

Little Kids, Big Hearts: Episode 1

Discussion Guide for Parents and Educators



Support Children's Social and Emotional Learning

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.

Discussion Prompts:

- ♥ Ask your child/student what made him/her feel happy today. You can share a moment that made you happy, too!
- ♥ Ask your child/student to share a time when he or she felt angry — and what he or she did to feel better. You can share a moment when you felt angry and what you did to calm down.
- ♥ Ask your child/student to tell you about a time when he or she felt sad. You can share a time you felt sad.
- ♥ Ask your child/student about a time when he/she felt scared. You can share a time when you felt scared.
- ♥ Ask your child/student to show his/her silliest face. Does he/she have a joke or silly comment to share? Can you make your child/student laugh with one of your silly jokes?
- ♥ Ask your child/student if there was a time when he/she felt brave, and share a time when you felt brave.
- ♥ Talk with your child/student about what you both think it means to have a “big heart.”
- ♥ Ask: What do YOU think a Qook-a-lacka looks like? If he/she doesn't know, it's OK! If your child/student is interested, invite him/her to draw what their Qook-a-lacka looks like.

Goal: I will talk openly with my child/students about feelings so that they learn to express what is in their heart.