

Little Kids, Big Hearts: How to Stand Up

Discussion Guide for Parents and Educators

How to Stand Up

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 Stand Up” is our episode about upstanding. It features three kids who help listeners understand what upstanding is — and how they can be upstanders for themselves and for others.



Discussion Prompts :

- ♥ What is an upstander?
- ♥ How can you stand up for yourself?
- ♥ How can you stand up for others?
- ♥ What's different about being a bystander and being an upstander?
- ♥ What would you do if you noticed someone making fun of a classmate?
- ♥ What would you do if you noticed someone taking out a friend's braids like Riya described in the episode?
- ♥ How can you build up the courage and confidence to stand up for others?
- ♥ Who do you go to for help if you need it: At home? At school?
- ♥ How can we all do good in the world — in big ways and small ways?
- ♥ What is a "ripple effect" and how can you create positive ripples in your neighborhood or school community?

All of us can be upstanders — for ourselves *and* for others! Role play and practice so you know what to say and do to stand up if someone else needs help.