



Big Heart World Parent & Caregiver Guide

Global Citizenship

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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.

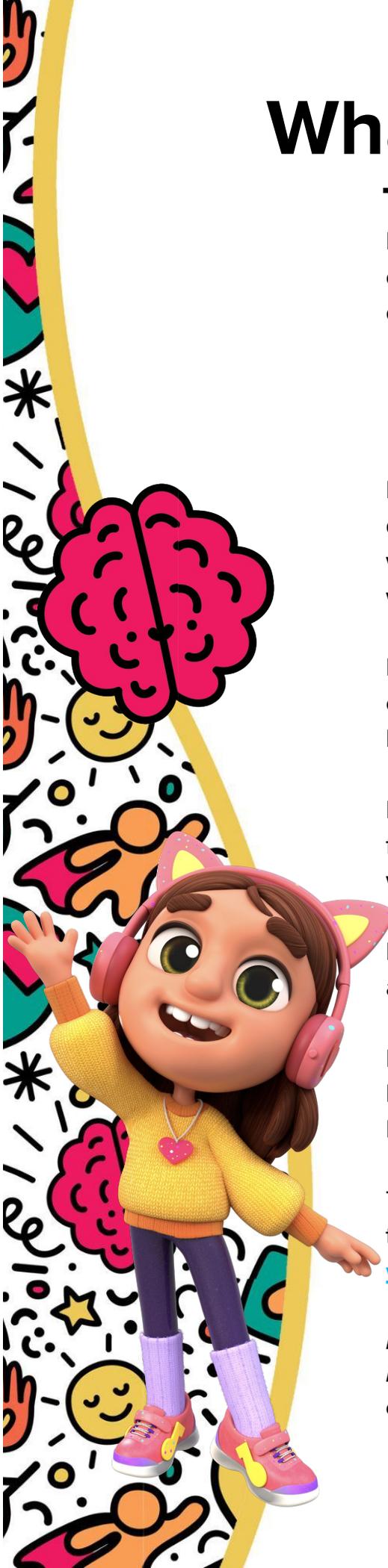
If you’re feeling overwhelmed by the pandemic and endless change and transition, Big Heart World is for you.

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.

Big Heart World is produced by Sparkler Learning with support from Noggin, the Walton Family Foundation, and many non-profit partner organizations.





Global Citizenship: The Ninth Unit of Big Heart

"If I am an advocate for anything, it is to move. As far as you can, as much as you can. Across the ocean, or simply across the river. Walk in someone else's shoes or at least eat their food. It's a plus for everybody." — Anthony Bourdain

"Now is the time for all of us to take our share of responsibility for a global response to global challenges." — Barack Obama

Global citizenship is a BIG idea for all of us! What does it mean to be part of a family, a community, and a WHOLE world? How can we be good citizens of our planet?

Thinking about the ideas of global citizenship with children will help them learn to be inclusive friends, flexible thinkers, and better stewards of our planet for a lifetime. Global citizens recognize that we are all living here together on the Earth, and that we are all truly more alike than we are different. Global citizens understand that the world is an enormous community, filled with people of all different cultures, religions, and ways of living, whose decisions impact one another and the Earth as a whole. As global citizens, it is our responsibility to take care of the planet we call home, and all of the people who live here.

To think of themselves as citizens of the world, children will need to access all of the Big Heart World skills that we learned starting in Unit 1: Children will have to know themselves and feel a sense of belonging; they will need to empathize with others; they will need to be good friends, solve problems, and use their voices to stand up for what is right — for themselves and for others.

As children explore the activities, books, music, and other content related to "global citizenship," they will start to understand that they are an important part of a global community that is large and diverse, and extends far beyond their immediate environment. They will see similarities and celebrate differences among the world's people, use their empathy skills to identify with others, and use their problem solving skills to work to achieve solutions to big challenges like climate change and human rights. They will see that we are all interconnected, and that their actions can affect others across the globe.

As global citizens, you and your children will be working to make the world a better place for themselves, their communities, and for people around the world.



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!



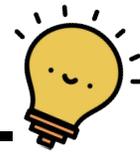
When you introduce new vocabulary words, you help your child learn the words they'll need to express their feelings and communicate with you and others. Here are some words you can share related to global citizenship.

