good about myself (yeah)
I'm like nobody else (*like nobody else*)
I'm like nobody else (*like nobody else*)

Hold my head high
Feeling so alive
Got my own vibe
And it's so nice

Welcome to my world
Yeah this is my life
When I look in the mirror
Feeling so right

I know I can make life better
Just being myself brings us all together
I'll show this world who I am (Mmm-hmm)

Feel so good about myself (yeah)
I'm like nobody else (*like nobody else*)
I'm like nobody else (*like nobody else*)
Feel so good about myself
I'm like nobody else (*like nobody else*)
I'm like nobody else (*like nobody else*)

I love my skin
Love who I am
I never say can't
Because I know I can

I love my big smile
I like my hairstyle
I wear colorful shoes
I feel so cool

My happy shines bright
Mmm-hmm
I'm living loving life
Oh yeah
So wear your smile loud
Never forget - Everybody say it proud

I feel good
So good
I feel great
Great
Yeah, that's me
That's me
Walking with my own vibe (yeah-yeah)

I feel so good about myself (*I feel so good*)
I'm like nobody else (*like nobody else*)
I'm like nobody else (*like nobody else, yeah*)
I feel so good about myself (*I feel so good*)
I'm like nobody else (*like nobody else*)
I'm like nobody else (*I'm like nobody else*)
Like nobody else





“I Love Myself”



“I Love Myself” by Cal
Shapiro is about loving and
respecting ourselves for
who we are.

I looked in the mirror
And I love myself
I won't compare myself to anybody else
No not anybody else
Because I love myself
I won't compare myself to anybody else
And I'll always yell...
“I LOVE MYSELF!”

And my neighbors
And my momma
And my friends
I tell them over and over again
LOVE
Is the only thing that we're sure of
Screaming out LOVE
Is the only thing we need more of

You know you and me together
Is always gonna be better

Than trying to do it all alone
I said you and me together
Is always gonna be better
Than trying to do it on your own

So say you love yourself
And you won't compare yourself to anybody
else
No not anybody else
Because you love yourself
You won't compare yourself, no
So sing it with me...

I looked in the mirror
And I love myself
I won't compare myself to anybody else
No not anybody else
Because I love myself
I won't compare myself to anybody else
And I'll always yell...
“I LOVE MYSELF!”



Sing and Dance Along:

www.bigheartworld.org/big-heart-beats-album



Explore Identity & Belonging Using “Like Nobody Else” and “Love Myself”

Sing & Dance Along:

www.bigheartworld.org/the-big-heart-album-like-nobody-else and
www.bigheartworld.org/big-heart-beats-album



Dance Like Nobody Else (Physical Development, Social and Emotional)

Use “Like Nobody Else” or “Love Myself” during a dance party. Each child can dance like nobody else — creating his or her own, unique dance moves to show who they are!



Behind the Tune (Learn About: Social and Emotional Development)

Talk about the big ideas of “Like Nobody Else” and “Love Myself”? What does it mean to be unique and to love yourself for who you are? What does it mean to be proud of yourself for who you are? What makes US who we are as a family?



Like Nobody Else Game (Learn About: Literacy, Social and Emotional Development, Focus & Problem Solving)

Everyone in the family or class: Write or draw 3 things that make you special. Put everyone’s responses into a bag and then draw out the responses one by one. Guess which special skill/attribute belongs to each person.



Play Like Nobody Else!



Mirror Play: Three related activities to help babies, toddlers, and big kids explore ideas of identity and belonging:

www.bigheartworld.org/activity/on-further-reflection-mirror-play.



Family Flag — Toddlers and big kids can design family flags to explore your family’s identity and understand how everyone belongs:

www.bigheartworld.org/activity/our-family-flag.



Real Life Superhero — What is your little one’s BIG power? When your child thinks about what they’re great at, they boost their self-confidence and learn how they can help others. This activity is for little and big kids:

www.bigheartworld.org/activity/real-life-superhero.



