



Listening Time:



33:00

SEASON 2, EPISODE 4

Siblings

There's a good chance that a sibling relationship will last longer than most other relationships in life. Many times, siblings can help children to define what they value and look for in other relationships. Siblings can also help each other to develop self-regulation and emotional understanding as they grow up together. All relationships will have some conflict, and conflict can promote growth, but kids don't automatically know how to navigate through differences and work things out. It can be especially hard when you live together, or even share a bedroom or bunk bed!

Parents: Help the siblings in your family appreciate each other's differences. As a grown-up, you can model how to respectfully disagree and work through the inevitable conflicts that pop up in a family! These are lessons your children will take with them into adulthood. Also focus on giving each child the opportunity to be independent and do things on their own, as well as the opportunity to work together.

Educators: Siblings can have a big impact on children's social and emotional development, and it's likely that sibling relationships will come to your classroom ... even if you only have one child in a family physically in your classroom. Often, little siblings might feel like they're "not good" at a new skill because they've seen their big sibling do it already — and do it better. You might hear about fights or things that happened that are "not fair." These obstacles are opportunities for learning — for all of the children in your classroom.

These extension activities will help parents and educators to support children (Pre-K to Grade 3) as they explore the relationship dynamic of siblings. Even those without siblings can benefit from these themes!

Before starting this lesson, you can listen to the podcast on Apple, Spotify or wherever you listen to podcasts. Learn more: playsparkler.org/podcast



Many Ways To Make A Family

PreK-3rd Grade



Goals

- ♥ Cultivate empathy by exploring the many types of families that are represented in our classroom community.
- ♥ Develop listening skills by taking turns sharing stories in a group setting.

Instructions



Play the Episode

If the class hasn't yet listened to the Little Kids, Big Hearts Siblings episode, start by listening! It's on Apple, Spotify, or where you listen. Learn more (or listen) at playsparkler.org/podcast.

Discussion



In the episode, Todd shares with the kids the many ways he and his siblings came to be part of their family. He shares that he has biological siblings, step-siblings, and adopted siblings.

As a class, discuss the many different people who make up your family! You might have:

- Biological siblings
- Adopted siblings
- Step-siblings
- Cousins or friends who live in the same home who are like siblings

As a class, explore:

- What is it like to be the youngest in a family?
- What is it like to be the oldest?
- What is it like to be in the middle?
- What's it like when you first meet a new baby sibling?
- Do any of you have siblings who you don't live with? What is that like?
- Do you share your room with anyone?
- What is it like to NOT have siblings?
- Do you have a friend or family member who is as close to you as a sibling? What is that like?
- What are some of the things you tend to argue about with your sibling/close friend?
- How do you usually find a resolution?



Color and Collaborate

PreK-3rd Grade



Goals

- ♥ Cultivate collaborative thinking and independence by giving each child their own half of an art project to work on.
- ♥ Encourage children to develop their own identity as artists — and recognize their own strengths — while also collaborating with others.

Materials



Get Ready!

- Art supplies: crayons, colored pencils, markers and/or stickers.
- Printable coloring sheets, cut in two

Instructions



Discuss: In the episode, Kaiway shares they almost didn't start playing Quibble because Kannon is already so good at the game. Oliver shares that he feels like his sister is really good at drawing and it discourages him sometimes.

- Is there something you feel discouraged to try because your sibling is really good at it?
- What is something you enjoy doing even if your sibling already does it?
- Is there an activity you and your sibling both enjoy doing together?



Activity: Color and Collaborate

- Print the coloring pages provided and cut them in half along the dotted line.
- Invite each child to work on half of the larger project. (This can be done with siblings or two friends/ classmates.)
- Each child should work independently.
- Once complete, tape the two halves back together.
- Talk about how, together, the pictures can have surprising color combinations and approaches! Together, the children have created coloring masterpieces!



Sharing Time

Observe the similarities and differences of your approach to your half of the picture. How does the picture look when it is just your half? How does it look when it is taped back together?







