



Big Heart World Educator Guide

Identity and Belonging

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PRESENTED BY

spar^kler

IN PARTNERSHIP WITH **noggin**



Contents of This Guide

Find out what's included!



Use Big Heart World resources in your classroom and share our Parent & Caregiver Guide — which will be released each month — with the families of your students.

What to expect in this guide:

1. What is Big Heart World?
2. All About Me: The First Unit of Big Heart
3. Big Heart Vocabulary
4. Noggin's "Like Nobody Else" Song
5. "Like Nobody Else" Activities
6. Books to Spark Big Heart Conversations
7. Your Feedback

Visit BigHeartWorld.org for articles, games, do-together activities, and more to help you build your students' big hearts!

What is Big Heart World?

Big Heart World aims to help you help the children in your care learn 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 *a/ways* important to children's development, but is particularly important now due to changes and school closures brought about by COVID-19.

If you're wondering how to help your students express their feelings, figure out friendships, and share, Big Heart World is for you.

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

If you're interested in ways to help children adjust to a classroom environment after months of being at home, and want to get advice from leading experts in the fields of education, psychology, medicine and more, Big Heart World is for you.

How wonderful would it be if everyone lived in a Big Heart World?

Big Heart World is presented by Sparkler Learning in partnership with Noggin and with support from many non-profit partner organizations.

Learn more: bigheartworld.org/about-us



All About Me:

The First Unit of Big Heart

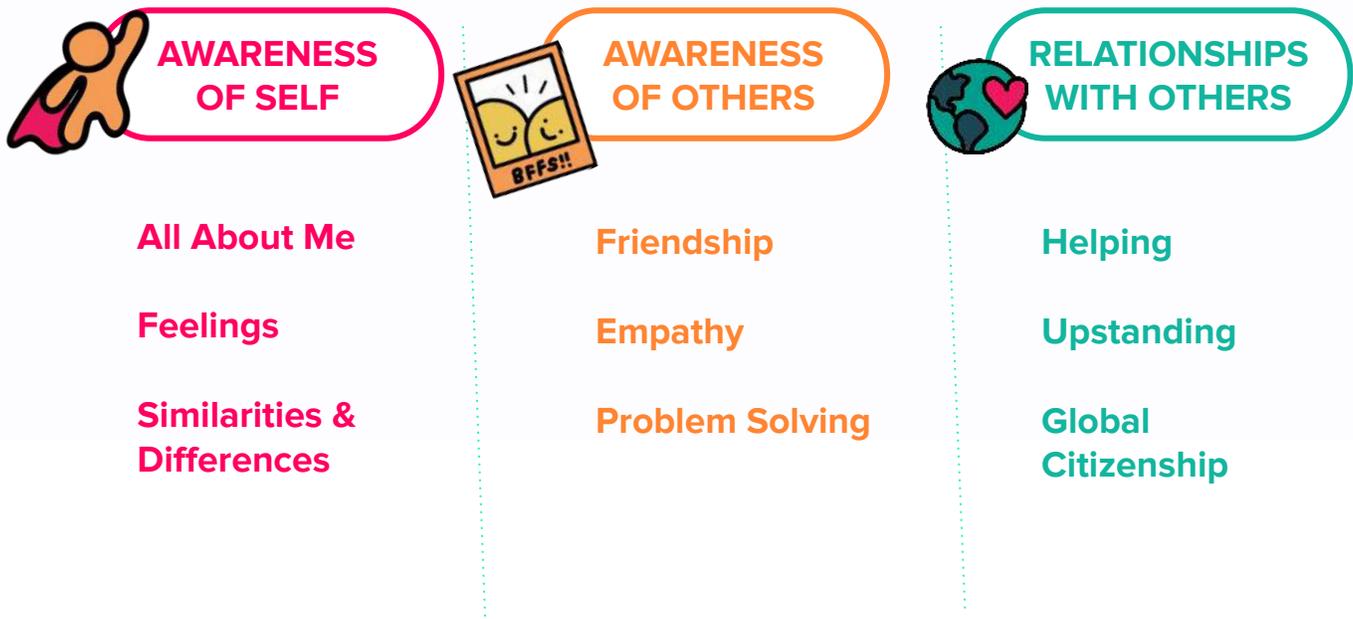


The question, “Who am I?” is deceptively simple, yet it can take a lifetime to answer!

