

# The Invisible String of Kindness

(Year 2 - Ages 7-8):

## Lesson 5 of 9

### Lesson Summary

This lesson transforms the concept of kindness into a magical exploration of invisible connections. Students are introduced to the idea that acts of kindness create an "Invisible String" that connects people's hearts, sharing good feelings even when they are far apart. Through an imaginative "what if" scenario, storytelling, and a creative activity, students will learn that some of the most powerful gifts—like help, courage, and happiness—are invisible. The lesson frames the gift of organ donation as the ultimate act of sharing along this invisible string, sending strength and health to someone you may never meet.

### Learning Intentions

Students will .....

- Understand that kindness can be a powerful, invisible force.
- Explore the idea that we are all connected by invisible strings of kindness.
- Recognise that the gift of donation is a way of sending a powerful gift of health to someone else.

### Success Criteria

Students can .....

- Describe one way to send a kind thought along an "invisible string."
- Explain that some of the best gifts are things we cannot see.
- Create a "Kindness Charm" to represent an invisible act of kindness.

### Lesson Details

Time:	30 minutes
Year Level:	Year 2 (Ages 7-8)
Unit:	This is Lesson 5 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonateLife

### General Capabilities

Personal and Social Capability, Ethical Understanding, Critical and Creative Thinking

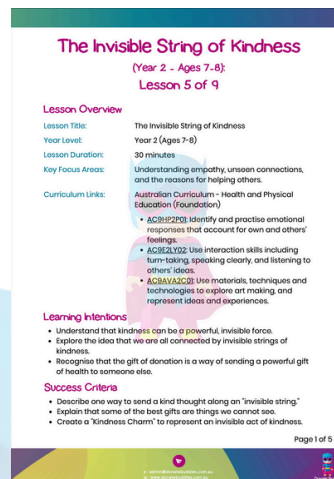
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# Lesson Guides and Printables

## Lesson Plan

[Download PDF](#)



**The Invisible String of Kindness**  
(Year 2 - Ages 7-8)  
Lesson 5 of 9

**Lesson Overview**  
Lesson Title: The Invisible String of Kindness  
Year Level: Year 2 (Ages 7-8)  
Lesson Duration: 30 minutes  
Key Focus Areas: Understanding empathy, unseen connections, and the reasons for helping others.  
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)  
• ACBH22PQ Identify and practise emotional responses that account for own and others' feelings.  
• ACIS2.Y22 Use interaction skills including turn-taking, speaking clearly, and listening to others' ideas.  
• ACBAVA3CQ2 Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

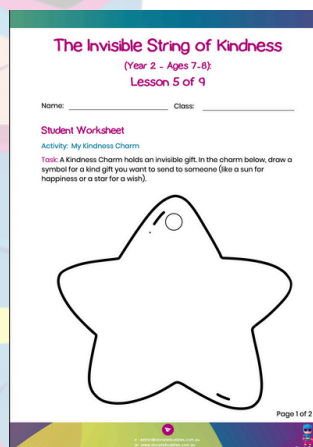
**Learning Intentions**  
• Understand that kindness can be a powerful, invisible force.  
• Explore the idea that we are all connected by invisible strings of kindness.  
• Recognise that the gift of donation is a way of sending a powerful gift of health to someone else.

**Success Criteria**  
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• Explain that some of the best gifts are things we cannot see.  
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## Student Worksheet

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**The Invisible String of Kindness**  
(Year 2 - Ages 7-8)  
Lesson 5 of 9

Name: \_\_\_\_\_ Class: \_\_\_\_\_

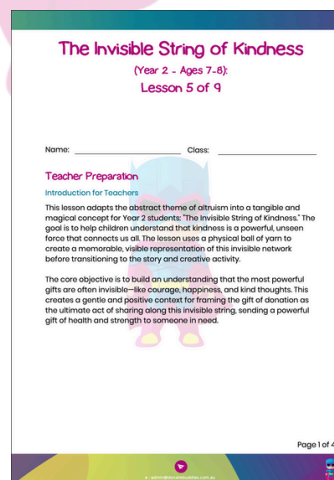
**Student Worksheet**  
Activity: My Kindness Charm

Task: A Kindness Charm holds an invisible gift. In the charm below, draw a symbol for a kind gift you want to send to someone (like a sun for happiness or a star for a wish).

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## Teacher Content Info

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Lesson 5 of 9

Name: \_\_\_\_\_ Class: \_\_\_\_\_

**Teacher Preparation**  
Introduction for Teachers

This lesson adapts the abstract theme of altruism into a tangible and magical concept for Year 2 students: 'The Invisible String of Kindness'. The goal is to help children understand that kindness is a powerful, unseen force that connects us all. The lesson uses a physical ball of yarn to create a memorable, visible representation of this invisible network before transitioning to the story and creative activity.

The core objective is to build an understanding that the most powerful gifts are often invisible—like courage, happiness, and kind thoughts. This creates a gentle and positive context for forming the gift of donation as the ultimate act of sharing along this invisible string, sending a powerful gift of health and strength to someone in need.

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# Curriculum Mapping and Links

## Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	<a href="#">AC9HP2P01</a> : Identify and practise emotional responses that account for own and others' feelings.
English	Interacting with others	<a href="#">AC9E2LY02</a> : Use interaction skills including turn-taking, speaking clearly, and listening to others' ideas.
The Arts (Visual Arts)	Creating	<a href="#">AC9AVA2C01</a> : Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

## Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 2	Identify and practise strategies to promote their own and others' health, safety and wellbeing.
English	Year 2	Listen to and contribute to conversations and discussions to share information and ideas.
The Arts (Visual Arts)	Year 2	Use materials, techniques and technologies to make artworks that represent ideas.



## Resources Required

- A ball of yarn or string.
- A short, simple story about sending an invisible gift (e.g., "Mila's Message of Courage," created for the lesson).
- A worksheet for each student with a large, blank "Kindness Charm" outline.
- Craft supplies: cardboard circles/shapes, markers, crayons, glitter.
- A hole punch and pieces of ribbon or string for the charms.

## Skills

- Empathy
- Abstract thinking
- Communication
- Creative expression
- Self-reflection

## Teacher Preparation

- Prepare the "Kindness Charm" materials (pre-cut shapes, ribbons, etc.).
- The core of this lesson is the "Invisible String of Kindness" metaphor. It provides a safe, magical way to discuss connection and altruism. The yarn web activity creates a memorable physical representation of this invisible network. The focus is on the power of unseen forces—good thoughts, courage, and ultimately, the gift of health.

## Additional Information

This lesson has been created as part of Donate Buddies, a program designed to help young children explore kindness, sharing, and the importance of helping others. By introducing these concepts in a fun, age-appropriate, and engaging way, children begin to understand the power of kindness and how their actions can make a big difference.

Organ, eye, and tissue donation is a real-life example of this kindness, where one person can help save the lives of many others. While most people can donate tissue, only a small number of people who pass away in hospitals can become organ donors. One organ donor alone can save up to seven lives and help many more people through eye and tissue donation.