“How You Feel”



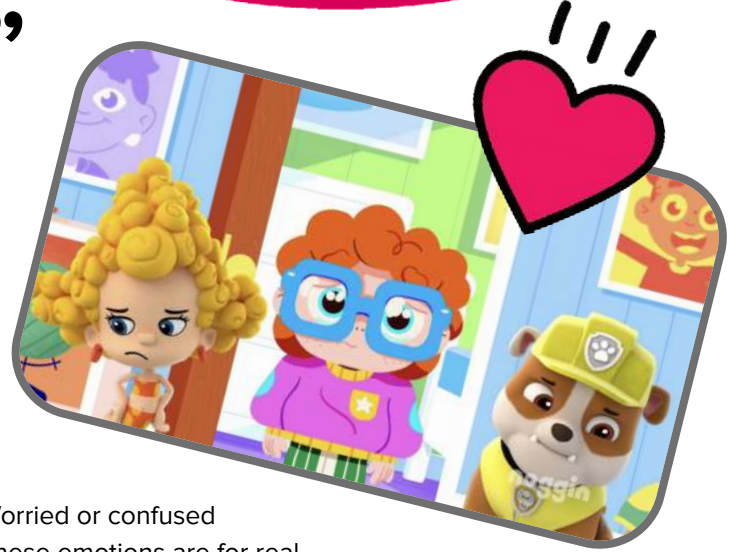
“How You Feel” is a song by Oh, Hush and Grayson DeWolfe. The lyrics introduce children to a range of feelings and reminds them that it’s okay to feel (and talk about) how you feel.

Sometimes I feel happy
Like I could touch the sky
Sometimes I feel grumpy
So sad that I just sigh
Sometimes when I feel angry
I stop and count to ten
Makes it a lot less scary
When someone holds my hand

Happy or you’re sad
These emotions are for real
Anxious or real mad
It’s OK to feel

How you feel, hey!
It’s OK to feel how you feel
It’s OK to talk about you you’re
Feeling any day, oh in every way
How you feel
It’s OK to feel how you feel

Sometimes, I get nervous
My heart starts to dance
Sometimes I feel silly
Roll on the ground and laugh
Sometimes when I’m impatient
I stop and take a breath
But I’m always thankful
To know I have a friend



Worried or confused
These emotions are for real
When you’re asked “How are you?”
It’s OK to say how you feel.

How you feel, Hey!
It’s OK to feel how you feel
It’s OK to talk about how you you’re
Feeling any day, oh in every way
How you feel
It’s OK to feel
How you feel, hey!
It’s OK to feel how you feel
It’s OK to talk about how you’re
Feeling any day, oh in every way
How you feel, hey!
It’s OK to feel how you feel!





Ways to Explore Feelings Using “How You Feel”

Sing & Dance Along:

<https://www.bigheartworld.org/big-heart-beats-album-how-you-feel>



Dance How You Feel (Wellness, Social and Emotional)

Dance your feelings as you listen to the song! Babies will enjoy moving with you as you dip, sway, and spin. Bigger kids can dance what they feel as they listen to the song. Dancing together helps build strong attachments and create warm memories.



How You Feel Freeze Dance (Learn About: Social and Emotional Skills, Focus & Problem Solving, Arts)

Help children build rhythm and the ability to control their bodies with a game of freeze dance. Listen to “How You Feel” and stop dancing when the music stops.



Count Your Feeling Words (Learn About: Social and Emotional Development, Math)

How many feeling words can we count as we listen to the song? Talk with children about how many feelings they experience throughout the day.



Play How You Feel! (Learn About: Social and Emotional Development, Arts)

Try a feelings activity from Big Heart World’s Playroom to explore feelings and managing emotions.



Love Poem — Write an acrostic poem together for someone special to make someone’s day: www.bigheartworld.org/activity/love-poem



Scribble Your Heart Out — Pick a color and draw your feelings. What color is each person feeling? www.bigheartworld.org/activity/what-color-is-happiness



Punching Pillow — Make a punching pillow to safely release your frustration: www.bigheartworld.org/activity/what-can-you-do-with-a-negative-emotion



“Celebrate Our Difference”



“Celebrate Our Difference” is a song in Noggin’s Big Heart Beats album by Grayson DeWolfe, Chris Sernel (a.k.a. Oh, Hush!), and Matt Richert (a.k.a. Matrik). Just like the title says, the lyrics urge children to celebrate what makes each of us unique.

