



Who's In My Family?

Families are one of the first places children learn about love, belonging, and connection. On this episode of the Little Kids, Big Hearts podcast, **Who's In My Family**, three kids — Georgia, Jaden, and Carmine — join host Todd Loyd to talk about what makes their families special, from everyday routines to meaningful traditions. The children then travel with Todd to the Land of Qook-a-lackas, where they meet a Qook-a-lacka friend, Quilliam (played by the wonderful Ryann Redmond), who is worried that their family is “just too teeny-weeny” to be part of a special DreamFest quilt. Through storytelling, shared memories, and imaginative play, the kids help Quilliam discover that families don’t have to look a certain way to be full of love — it’s the care, connection, and moments shared together that matter most.

These activities are designed to help children explore and celebrate the many different kinds of families they see in their own lives and communities. By reflecting on family routines, traditions, and moments of inclusion, children build empathy, emotional awareness, and a strong sense of belonging — both for themselves and for others.



Little Kids, Big Hearts Podcast

Learning Extensions

Family Quilt

Pre-K to 4th Grade



Goals

- Heart Encouraging sense of identity and belonging
- Heart Building curiosity and understanding
- Heart Building expressive language

Instructions



Play the Episode

If the class has not yet listened to the “Who’s In My Family? ” 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:

- Heart Squares of paper
- Heart Crayon/markers/colored pencils
- Heart Tape or staples

Discussion



- Heart What are some different ways families can look?
- Heart What are some different people who can be part of a family?
- Heart What do all families have in common? How might they be different?
- Heart Can families change over time?
- Heart How might it feel to be part someone else’s family that is different from yours?
- Heart Why do you think it’s important to be kind and curious about other families?

Activity



- Heart All families are different and the people who make up a family can be connected in lots of different ways, just like fabric that connects to make a quilt. Let’s think about YOUR family!
- Heart Let’s make a quilt square to represent your family.
 - Heart Who are the people in your family?
 - Heart What do you like to do together?
- Heart Write or draw three things that represent your family.
- Heart Every child can make a square with their own ideas!
- Heart Let’s connect our squares together to make a quilt just like in the Little Kids, Big Hearts podcast!



Little Kids, Big Hearts Podcast

Learning Extensions

Family Album

Pre-K to 4th Grade



Goals

- ♥ Develop understanding of identity
- ♥ Build early literacy skills
- ♥ Practice fine motor skills

Instructions



Play the Episode

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Materials



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

- 2-3 Pieces of Plain Paper
- Pencils/Markers/Colored Pencils
- Tape or Stapler



Discussion



Let's talk about families!



- What is a family?
- What are important things to think about when we’re talking about other people’s families?
- What is your family like?
- What makes your family special?

Activity



Let's make a book about our families!

Fold your paper into a book. Staple or tape it together.

Create a cover for your book that represents your family!

On the first page, write, draw, or paste pictures of the people in your family.

On the second page, write or draw about what your family likes to do together.

On the third page, write or draw about where your family lives.

Now, let's take turns reading and sharing our books! It's so fun to see how all of our families are similar and different.