Children start learning about themselves when they are tiny. They wiggle their fingers! They touch their feet! They develop loving relationships with family members, which help them develop a sense of belonging! By around their first birthday, babies realize that the person looking back at them in the mirror is “me,” and by about two, they can recognize themselves in photos. Children learn more and more about who they are and how they fit into the world as they grow — and YOU help them along the way.

A person’s identity makes them who they are: their skills, passions and preferences, physical traits, culture, language, and more. Developing a strong sense of self can help children grow their self-esteem and confidence, and later enable them to learn how to interact with others to make friends and solve problems together.

Over the next 9 months, the Big Heart World effort will cover many important skills and themes in social and emotional learning, including the ideas of self, others, and relationships. Here’s a visual overview of all the content you will find on Big Heart World so you know what to expect:



Let's Learn Some Big Heart Words!



Introducing new vocabulary words related to the theme of identity and belonging gives the children in your care the words they'll need to express their big ideas. These words pair well with the games and activities included in this unit.

- ★ **Identity** - who I am, what makes me “me”
- ★ **Similar** - alike, having qualities in common (you may be similar to someone else in some ways and different in others!)
- ★ **Different** - not like something or someone else, or not like before
- ★ **Family** - people who are related to each other, like parents and children
- ★ **Feelings** - how you think about something; what you believe
- ★ **Community** - a group of people living in the same place or having a particular characteristic in common
- ★ **Respect** - to think about the feelings of others
- ★ **Language** - way of communicating with others by written or spoken words, used by the people of a certain country or area
- ★ **Ethnicity** - the fact or state of belonging to a social group that has a common national or cultural tradition
- ★ **Culture** - the beliefs, way of life, art, language, and customs that are shared and accepted by people in a particular society or group
- ★ **Heritage** - something you inherited from your ancestors
- ★ **Belonging** - to be a member or part of a group or community
- ★ **Unique** - one of a kind, unlike anything else, special
- ★ **Independent**: able to do things by yourself





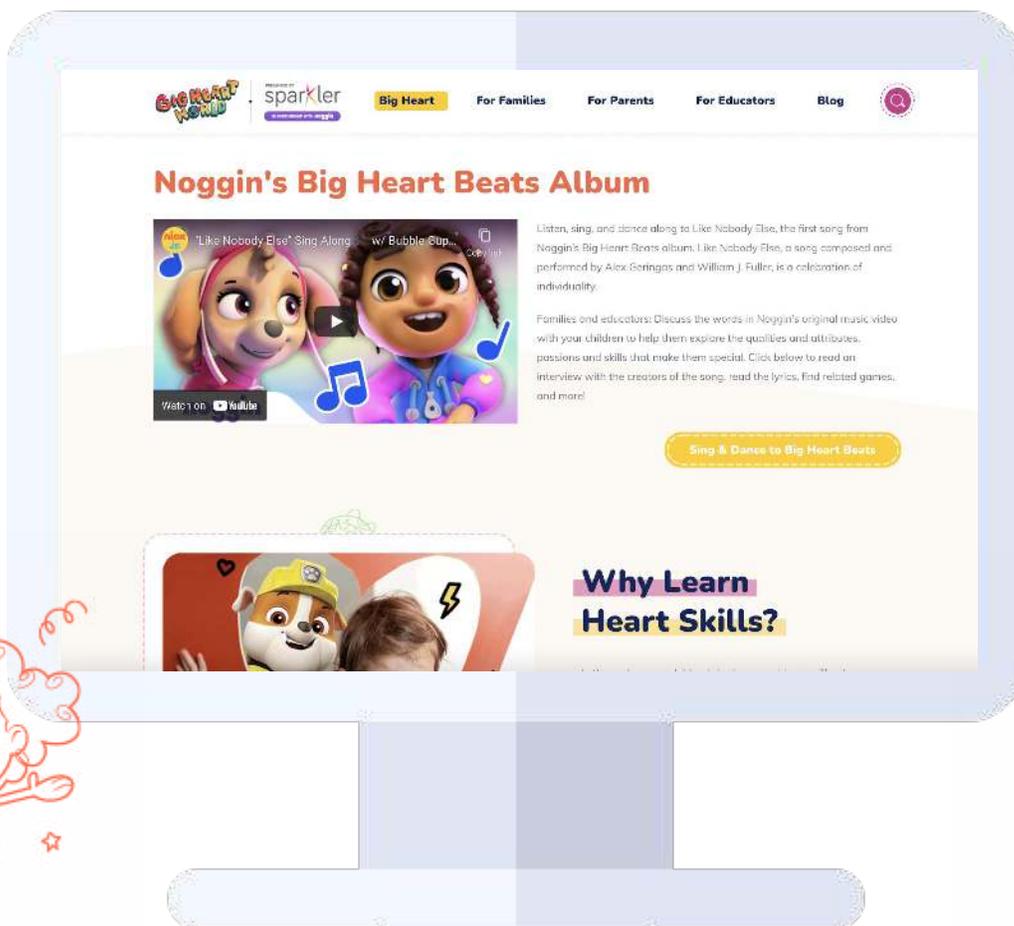
BIG HEART

Activities





Sing and Dance to Noggin's "Like Nobody Else"



