



Listening Time:



33:20

SEASON 3, EPISODE 3

Hopes & Dreams – With Jolly Abraham

As one year comes to a close and a new one begins, many of us take a moment to reflect on the new things we have learned, the friendships we have formed, and the challenges we have faced — and what we're looking forward to in the year ahead.

In the Little Kids, Big Hearts episode “Hopes & Dreams,” three kids (Levi, Christine, and Ariel) reflect on joys and challenges of the last year and what they are excited to learn and experience in the upcoming year. The children also discuss the concept of “letting go” of feelings and experiences that they don’t wish to carry into the new year.

This packet is designed to help children continue the discussion from the episode in their homes and classrooms — articulating hopes and dreams; identifying what they have learned and loved in the past year; and sharing what to leave behind as they move into the new year.



Little Kids, Big Hearts Podcast

Learning Extensions

Growing With the Seasons

K-3rd Grade



Goals

- ♥ Exercising memory and storytelling muscles
- ♥ Cultivating resilience by remembering past challenges and discussing how we learn from those experiences
- ♥ Developing a deeper understanding of identity through discussing traditions/preferences

Instructions



Play the Episode

If the class has not yet listened to the Little Kids, Big Hearts "Hopes & Dreams" episode, start by listening! It's wherever you listen to podcasts. Learn more (or listen) at playsparkler.org/podcast.

Materials



Get Ready! Here's what you'll need:

- ♥ Paper and crayons, markers, or colored pencils

Discussion



In the episode, the kids share their favorite season as well as some of the biggest highlights of their last year. In this activity they will look back and reflect on the past year through the seasons.

Here are some prompts to get the conversation started:

- ♥ What is something new you learned in the last year?
- ♥ What is your favorite season and why?
- ♥ What are you most proud of accomplishing in the last year?
- ♥ What is something you would like to let go of from this past year?
- ♥ What season is your birthday in? How did you celebrate last year?
- ♥ Did you go on any trips this year or visit a new museum, park, zoo, or aquarium?
- ♥ Do you have a favorite memory from winter, spring, summer, or fall?

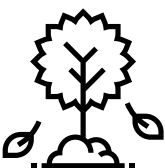
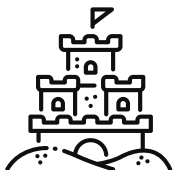
Activity



Using the ideas the students shared during the discussion, invite the children to draw the highlights from each season on the activity page provided.



MY YEAR IN SEASONS





Little Kids, Big Hearts Podcast

Learning Extensions

Seeds of Hope

K-3rd Grade



Goals

- ♥ Inspire hope
- ♥ Practice patience and persistence as you wait for your seedlings to sprout
- ♥ Cultivate curiosity — what will happen next?

Instructions



Play the Song “Under The Moon”

Enjoy listening to the original song “Under The Moon” by Benjamin Weiner and performed by Jolly Abraham while working on phase one of this project.



Materials



- ♥ plastic ziploc baggies
- ♥ seeds (use fast growing seeds such as bush beans)
- ♥ cotton balls
- ♥ water
- ♥ tape
- ♥ permanent marker

Activity



- ♥ Write each child’s name on their baggie with a permanent marker
- ♥ Invite students to put 3-5 damp cotton balls inside their plastic baggie
- ♥ Ask children to add 3-5 seeds on top of the cotton balls
- ♥ Help each child to seal their plastic baggie and tape the baggie to the inside of a sunny window

It will take about three weeks for all of your plant parts to be visible. Please ask students to look at their plants every morning to look for growth. This is an opportunity to introduce science — but you can also use this project to discuss:

- ♥ How every seed (and every person) grows at a different rate.
- ♥ How the roots that we can see are not visible when a seed is planted, but that there is a lot of work and growth happening underground.
- ♥ What does it take for a seed to grow and what do YOU need to grow and reach your goals?
- ♥ What elements/obstacles might keep a seed from growing?