- ★ **Appreciate** - to recognize the worth/value of
- ★ **Citizen** - a person who lives in a particular place
- ★ **Common** - belonging to all
- ★ **Community** - a group of people living together
- ★ **Connected** - joined together
- ★ **Cooperate** - to work together
- ★ **Culture** - the way of life for a certain group of people
- ★ **Curious** - eager to know or learn
- ★ **Empathy** - to understand and share the feelings of someone else
- ★ **Fair** - without favoring anyone or anything
- ★ **Friend** - someone who you like and who likes you back
- ★ **Helpful** - giving or ready to give help
- ★ **Include** - to invite someone else to share in an activity or privilege
- ★ **Join** - to bring together
- ★ **Kindness** - the quality/state of being kind (sympathetic or helpful nature)
- ★ **Language** - an organized system of spoken words
- ★ **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
- ★ **Share** - to have in common or use together
- ★ **Support** - to hold up or assist
- ★ **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





“Share A Smile”



“Share A Smile” is the newest song in Noggin’s Big Heart Beats album. The lyrics help 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

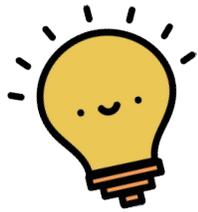
We all have a special story
In our dance and food and song
Let us celebrate each other
Everybody sing along

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

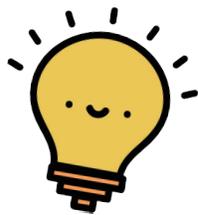
Ways to Explore Global Citizenship with “Share A Smile”



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.”



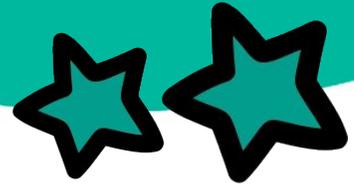
Special Story

(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. Share a piece of your heritage with your child, and invite friends to share their heritage with you! What can you learn from one another?



The Rainbow Serpent



A very, very long time ago in the Dreamtime, when the Earth was still sleeping, everything was still and quiet. The Earth was flat and nothing grew. Nothing blew. Not a creature stirred.

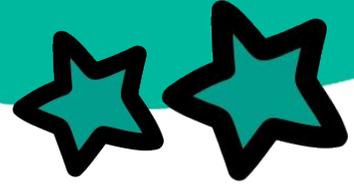
One day, the beautiful snake awoke from her long sleep underground. She was the Rainbow Serpent. The Rainbow Serpent pushed her way up from deep underground to the Earth's surface and went looking for her tribe. She traveled for a very long time, and, as she traveled, her enormous body left deep tracks. Her body formed deep valleys, tall mountains, and riverbeds. She searched and searched for her tribe, shaping the Earth as she moved.

At last, she was tired from her travels and curled up to sleep. When she woke up, she returned to the place where she had first emerged from the Earth. The Rainbow Serpent called out to the frogs: "Come, frogs, come!" she called.

Slowly, slowly, the frogs emerged from underground.

The frogs moved slowly because they carried so much water in their bellies. The Rainbow Serpent tickled the frogs' bellies, and when the frogs opened their mouths to laugh, out poured the water. The water filled the tracks that the Rainbow Snake had left behind, creating Earth's rivers and lakes

The Rainbow Serpent



When the rivers and lakes were filled with water, plants began to grow. Trees, bushes, and grasses covered the Earth. Once the Earth was lush and green, all of the animals began to wake up from their sleep and emerge and follow the Rainbow Serpent. The animals lived in the rocks, plains, trees, and air and for a long time they were all very happy together.

The Rainbow Serpent made rules for the animals to follow, but some animals started to cause trouble for everyone. “Those who follow my rules,” said the Rainbow Serpent, “will be rewarded. I will give them human form. Those who do not obey will be punished and turned to stone.”

Even after her warnings, many animals continued not following the rules and became the Earth’s mountains and hills. The animals that closely followed the rules became human and were given the totem of the animals they once were: kangaroo, koala, emu, and many, many more. These became their tribes.

The tribes lived together happily on the land that the Rainbow Serpent had given them. They knew that they could stay on the land as long as they followed the Rainbow Serpent’s rules and always took care of the Earth.