Each month, a new music video in Noggin's Big Heart Beats album will be released on [BigHeartWorld.org](https://www.BigHeartWorld.org). The songs correspond to the monthly themes.

"Like Nobody Else" by Alex Geringas and William J. Fuller is the first song in the album. It celebrates identity, individuality, and self-respect. You can play it for your students during transitions or to prompt a discussion about the themes the song addresses.



“Like Nobody Else”

Song

The lyrics of “Like Nobody Else” from Noggin’s Big Heart Beats album celebrate 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

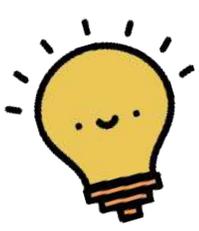
My happy shines bright
Mmm-hmm
I’m living loving life
Oh yeah
So wear your smile loud
Never forget - **Everybody say it proud**

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



Use Noggin’s “Like Nobody Else” to Explore Identity & Belonging in your Classroom



- 1. Dance Like Nobody Else** (Physical Development, Social and Emotional)
Go to [BigHeartWorld.org](https://www.bigheartworld.org) to play “Like Nobody Else” from Noggin’s Big Heart Beats album and have a dance party in your classroom (in person or virtual)!
- 2. Behind the Tune** (Learn About: Social and Emotional Development)
Talk about the big ideas in “Like Nobody Else.” What does it mean to be unique? What does it mean to be proud of yourself for who you are? What attributes and qualities make each member of our class community proud?
- 3. Play Like Nobody Else!** (Learn About: Social and Emotional Development, Arts)
After discussing the “Like Nobody Else” song, try one of our identity and belonging activities together to explore the ideas of the song off-screen, with paper and crayons! The activities we share on [bigheartworld.org/big-heart-playroom](https://www.bigheartworld.org/big-heart-playroom) include:
 - ★ **Mirror Play** — Three related activities to help babies, toddlers, and big kids explore ideas of identity and belonging with kid-safe mirrors.
 - ★ **Family Flag** — Design a family flag to explore family identity and to understand how everyone belongs! This is meant for toddlers and big kids.
 - ★ **My Book About Me** — Who IS each child in your class? What matters to them? What makes them special? Create special “me” books as a class project — or, collaborate to create a classroom poster. There are different versions of this activity for babies, toddlers, and big kids.
 - ★ **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.
 - ★ **Four fun ways to calm down** — Calming down can be hard to do, but learning to control our feelings and bodies is an important step in developing other skills — from learning to read to solving problems with friends. With little kids or big kids, create a special calming space or try our recommended breathing exercises.
- 4. Like Nobody Else Game** (Learn About: Literacy, Social and Emotional Development, Focus & Problem Solving)
Everyone in the class can write or draw three things that make them special. Put everyone’s responses into a bag and then draw the responses out one by one. Can members of the class guess correctly?
- 5. Like Nobody Else Freeze Dance** (Learn About: Social and Emotional, Focus & Problem Solving, Arts)
Help your child build rhythm and self-regulation skills with a game of freeze dance. Play the song, which you can find at [bigheartworld.org/the-big-heart-album](https://www.bigheartworld.org/the-big-heart-album). The students should stop dancing when the music stops!



Books to Spark Big Heart Conversations



Here are special books you can share and discuss with your students. Find more ideas for SEL book recommendations and discussion prompts on BigHeartWorld.org.

★ **[Giraffes Can't Dance](#) by Giles Andreae**

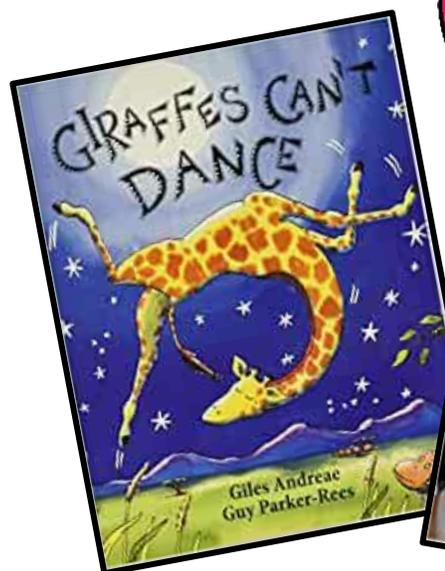
Gerald the giraffe longs to dance like everyone else, but his legs are too long and skinny, and he just can't seem to get it right.

