



Listening Time:



34:48

Big Hearts in Tough Times: LA Kids Discuss the Fires

In this special episode, “Big Hearts in Tough Times: LA Kids Discuss the Fires,” four LA Kids — Amicko, Kiaan, Kaveer, and Cleo — share their experiences and feelings related to the wildfires. They travel with Little Kids, Big Hearts host Todd Loyd to the Land-of-Qook-a-lackas where they visit with a Link-a-doo friend, Linkala, who fled the Isle of Link-a-doo in the Great Link-a-Doo Flood. Linkala shares memories and feelings — as well as some useful ways to cope with disasters and get through hard times — and answers the kids' questions about surviving similar disasters.

During the conversation, the kids talk about the big and little things that have helped them cope with the disaster that has struck their city — from unexpected time with family to phone calls with friends to keeping up regular routines.

Nobody can be “prepared” for a disaster like the LA fires, but we can work with children to practice strategies that can help people get through hard times, and we can practice noticing and thanking the helpers who are working hard to keep people safe throughout disasters.



Little Kids, Big Hearts Podcast

Learning Extensions

It's Routine!

PreK - 3rd Grade



Goals

- ♥ Build self-regulation skills
- ♥ Build independence and trust
- ♥ Build communication skills

Instructions



Play the Episode

If the class has not yet listened to the **Big Hearts In Tough Times** episode of Little Kids, Big Hearts, 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:

- ♥ Markers
- ♥ White board or big paper

Discussion



- ♥ In the episode, Linkala tells the kids that keeping our regular routines can help children and all people feel better during hard times.
- ♥ Let's share some routines we have at home and in school!
- ♥ I'll write down what you say.

Activity



Let's make up a song about all of our school routines. We can write our own tune or it can be to another popular tune like "Twinkle, Twinkle" or "Row, Row, Row Your Boat."

- ♥ What comes first, second, third ... in our day? Let's write out the building blocks of our day.
- ♥ Now let's make up a song that stacks all of the "blocks" together.
- ♥ We can come up with hand motions or full-body dance moves to go with our song.
- ♥ Let's sing our song together each day to remember our school routine.
- ♥ This will help us know what to expect and keep us feeling calm, even on hard days.



Little Kids, Big Hearts Podcast

Learning Extensions

Helpers' Album

PreK - 3rd Grade



Goals

- ♥ Cultivate empathy & perspective-taking
- ♥ Building purpose and responsibility
- ♥ Build expression skills

Instructions



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Materials



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

- ♥ Paper
- ♥ Markers/Crayons and other art supplies

Discussion



- ♥ Let's make a list of "helpers!"
- ♥ Can you share a time when someone helped you (like a friend or family member)?
- ♥ Can you share a time when someone helped our community?
- ♥ What are some ways we can help others as a classroom community?

Activity



Let's create an album of helpers! Each child can draw a picture and share a sentence about a helper. It could be a friend, a family member, a teacher, someone who helps your community — such as a firefighter or nurse — or someone from history who has been a big helper in the country or the world.

- ♥ Let's each draw someone helping.
- ♥ Now let's each write some words about our helper, using the helper's name and what they did to help others. You can write or I will help you!
- ♥ I'll bind together our Helpers' Album
- ♥ Now let's read it and share the inspirational stories of helpers with each other.



Little Kids, Big Hearts Podcast

Learning Extensions

Helping Hands

PreK - 3rd Grade



Goals

- ♥ Practice fine motor skills
- ♥ Cultivate awareness of others
- ♥ Build a positive classroom community

Instructions



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Materials



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

- ♥ Markers, crayons, or colored pencils
- ♥ Paper
- ♥ Scissors
- ♥ Tape or glue

Discussion



- ♥ Each of US can be a helper!
- ♥ Let's think of the ways we've helped others: at home, at school or in our community.
- ♥ How does it feel when you help someone?
- ♥ Is there anybody you'd LIKE to help?

Activity



- ♥ Give each student a piece of paper and invite them to work with a partner to trace their hand.
- ♥ Ask each one to think of one way they can be a helper and write or draw it inside their hand outline.
- ♥ Tape or glue the hands together as a visual reminder that everyone can make a difference every day, in big ways and small ways!