We’ve all got different faces
We come from different places
Everybody’s got somewhere that they’re from!
And so, some speak a different language
Have different ways of playin’
The whole wide world is bigger than us

So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me
So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me

We have different religions
We have unique opinions
But we can all still get along
‘Cuz when we
Always love one another
Learn more ‘bout other cultures
We learn the world is bigger than us



So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me
So we...celebrate our difference
We each have our traditions
It’s great if someone is different than me

La da da da da da da
La da da da da da da
It’s great if someone is different than me
La da da da da da da
La da da da da da da
It’s great if someone is different than me





Ways to Explore Similarities & Differences Using “Celebrate Our Difference”

Sing & Dance Along:

<https://www.bigheartworld.org/big-heart-beats-album-celebrate-our-difference>



Different Party! (Learn About: Social and Emotional Development)

The song “Celebrate Our Difference” encourages listeners to celebrate the things that make them unique. Celebrate those things! Have a family or classroom party to celebrate what makes you different. Bring something — a food, a song, a hobby, etc. — that makes you special and different and share it with everyone else.



Draw Our Differences (Learn About: Social and Emotional Development)

The lyrics to “Celebrate Our Difference” encourage listeners to celebrate the things that make them unique — from their ways of playing to the languages they speak. What makes YOU unique and special? Discuss and illustrate your favorites.



Play Your Differences!



Community Colors Project: Research shows that children as young as 6 months old notice racial differences. Use the Community Colors interactive tool on Big Heart World to start a conversation about skin color: www.bigheartworld.org/activity/what-colors-are-in-your-skin



Hello Around the World! Say “hello” in lots of languages: www.bigheartworld.org/activity/hello-around-the-world



My Bread, Your Bread: Different cultures have different breads like ciabatta, roti, challah, baguette, tortillas, naan, injera, pita, steamed buns, and buttermilk biscuits — just to name a few! Enjoying foods from other cultures is a delicious way to help your child learn about different people and cultures: www.bigheartworld.org/activity/bread-and-culture





“A Friend Like You”



“A Friend Like You” is written by Doug Petty and Mike Himelstein and performed by Charity Daw and SQVARE. It explores all the things that make friends special!

First time that I met ‘ya
I wasn’t sure if we’d be friends
We both were sort of shy
I’m glad we tried again!

I got to know you — I liked your style
We laughed a lot and talked a while
I get happy when you smile!

I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!

We jump on our scooters
And go ridin’ all around
Or make a pillow fort
And laugh when it falls down.

We like to make stuff like glue slime
Play some games or make some rhymes
Find a super cool rock wall to climb!



I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!

Sometimes the greatest friends
See things a different way
But when we disagree we know that we’re OK.

We’re together through thick and thin
This friendship road has no end
I’m so happy you are my friend!

I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!

I’m so glad I found a friend like you
So much we share — so much we do!
There’s always something fun and new
With a friend like you!

Ways to Explore Friendship

Using “A Friend Like You”



Sing & Dance Along:

www.bigheartworld.org/big-heart-beats-album-a-friend-like-you

- ★ **What Friends See!** (Learn About: Social and Emotional Skills, Friendship)
In the “A Friend Like You” music video, the Noggin Kids imagine the amazing adventures they go on together. Imagine! Talk about what you do in real life with your friends and then create the imaginary adventure version. For example, if you colored pictures in real life, maybe you painted a mural on a whole city block in your imagination! If you rode balance bikes together, maybe you piloted airplanes across the ocean.
- ★ **Friends’ Story** (Learn About: Social and Emotional Development, Communication, Stories)
The lyrics to “A Friend Like You” encourage listeners to celebrate friendship. Write and illustrate an adventure story involving you and a friend. Turn it into a short story, a comic, or a drawing.
- ★ **Play With Friends!** (Learn About: Social and Emotional Development, Friendship)
 - ★ **A Friend Like You Dance:** Research shows that dancing helps people form friendships! Dance together to the song. When you dance together — moving to the same beat, coordinating your movements, and being careful not to step on each other’s toes — you and your dancing partner are learning to be good friends: www.bigheartworld.org/activity/dancing-with-a-friend-like-you
 - ★ **Friendship Rock Garden:** Working together to create something beautiful with friends can forge friendships and build community. Create a friendship garden with your child to help him or her build connections with others: www.bigheartworld.org/activity/make-a-friendship-rock-garden
 - ★ **Friendship Cookie:** Bake an enormous Friendship Cookie to share with friends and then divide it up so everyone can have some. Baking together hones fine motor and early math skills — and helps to learn important lessons about sharing delicious treats with people we love: www.bigheartworld.org/activity/bake-a-treat-to-share-with-friends