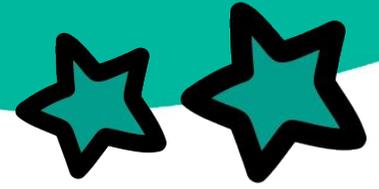


Parent/Caregiver Tip:

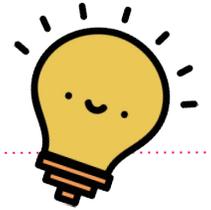
The Rainbow Serpent is a creation story that is told by the Aboriginal people of Australia. The various tribes across the continent use different names for the Rainbow Serpent, and each tribe tells the story a bit differently. By some estimates, the story dates back 65,000 years!

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

Play Activities



This month contains stories from each continent, which families can read together, as well as activities inspired by those stories.



Tickle a Frog

Ages: 1 - 10 and up!

Skills: Perception, Trust

Vocabulary Words:

- Tickle - to make laugh
- Belly - stomach

Materials: none

Recipe for Play:

1. Let's read the Aboriginal story called "The Rainbow Serpent."
2. In the story, the Rainbow Serpent tickles the bellies of frogs to create rivers and lakes.
3. I can tickle your belly just like a frog. What words or sounds will you make when you laugh?

Sculpt the Earth

Ages: 3 - 10

Skills: Fine Motor, Connection-Making

Vocabulary Words:

- Sculpt - to shape
- Shape - to form

Materials: sand, clay, or playdough

Recipe for Play:

1. The Rainbow Serpent sculpts and shapes the earth by moving her enormous body along the ground.
2. Let's use wet sand, playdough, or clay to sculpt the Earth just like the Rainbow Serpent.
3. Let's use our fingers, hands, and arms to carve out deep valleys and tall mountains. Let's make rivers and lakes.
4. We can use toys or paper to represent trees, grass, and animals.

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



Little Kids, Big Hearts Podcast



Some kids eat quesadillas for breakfast, some eat iddli, and some eat cereal — but there is SO MUCH that kids around the globe share in common!

Meet Marcus from Japan, Gaurav from India, Ella from Australia, Nils Jr. from Norway/USA, Eva from Venezuela, Sophia from England, and Lucy and Emaline from Scotland to explore the idea of “global citizenship” and what it means to share one, big world.

Listen to our two-part Season 1 Finale: How to be a Global Citizen.



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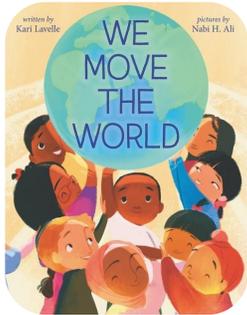




Books to Spark Heart-to-Heart Conversations



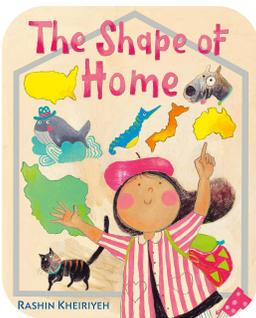
Big Heart World partner **First Book** has shared a beautiful list of book recommendations that help parents, caregivers, and educators talk with children about global citizenship. See all the recommendations at <https://www.bigheartworld.org/global-citizenship-books>.



We Move The World

Meet some of the world's most beloved movers, shakers, scientists, activists, dreamers, and doers in this inspirational book by debut author Kari Lavelle, who gently reminds us that before folks like Ruth Bader Ginsberg, Neil Armstrong, Martin Luther King, Jr., and Misty Copeland were activists and trailblazers, they spoke their first words, took their first steps, and dreamed about the future.

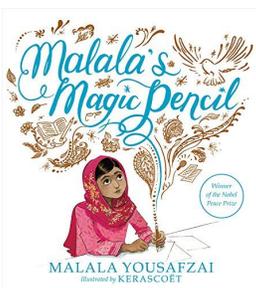
For Discussion: Everyone — from famous artists to pathbreaking scientists to presidents — started out as a baby! Why do you think some babies turn out to change the world?



The Shape of Home

It's Rashin's first day of school in America! Everything is a different shape than what she's used to: from the foods on her breakfast plate to the letters in the books! And the kids' families are from all over!

For Discussion: The new teacher asks each child to imagine the shape of home on a map. Can you imagine "home" on a map? what does it look like? Where is the country your family is originally from on a map? What shape is it? What "shapes of things" remind you of home? Your pet? Your favorite food?



Malala's Magic Pencil

Malala's first picture book will inspire young readers everywhere to find the magic all around them.

For Discussion: Describe Malala's magic pencil. What would you wish for with a magic pencil? What BIG problems do you want to try to solve — with or without a magic pencil?





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