



Listening Time:



21:09

SEASON 4 , THEME 6

Super Songs for Super Kids

In this episode, Todd and Christy share some of their favorite original Super Songs from the Little Kids, Big Hearts podcast: Songs that helped us feel brave, kind, and strong.

Music is more than entertainment — it's a gateway to emotional understanding. From joy and excitement to sadness and calm, music gives children a way to recognize, express, and regulate their feelings — sometimes even before they have the words to describe them. In the classroom, music becomes a powerful tool for emotional connection, offering students a safe, creative space to explore what's happening inside.

By intentionally weaving music into learning, we can help students build emotional vocabulary, self-awareness, and empathy. When children learn to connect their feelings with melodies and rhythms, they begin to develop lifelong tools for understanding and expressing themselves, one note at a time.



Little Kids, Big Hearts Podcast

Learning Extensions

Notes from My Heart

Pre-K to 4th Grade



Goals

- ♥ Develop emotional awareness
- ♥ Foster self-reflection and self-awareness
- ♥ Practice listening and make connections

Instructions



Play the Episode

If the class has not yet listened to the “**Super Songs for Super Kids**” 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:

- ♥ Blank Paper
- ♥ Crayons, pencils, pens, or markers
- ♥ Music (use the songs from Little Kids, Big Hearts or the playlist on p. 4 for inspiration)

Discussion



- ♥ What's a song that makes you feel happy?
- ♥ Have you ever heard a song that made you feel calm or tired? What was it like?
- ♥ Can music ever make you feel brave? What kind of music helps you feel strong?
- ♥ Do you have a favorite song to dance to? How does it make your body feel?
- ♥ Can you remember a time when music helped you feel better? What happened?

Activity



Share three pieces of paper and crayons/markers/colored pencils with everyone.

- ♥ Let's listen to a song.
- ♥ As you listen, draw something that represents how the song feels on the paper.
- ♥ When we move to the next song, let's color our feelings on the second sheet of paper. And then let's do one more so we've drawn our feelings for three songs!
- ♥ When we're all done, let's post the song 1 pictures together, the song 2 pictures together, and the song 3 pictures together and discuss! What similarities do we see? What differences do we notice?



Little Kids, Big Hearts Podcast

Learning Extensions

Mood Music Parade

Pre-K - 2nd Grade



Goals

- ♥ Cultivate body awareness
- ♥ Express feelings through creative movement
- ♥ Identify the feelings

Instructions



Play the Episode

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Materials/Setup



- ♥ Music clips that clearly convey different moods (see playlist on p. 4 for inspiration)
- ♥ Speaker or classroom audio setup
- ♥ Open space to move around in classroom or gym
- ♥ A “parade path” marked with tape or cones (optional)

Activity



Invite everyone to join in on the Mood Music Parade. A “DJ” (teacher or other student) will play a bit of a song inviting the class to move their bodies like that music makes them feel. There’s no wrong way to move — just let the music guide your feelings!

- ♥ Play a Song Clip (15 - 30 seconds)
 - Invite students to move freely around the room or along a “parade path”
 - Emphasize full-body movement, not performance
- ♥ Repeat for different moods
- ♥ Cycle through different musical moods. Feel free to revisit or extend the same mood to deepen the connection.
- ♥ End with a calming song (e.g., soft instrumental or nature sounds). Ask students to lie down or sit quietly and listen to their heartbeat or breathing.
- ♥ Invite students to bring in a “feeling song” from home to add to your Mood Music playlist for future parade days!



Mood Music Parade Playlist Inspiration

Happy



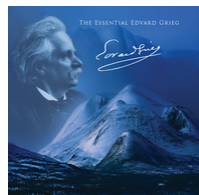
Walking on Sunshine
Katrina & The Waves
(instrumental or chorus)

Sad



Clair de Lune
Debussy

Angry



In the Hall of the Mountain King
Grieg

Calm



Gymnopédie No. 1
Erik Satie

Excited



Can't Stop the Feeling
Justin Timberlake

Nervous



Hedwig's Theme
John Williams