“Use My Ears to Listen”

“Use My Ears to Listen” is by Adam Boukis, Willow Stephens, and Stacey Coleman. It explores ways we can use our ears to listen to — and understand our friends’ feelings.



I don’t know what it’s like to be you

So I use my ears to listen (use my ears to listen)
Use my heart to care (use my heart to care)
I want to understand ya (wanna understand ya)
So tell me how you feel (tell me how you feel)

I don’t know what it’s like to be you!
Won’t you tell me all about you?

What’s your favorite color? (What’s your favorite color?)
Do you like to dance? (Do you like to dance?)
You and I are different, (you and I are different)
And I’d love to be your friend (And I’d love to be your friend.)

I love learning more about you (ooh, ooh)
Oh I really, really do (really, really do)

Tell me how you’re feeling (tell me how you’re feeling)
Help me start to see (help me start to see)
Who you really are (who you really are)
And who you wanna be (and who you wanna be)

There’s nobody else like you
Only you can do what you do!



Ways to Explore Empathy With “Use My Ears to Listen”

Sing & Dance Along: www.bigheartworld.org/big-heart-beats-album



Use My Ears (Learn About: Social and Emotional Development, Empathy)

The song “Use My Ears to Listen” reminds us that we need to listen to others to understand them and what they’re feeling. It’s important to ASK others how they’re feeling — and to LISTEN to their answers. Pair up and “use your ears to listen” so you can get to know a friend or family member better.



Super Ears (Learn About: Social and Emotional Development, Empathy)

Using our ears to listen to others is a super power: By listening, we can solve problems! Make up an empathy story together about how the hero’s super ears helped to save the day!



Act Out Empathy (Learn About: Social and Emotional Development, Empathy)

Create your own “empathy play,” in which children role play different empathy-related scenarios. Invite favorite dolls or stuffed animals to be actors in the empathy show!



Use My Ears to Play



Each Other’s Feelings: As children understand and become more aware of their OWN feelings, they will also start to look for and recognize those feelings in others. This is the beginning of empathy. Use puppets and stories to practice empathy: www.bigheartworld.org/activity/notice-feelings



Howdy pARTner: Make art together! Each hold a marker or crayon and draw on one piece of paper, taking turns, to build teamwork and empathy: www.bigheartworld.org/activity/create-art-together





“Help Work It Out”



“Help Work It Out” is written by
Gabe Sokoloff and performed
by Carmel Allison Echols. It
explores ways friends can
solve social problems together.

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 Social Problem Solving With “Help Work It Out”

Sing & Dance Along: www.bigheartworld.org/help-work-it-out



Help Work Out the 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?



Storytime Work it Out (Learn About: Social and Emotional Development, Problem Solving)

Help characters from your favorite stories find new ways to fix problems. 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?



Help Work it Out With Play:



Problem Solving With a DIY Hourglass: A visual timer like an hourglass is a great tool to support children's problem solving skills. A timer can help children learn to share, take the time to work on something new and challenging, or transition from activity to activity. Learn to make your own:

www.bigheartworld.org/activity/diy-hourglass



Solve Playdough Problems: 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:

www.bigheartworld.org/activity/share-the-playdough



Hungry Puppet: Solve problems with a puppet. Practice saying “I don't like that” and other words that help children communicate when problems arise:

www.bigheartworld.org/activity/puppet-problems





“Helping Others”



“Helping Others” is written by Dave Senft, Don Mitchell, Harris Pasetliner, and Auyon Mukharji and performed by Darlingside. 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”

Sing & Dance Along:

www.bigheartworld.org/big-heart-beats-album-helping-others



Helping Others Together (Learn About: Social and Emotional Skills, Persistence)
Work together to get a big job done! Painting a wall or picking up toys are easier with help, and an upbeat song like “Helping Others” can keep you motivated until the end.



