



Listening Time:



25:00

SEASON 2, EPISODE 2

Trying New Things

When was the last time you tried something new? Was it hard? Was it scary? Was it fun?

Trying new things can be challenging and it can bring feelings of excitement, fear, frustration, or uncertainty. Even grownups can have a challenging time trying new things. It requires a certain level of confidence that most people are not born with — we have to work at it.

In this episode of Little Kids, Big Hearts, Todd talks with River, Taylor, and Leo about trying new things. They share stories of new things they have tried and the group goes on an imaginary journey to the Land of Qook-a-Lackas where they meet Crayton the Dragon, who's learning how to fly!

These extension activities will help you to support children (Pre-K to Grade 3) as they share their feelings about what it is like when they try new things and build the persistence and resilience that can grow as we try new things.

Listen to the podcast on Apple, Spotify or wherever you listen. Learn more: playsparkler.org/podcast



New Things Comic

PreK-3rd Grade



Goals

- ♥ Boost story-telling and expression skills as children use words and pictures to share stories
- ♥ Practice listening/empathy by listening to classmates' stories
- ♥ Build resilience as we look back at past challenges and celebrate our accomplishments

Materials



Get Ready!

- ♥ A safe space to gather for classroom discussion
- ♥ Art supplies: paper, crayons, colored pencils, and markers

Instructions



Play the Episode

If the class hasn't yet listened to the Trying New Things episode, start by listening together! It's on Apple, Spotify, and more. Learn more (or listen) at playsparkler.org/podcast.



Discussion

Discuss what it's like to try something new. Some suggested questions:

- ♥ Can you share a time you tried something new?
- ♥ Have you tried any new foods? Did you like it at first? Did you change your mind over time?
- ♥ What's something you've learned to do by practicing a lot?
- ♥ How did you feel before, during, and after?
- ♥ What is something you LOVE to do now, but was hard the first time you tried it?



Activity: Draw a Comic Strip

- ♥ Explore the feelings we have BEFORE, DURING, and AFTER we try something new.
- ♥ Using the worksheet provided, invite children to think of a time they tried something new. Ask them to illustrate how they felt before, during, and after.



Sharing Time

Invite the students to share their New Things comics with each other. Are there any trends? What can the students learn from each other?



NEW THINGS COMIC



BY _____

THIS IS ME BEFORE I TRIED _____ I FELT _____

WHEN I STARTED TO _____ I FELT _____

AFTER I DID IT, I FELT _____



Hidden Yet Popups

K-3rd Grade



Goals

- ♥ Build self-confidence
- ♥ Build persistence
- ♥ Build communication skills

Materials



Get Ready!

♥ Art supplies: paper, crayons, colored pencils, and markers

Instructions



Play the Episode

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Activity: The Hidden Yet

♥ This is an activity to think about the things that we HAVEN'T accomplished yet ... and remind ourselves that if we try ... and try again we will learn!

♥ The steps are pictured on the following page:

- ♥ Ask the students to fold their paper in half.
- ♥ Then they can fold back one half so that it meets the crease.
- ♥ On the top, each child can write something they can't yet do.
- ♥ On the bottom section, they can draw themselves doing the activity.
- ♥ In the (hidden) center, write the word "YET" in big letters.



Sharing Time

Invite the students to share their Hidden Yet Popups. Discuss:

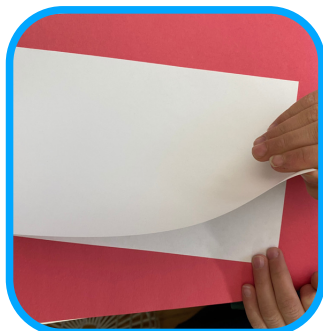
- ♥ What do the students want to learn how to do?
- ♥ How are they going to learn how?
- ♥ Do the students have advice for others trying to learn new things?



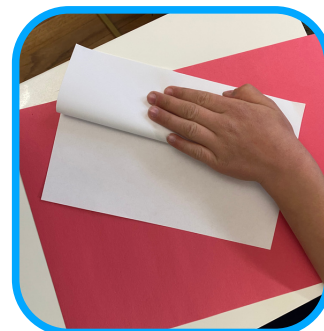
Little Kids, Big Hearts Podcast

Hidden Yet Popups

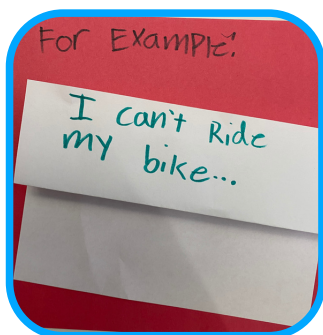
Thank you to Rose, a Colorado third grader for this idea!



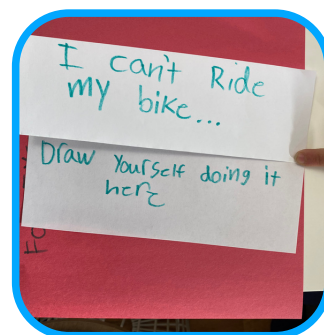
1. Fold your paper in half



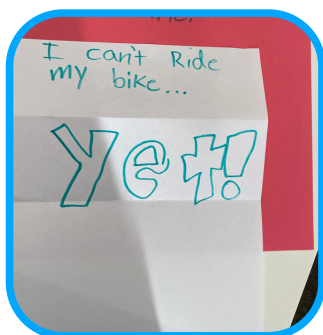
2. Fold back one half so that it meets the crease



3. On the top of your folded paper, write something you want to do that you have not done yet



4. On the bottom section, draw yourself doing it!



5. In the center (hidden section) write the word YET.



6. Hang your pop-ups in the classroom or at home as a reminder of all that we CAN accomplish!