



Listening Time:



28:19

## SEASON 4 , THEME 7

# Wobbly to Wow (Feeling Nervous)

Feeling nervous is something that ALL people experience sometimes. Nervousness can happen before meeting someone new, before giving a presentation or talking in class, or even before trying something new — like riding a bike, flying in an airplane, or eating a new food. Nervousness is completely natural, and it often shows up when something important or meaningful is right around the corner.

In this episode, four kids (Miel, Kelly, Sammy, and Leo) talk about feeling nervous and practice some strategies to deal with their nerves in the Land of Qook-a-lackas with a friend who lives there and is feeling very NERVOUS!

These activities can help to extend the learning, creating a safe and playful space to talk about nervousness and by practicing some strategies to move through feelings of nervousness.



# Little Kids, Big Hearts Podcast

## Learning Extensions

### Feed the Worry Monster

Pre-K to 2nd Grade



#### Goals

- ♥ Expand emotional literacy
- ♥ Foster self-reflection and self-awareness
- ♥ Develop fine motor skills and creative expression

#### Instructions



##### Play the Episode

If the class has not yet listened to the “**Wobbly to Wow**” episode of Little Kids, Big Hearts, start by listening! It's wherever you listen to podcasts. Learn more (or listen) at [playsparkler.org/podcast](https://playsparkler.org/podcast).

#### Materials



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

- ♥ Paper lunch bags or empty tissue boxes
- ♥ Construction paper (plus some smaller pieces of paper)
- ♥ Markers, crayons, or colored pencils
- ♥ Glue sticks or tape
- ♥ Scissors
- ♥ Optional: craft materials like yarn, pom-poms, pipe cleaners, feathers, fabric, or natural materials

#### Discussion



- ♥ Where in your body do you feel nervous?
- ♥ Can you share a story about a time when you felt really nervous?
- ♥ What helps you feel better when you're feeling nervous?
- ♥ Do you think nervous feelings ever try to protect us from something?
- ♥ If your nervous feeling was a creature, what would it look or sound like?

#### Activity



- ♥ **Create Worry Monsters.** Invite students choose a bag or box as their monster base. Using craft materials: add eyes, teeth, arms, and silly colors to create individual Worry Monsters! (Make sure there is an open “mouth” so worries can go in!) Ask each student to name their monster — the sillier the name the better!
- ♥ **List worries.** Using the small slips of paper, invite everyone to share something they feel nervous about.
- ♥ **Feed the Worry Monsters.** Kids can write or draw their answers, then “feed” their worries into their Monster’s mouth.
- ♥ **Afterward,** everyone can take their monster home or the class can create a Worry Monster wall near a calming corner where they are welcome to feed their monsters from time to time.



# Little Kids, Big Hearts Podcast

## Learning Extensions

### What if...? But Then!

Pre-K to 4th Grade



#### Goals

- ♥ Practice problem solving
- ♥ Foster self compassion
- ♥ Build resilience

#### Instructions



##### Play the Episode

If the class has not yet listened to the **“Wobbly to Wow”** episode of Little Kids, Big Hearts, start by listening! It's wherever you listen to podcasts. Learn more (or listen) at [playsparkler.org/podcast](https://playsparkler.org/podcast). Or tune in at 17:57 to hear Quillabee and the kids play the game that inspired this activity.

#### Materials



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

- ♥ Drawing paper or pre-printed “What if...? But then...” worksheet on page 4
- ♥ Pencils, crayons, or markers

#### Discussion



Before starting the activity, invite students to gather in a circle or meeting area and explore a few ideas together:

- ♥ Have you ever had a “What if...” worry in your head before trying something new?
- ♥ How do “What if...” worries make you feel?
- ♥ Do you think it's possible that even if something goes wrong, it could still turn out okay?
- ♥ Can we tell the rest of the story with a “But then...” to show how we might solve the problem or be okay in the end?

#### Activity



- ♥ Ask each student to think of a nervous thought or situation they've had (or imagine one someone else might have).
- ♥ On one half of the paper: Draw or write the “What if...” part.
- ♥ On the other half: Draw or write the “But then...” part that shows a hopeful, brave, or silly twist where things turn out okay.
- ♥ Create a “Brave Story Wall” or turn them into a class storybook: “What if...? But then: Tales of Brave Thinkers.”