Helping a Lost Stuffie (Learn About: Social and Emotional Skills, Empathy)
Pretend that a favorite stuffed animal is lost just like the neighbor’s cat in the song! Discuss how they feel about the missing stuffed friend and how it feels to get help.



Helping Others 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 note to someone. Write a kind message on the sidewalk for everyone who passes by to see. A picture and words of encouragement can help others!



Helping Others Play



What’s Your Cause? Even little children can do surprisingly big things to help make the world a better place. They can help the environment and animals; the homeless and hungry; the sick and the elderly! They can support local schools, libraries, or other non-profit organizations or efforts that make a difference. Talk about big problems your students/children care about and brainstorm ways to help:

<https://www.bigheartworld.org/activity/whats-your-cause>



Helping Bingo: Think of ways to be a helper around home, in the neighborhood/school, or at the community center. Make a grid on a piece of paper and fill each word with a word/drawing about a way to help. Mark the squares as you help in more and more ways:

www.bigheartworld.org/activity/look-for-ways-to-help





“Up, Up, Up”



“Up, Up, Up” is written by Gabe Sokoloff and performed by Ty Taylor. It encourages us to stand up for what is right: It’s our responsibility!

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!

Sing and Dance Along: www.bigheartworld.org/upstanding-song



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



- ★ **That’s Upstanding!** (Learn About: Comprehension, Independence)
Listen to “Up, Up, Up” on 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.
- ★ **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.
- ★ **Upstanding Words** (Learn About: Social and Emotional Development, Communication Skills)
Play pretend with puppets or toys to practice using phrases that help children be upstanders. Use phrases like “I’m sorry that happened to you,” “You’re not alone,” “I am here,” and “Do you need help?” Encourage children to use them, too!
- ★ **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 or chant. How does it feel to be so loud?
- ★ **Play Up, Up, UP!**
 - ★ **Helping Hand:** Think of the 5 grownups — one for each finger — who can help you if you need help standing up for yourself or others:
<https://www.bigheartworld.org/activity/helping-hand/>
 - ★ **Upstanders Club:** Upstanding is easier together. With friends, make a promise to be upstanders at school and in the community:
<https://www.bigheartworld.org/activity/upstanders-club/>
 - ★ **Sign Language:** There’s a lot of “wrong” 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: <https://www.bigheartworld.org/activity/sign-language/>





“Share A Smile”



“Share A Smile” by Mireya Ramos and Shae Fiol and performed by Flor De Toloache helps us celebrate global diversity and encourages us to spread kindness.



When I look up at a rainbow
The colors that I see
Are different from each other
They shine so beautifully

No matter where we come from
We all share the same blue sky
Let us learn from each other
Build a world that is kind

We all have a special story
In our dance and food and song
Let us celebrate each other
Everybody sing along

Share a smile, lend a hand
Listen closely, take a stand
Share a smile, lend a hand
Listen closely, take a stand

Little actions make big change
A little kindness goes a long way

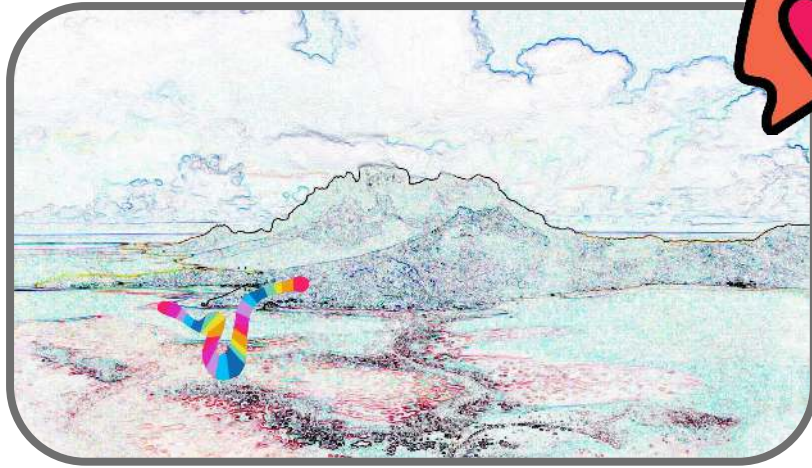
Share a smile, lend a hand
Listen closely, take a stand
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Share a smile, lend a hand
Listen closely, take a stand
Share a smile, lend a hand
Listen closely, take a stand

