



Listening Time:



25:51

Building Community Together!

Community helps children learn how to care for others, work together, and understand that their actions — big and small — can make a difference. On this episode of the **Little Kids, Big Hearts** podcast, three kids — Credence from New York City, Zuri from Connecticut, and Gabe from Indiana — join host Todd Loyd to talk about the many communities they're part of, the people who support them, and the ways they help others. The kids then travel with Todd to the Land of Qook-a-lackas, where they meet a Qook-a-lacka friend, Quandy (played by the incredible Mandy Gonzalez), whose community block party is at risk after a big storm leaves the Land feeling messy and overwhelming. By sharing ideas, working together, and using creativity to solve problems, the children help Quandy turn a challenge into a joyful celebration, showing that community is built through collaboration, kindness, and shared responsibility.

These activities invite children to explore what community means in their own lives. Through reflection, imagination, and hands-on problem-solving, children practice empathy, teamwork, and agency — learning that they don't have to be grown-ups to be community builders. Every act of helping, listening, or including others helps strengthen the communities they belong to.



Little Kids, Big Hearts Podcast

Learning Extensions

Little Helpers, Big Impact

Pre-K to 2nd Grade



Goals

- ♥ Develop understanding of community and belonging
- ♥ Build empathy
- ♥ Develop communication and expression skills
- ♥ Practice problem-solving and collaboration

Instructions



Play the Episode

If the class has not yet listened to the “**Building Community Together!**” 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:

- ♥ Paper
- ♥ Crayon/markers/colored pencils

Discussion



- ♥ What is a community?
- ♥ What communities are you part of (family, classroom, neighborhood, teams...)?
- ♥ Why do you think helping others is important?
- ♥ How does it feel when someone helps you?
- ♥ How can small acts of kindness help communities grow?

Activity



- ♥ Everyone can help their community, whether it’s in big ways or small!
- ♥ Let’s think like a helper! What are some ways we can help at home, school, or in our community? Let’s brainstorm a list together!
- ♥ Now, each person is going to make a helper plan. Draw a picture of one way you want to help this week. Will you...
 - ♥ Help a friend or a teacher or your neighborhood?
 - ♥ Pick out a book to share with a younger sibling or friend?
 - ♥ Gather canned food to donate?
 - ♥ Make a thank you card for someone special?
- ♥ Let’s hang up our plans and check in next week to talk about how they went!



Little Kids, Big Hearts Podcast

Learning Extensions

Helpers United

Pre-K to 3rd Grade



Goals

- ♥ Develop curiosity and gratitude
- ♥ Strengthen fine motor skills
- ♥ Build awareness of community and community helpers

Instructions



Play the Episode

If the class has not yet listened to the “**Building Community Together!**” 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:

- ♥ Paper
- ♥ Pencils/Markers/Colored Pencils
- ♥ Scissors and glue
- ♥ Magazines (optional)

Discussion



- ♥ Can you remember a time when someone helped you or helped someone you know? How did it make you feel?
- ♥ Who are some helpers in our community?
- ♥ How do helpers make our community safer, better, or happier?
- ♥ How can kids be helpers, too?
- ♥ Why do you think helpers are important in communities?

Activity



- ♥ Let's think about the helpers in our lives!
- ♥ Let's make a collage of helpers! Cut pictures from magazines or draw your own pictures of teachers, doctors, firefighters, and others who are helping.
- ♥ Glue them or draw them on a big sheet of paper.
- ♥ Now trace and cut out your handprint to add to the collage because YOU are a helper too!
- ♥ Let's hang up all of our collages together to create a mural of helpers.