For Discussion: In the story, the other animals laughed at Gerald. They even called him names. How did that make Gerald feel? What could they have done instead of laugh at him?

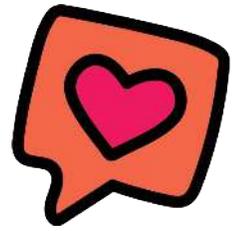
★ **[Hair Love](#) By Matthew A. Cherry and Vashti Harrison**

It's up to Daddy to give his daughter Zuri an extra-special hair style in this ode to self-confidence and the love between fathers and daughters.

For Discussion: What makes Zuri feel like a superhero? Is there anything that makes YOU feel like a superhero? What's your favorite way to do your hair?



Books to Spark Big Heart Conversations



★ **Julián Is a Mermaid** by Jessica Love

While riding the subway home from the pool with his abuela one day, Julián notices three women dressed up as mermaids. Julián is inspired! This is a book about being yourself.

For Discussion: How did Julián feel when his abuela left the room after she saw his homemade mermaid costume? Have you ever felt that way? How did he feel when she came back? Why? Have you ever felt that way?

★ **Bob the Artist** by Marion Deuchars

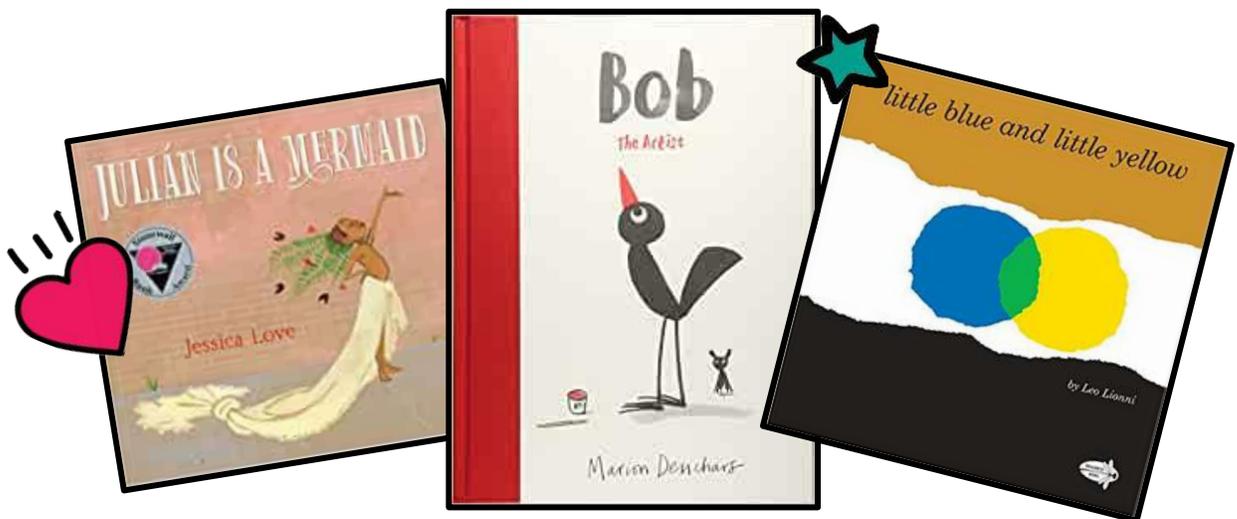
★ Bob the bird is just like all his friends, except for his skinny red legs! Bob learns that he's great — just the way he is.

For Discussion: What made Bob special in the story? What makes YOU special?

★ **Little Blue and Little Yellow** by Leo Lionni

★ Little Blue and Little Yellow are best friends. Join them as they become green and then find their true colors again.

For Discussion: What makes YOU who you are? If you change, are you still the same person?



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

Do you have ideas about how we could make Big Heart World a useful resource for educators like you?

We want to make this a useful resource for YOU. Please email us at support@bigheartworld.org. We'd love to learn about your needs and see if we can help.



For more tools and resources, please visit us online at <https://bigheartworld.org>

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