Sing and Dance Along:

www.bigheartworld.org/big-heart-beats-album



Ways to Explore Global Citizenship Using “Share a Smile”



★ **Global Dance Party** (Learn About: Identity, Empathy, and Gross Motor Development)

Visit the library or search the internet to learn about different dances from around the world. See if you and your family can learn some new moves from another culture. Try them out and dance together to “Share A Smile.”

★ **Your Story** (Learn About: Identity and Expression)

The lyrics of “Share A Smile” talk about the special story that we all tell through the dances, foods, and songs of our culture. Invite children to share special parts of their heritage. What can we learn from each other?

★ **Global Stories**

Read stories from every continent to learn about the stories that are important in different parts of the world. Play to explore the stories (and lessons) that children hear around the globe.

- ★ *The Rainbow Serpent (Oceania)*
- ★ *Why the Cheetah’s Cheeks are Stained with Tears (Africa)*
- ★ *The Two Frogs (Asia)*
- ★ *The Enormous Turnip (Europe)*
- ★ *The First Fire (North America)*
- ★ *How the Beetle Got Its Gorgeous Coat (South America)*



“The Sad Song”



“The Sad Song” by Ryan and Courtney Lofty is about one of the feelings: Sadness. It explores the idea that being sad is just a feeling — which will come and go like *all* the feelings.

Today I’m feeling some kind-a way
In a funk and I just can’t get at it
I feel sad and that’s okay
It’s normal to feel this way

It’s the sad song
And we sing it together
It’s the sad song
Soon we’ll be feeling better
Because we all know, feelings come and go
Sad song, is what we’re singing today

Woah oo oo oo
Woah oo ay oh

Sing and Dance Along:

www.bigheartworld.org/big-heart-beats-album



It helps to say out loud, I’m sad, S-A-D
Talkin’ it through with somebody
If you just want to cry
Or maybe roar like a lion
Stretch from your toes to your pinkies
Hug a pile of kitties

How do you feel today?
Tomorrow’s a new day comin’
If you feel sad then that’s okay
It’s normal to feel this way

It’s the sad song
And we sing it together
It’s the sad song
Soon we’ll be feeling better
Because we all know, feelings come and go
Sad song, sad song (tomorrow’s a new day comin’)
Sad song, is what we’re singing today

Ways to Explore Feelings Using “The Sad Song”



- ★ **My Feelings Song** (Learn about Feelings, Expression)
“The Sad Song” is about the feeling *sadness*. Make up your own song about a *different* feeling.
- ★ **How Are You Feeling?** (Learn about Feelings)
Are you feeling happy or sad? Angry or nervous? Excited or exhausted? We all have all the feelings — and they’re all OK. Keep a feelings chart and track how you’re feeling throughout the day. Can you spot any changes or trends?
- ★ **Feelings Scavenger Hunt** (Learn About: Feelings)
Talk about sadness and other feelings. Then read a story together — how many of the feelings can you find?
- ★ **Listen and Hear** (Learn About: Feelings, Self Regulation)
Listening skills are important for understanding others’ feelings! Practice listening by finding a cozy spot inside or outside; be very quiet so you can hear the world. What sounds do you hear? Are they loud or soft? What is making the sound?
- ★ **Calming Space** (Learn about: Self Regulation)
Build a calming space in a cozy corner or in a comfy chair. Try going there to calm down when you need some time alone:
www.bigheartworld.org/activity/calm-down-the-fun-way.
- ★ **Feather Breath** (Learn about: Self Regulation)
Pretend you have a feather on your nose. Breathe gently out of your mouth to blow your feather up into the air. Breathe in as you bring your feather back down to your nose:
www.bigheartworld.org/activity/calm-down-the-fun-way.





How wonderful would it be if we lived in a big heart world? Join us!



Find the album and tools and resources for families and educators online at:
www.bigheartworld.org/big-heart-beats-album