




Listening Time:



33:02

Little Siblings Crash the Build Zone!

Siblings can bring so much joy — and sometimes, a whole lot of frustration, too. In this episode of the **Little Kids, Big Hearts** podcast, children explore what it feels like when play doesn't go as planned and how understanding one another can turn conflict into connection. Host Todd Loyd is joined by Rex, Lincoln, and Brooklyn as they share their real experiences of having younger siblings — from the fun to the moments when something they've worked hard on comes crashing down.

Together, they journey to the Land of Qook-a-lackas, where their friend Queniel is having a tough day. No matter how carefully Queniel builds a tower, little sibling Quib keeps knocking it over. As the children listen, wonder, and ask questions, they begin to see the situation in a new way: maybe Quib is trying to connect, even if it doesn't feel that way. With creativity and teamwork, the group imagines a solution — creating a Build Zone, a Crash Zone, and a Together Zone, each with its own purpose, helping to make space for both independence and connection. Along the way, children practice naming their feelings, setting kind and clear boundaries, and thinking about what others might be trying to communicate through their actions.

These activities invite children to reflect on their own relationships with siblings and friends. Through play, conversation, and problem-solving, they build empathy and communication skills while discovering new ways to navigate challenging moments — and finding that even small shifts in understanding can make a big difference.



Little Kids, Big Hearts Podcast

Learning Extensions

LEGO Mirror

Pre-K to 3rd Grade



Goals

- ♥ Build communication skills and perspective taking
- ♥ Practice working together towards a shared goal
- ♥ Develop flexible thinking and fine motor skills

Instructions



Play the Episode

If the class has not yet listened to the “**Little Siblings Crash the Build Zone!**” 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:

- ♥ LEGOs
- ♥ A timer or clock

Activity



- ♥ Let’s partner up into a LEGO build team! The goal is to make matching creations. Partner one will begin by building a creative LEGO structure. Set a timer for a few minutes.
- ♥ Once the timer goes off, partner two can look at the structure. Set the timer for the same amount of time again and partner two will now try to build an exact copy of partner one’s creation!
 - ♥ Need help? Partners can talk through the process to help each other succeed!
- ♥ After the timer goes off, look at the two builds and see how they compare.
- ♥ Now switch, so partner two gets to build a creative LEGO structure and partner one has to copy it.

Discussion



- ♥ What was easy or tricky about trying to match your partner’s build?
- ♥ How did you and your partner communicate well with each other? What worked well?
- ♥ How did it feel to be the builder? How did it feel to be the “mirror”?
- ♥ What helped you stay patient or keep trying?
- ♥ How could you include a younger sibling or younger friend in a building activity like this?
- ♥ What ideas from this activity could help when someone wants to play differently than you?



Little Kids, Big Hearts Podcast

Learning Extensions

Growing and Changing

Pre-K to 3rd Grade



Goals

- ♥ Build empathy and perspective taking skills
- ♥ Strengthen identity and confidence
- ♥ Encourage flexible thinking

Instructions



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Materials



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

- ♥ Paper
- ♥ Crayons/Markers/Pencils

Discussion



- ♥ What are some things babies or younger kids are still learning to do?
- ♥ What are you still learning to do?
- ♥ How do you think it feels to want to do something but not know how yet?
- ♥ Why might younger siblings or younger children sometimes knock things down or play differently than you?
- ♥ How can understanding what someone can't do yet help us become more patient?
- ♥ What is something you learned to do that took practice? Who or what helped you learn?

Activity



- ♥ Invite children to fold a piece of paper in half. On one side, draw or write: “When I was little...” and illustrate things they needed help with or couldn't do yet (walking, talking, building LEGOs, going potty, sharing, etc.)
- ♥ On the other side, write: “Now I can...” and draw or list things they are able to do today.
- ♥ Encourage children to share their drawings with a partner or group, noticing how much they've grown and learned.
- ♥ Then, ask children to think about a younger sibling or child. What are they still learning? Add a drawing or idea showing how they can help (e.g., “I can show them,” “I can build with them,” “I can be patient.”)