



Listening Time:



32:47

SEASON 2, EPISODE 9

Moving Time

Moving is often one of the first big transitions a child experiences. Whether it's to a new home, neighborhood, city, state, or country, moving can be a challenging experience and lead to a lot of big feelings for children and their grown-ups. Moving isn't just about packing up and going somewhere new: it's often about saying "goodbye" and about getting used to new people, new traditions, and sometimes even new rules, new foods, and new languages.

In this episode, three kids with lots of experience moving — Aurelia, Cris, and Henry — talk about their moves and their feelings about moving. Then they and Todd go on an adventure to the Land of Qook-a-lackas, where they help Kahmar, who has a move coming up and is worried about their Qook-a-leekies, Quash and Quilly. To help, the kids summon the Qook-a-lacka Song Healer, who uses music to solve problems. Together, they make a song as a gift to share with Quash and Quilly.

Educators can use these resources to help children deal with moves — as well as other big life changes. Life is full of big transitions and moving is one of them!



Little Kids, Big Hearts Podcast

Learning Extensions

A Song for Quash & Quilly

K-3rd Grade



Goals

- ♥ Encourage creativity and connection-making
- ♥ Practice listening to others
- ♥ Understand feelings and cultivate empathy for others
- ♥ Manage stress and build self-regulation skills

Instructions



Play the Episode

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

Discussion



In the episode, Henry, Aurelia and Cris share stories about their experiences moving. Let's find out if anybody in our class has moved — and discuss what it was like.

- ♥ Have you ever moved to a new home? What did you notice? What surprised you?
- ♥ Have you ever moved to a new school? What was that like? How were your schools different/the same?
- ♥ What were your feelings — before, during, and after — your move?

Moving is one big life transition, but there are many other big transitions that people experience as we grow up. Even if you have not moved to a new town or changed schools, chances are that you've lived through a big transition. Let's talk together about big transitions, including:

- ♥ Welcoming a new sibling
- ♥ Saying goodbye to a friend who moves away
- ♥ Experiencing the death of a pet or a loved one
- ♥ A family member moving out of your home
- ♥ Moving into a new bedroom
- ♥ Needing to learn a new language

Let's discuss these and other transitions that members of our classroom community have experienced ... and share how these transitions made us feel. What did we feel **before, during, and after** the big change happened? Let's share and listen to our classmates.



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Learning Extensions

Create a Song Together, Following the Song Healer's Example

In the "Moving Time" episode, Todd and the kids visit Quasnick, the Qook-a-lacka Song Healer, so they can help write a song for Kahmar's Qook-a-leekies, Quash and Quilly, who are feeling nervous about an upcoming move. Take notes about moving and transitions and then write a song as a class.



Brainstorm:

Use a white-board or large piece of paper to write down the words students share in response to the following prompts:

- ♥ What are some of the feelings you think of when you think of "moving" and "big changes"?
- ♥ What is something you wish for a kid experiencing those feelings (like Quash and Quilly)?
- ♥ What do you think could be exciting about a move?
- ♥ What is a wish you have for Quash & Quilly?
- ♥ Are there any other words you think of when you think of moving/big transitions that you would like to add?



Turn the words into a song:

- ♥ Start with some of the hard feelings Quash & Quilly might be having.
- ♥ Add what is exciting about moving.
- ♥ Finish with your wishes for Quash & Quilly.



Set the song to music:

- ♥ Use a familiar melody like Twinkle Twinkle Little Star or Happy Birthday or one of the tracks below.
- ♥ Share your song: Sing it together! Share it with the world!



Track 1: Lullaby Ballad by Sam Wolsk & Anne-Marie Akin (slower melody)



Track 2: Lullaby Happy Bop by Sam Wolsk & Anne-Marie Akin (upbeat melody)

Find the music here: www.bigheartworld.org/a-song-for-your-child