

A Superhero's Kind Choice

(Prep - Ages 5-6):

Lesson 6 of 9

Lesson Overview

Lesson Title: A Superhero's Kind Choice

Year Level: Prep (Ages 5-6)

Lesson Duration: 30 minutes

Key Focus Areas: Understanding kindness, sharing, and helping others

Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)

- AC9HPFP02: Practise personal and social skills to interact with others with care, empathy and respect.
- AC9E1LA01: Explore the meaning of right and wrong, and fairness and justice, in familiar contexts.
- ACAVAM107: Use and experiment with different materials, techniques, technologies and processes to make artworks.

Learning Intentions

- Understand that being a helper is a choice we make.
- Recognise that saying "yes" to helping is a very kind and powerful action.
- Understand that the "magical gift" is a special choice a family makes to help others.

Success Criteria

- Say that being a helper is a choice.
- Use a "thumbs up" to show my support for a kind choice.
- Create a "Helping Hand" to show I believe in the power of saying "yes" to helping.



Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. The Power of Choice	Introduction and Story Time
10 minutes	Part B. Thumbs Up for Kindness!	Interactive Choice-Making Activity
10 minutes	Part C. Our Helping Hands	"Helping Hand" Creative Activity & Connecting to the Big Idea
5 minutes	Part D. A Promise of Kindness	Reflection and Celebration

Part A. The Power of Choice (5 minutes)

Step 1. Review and Introduction

- Gather students on the floor.
- Say: "Hello Kindness Superheroes! Today we are going to learn about one of a superhero's most important powers: the power to make a choice."
- Ask: "What does it mean to make a choice?" (Listen to a few ideas, guiding them to understand it means picking or deciding to do something).
- Say: "That's right! And the kindest superheroes always think carefully and make the kind choice to help others."

Step 2. Story Time

- Introduce a picture book about making a choice to help, like The Little Red Hen.
- Say: "In our story today, some characters have to make a choice. They can either choose to help, or choose not to. Let's see what they decide to do and what happens."



- Read the story aloud. Afterwards, focus the discussion on the choices made.
 - Ask: "Did the other animals in the story make a kind choice? What happened because of their choice?"
 - Ask: "How does it feel when someone makes the kind choice to help you?"

Part B. Thumbs Up for Kindness! (10 minutes)

Step 1. Introducing the Activity

- Give each student a green "Thumbs Up" card and a red "Thumbs Down" card.
- Say: "We are going to be a team of Kindness Judges. I am going to tell you some mini-stories. If you think the character in the story is making a kind choice to help, I want you to hold up your green Thumbs Up. If you think they are not choosing to help, you can hold up your red Thumbs Down."

Step 2. Interactive Scenarios

- Read out a few simple, relatable scenarios. Pause after each one for students to "vote."
 - "Mia sees her friend fall over on the playground. Mia chooses to run over and ask, 'Are you okay?' What do we think of Mia's choice?" (Wait for green thumbs up).
 - "Leo's dad asks him to help pack away his toys. Leo chooses to keep playing and says 'no.' What do we think of Leo's choice?" (Wait for red thumbs down).
 - "The teacher asks everyone to help tidy the craft table. Sam chooses to pick up three pencils. What do we think of Sam's choice?" (Wait for green thumbs up).
- Briefly and positively discuss their votes after each scenario.

Step 3. Connecting to the Bigger Idea (Part 1)

- Say: "You are all excellent Kindness Judges! You know that making the choice to help is what superheroes do. It's a big, powerful decision."



Part C. Our Helping Hands (10 minutes)

Step 1. Introducing the "Helping Hand" Craft

- Move students to the painting station.
- Say: "We are going to make a special promise to always try and make the kind choice. We are going to make a 'Helping Hand' print. This hand is a symbol that you choose to be a helper."

Step 2. Creative Activity

- Help each student make a colourful paint handprint on their sheet of paper.
- Once the handprint is made, help them stick their special "golden heart" sticker in the middle of the palm.
- Say: "This golden heart in the middle of your helping hand is a reminder that you have the power to say 'YES' to kindness."

Step 3. Connecting to the Bigger Idea (Part 2)

- As they finish, reinforce the core message.
- Say with a gentle, caring tone: "Your helping hands are so powerful. The most magical gift of all can only happen when a family makes a very brave and kind choice. The Doctor and Nurse Team will ask them if they want to share their magical gift. And when that family chooses to say a big, kind 'YES,' they use their helping hearts to give another family the greatest gift of all. It is the most special choice anyone can make."

Part D. A Promise of Kindness (5 minutes)

Step 1. Sharing Our Helping Hands

- Gather the students in a circle, allowing them to carefully show their handprint art.
- Ask: "What does your helping hand remind you to do?" (Choose to be kind, say yes to helping).

Step 2. Reflection and Chant

- Say: "You have all shown today that you understand a superhero's most important power. Let's make a promise with our new chant."
- Lead them in a simple chant:
 - "When there's a choice to make,"
 - "A helping hand I'll take,"
 - "With my kind heart I'll say,"
 - "'YES! I'll help today!'"



Differentiated Learning

- Extension:
 - Ask students to think of a time they made a kind choice and share it with a partner.
 - They could try to draw a small picture next to their handprint of them helping someone.
- Learning Support:
 - For the "Thumbs Up/Down" activity, use pictures to support the verbal scenarios.
 - If a child is hesitant with paint, they can trace their hand with a crayon or marker instead.

Teacher Reflection

- Did the students grasp the concept that helping is a choice?
- Was the "Thumbs Up/Down" activity an effective and non-judgmental way to explore this?
- Did the "Helping Hand" craft successfully symbolize the act of choosing to help?
- How did the students respond to the idea that the "magical gift" is a special choice a family makes?

Assessment

- Observation of participation in discussions about making kind choices.
- Engagement in the "Thumbs Up/Down" interactive activity, showing understanding of different choices.
- Verbal expression connecting their "Helping Hand" craft to the idea of choosing to say "yes" to kindness.

Additional Notes:

Ensure the lesson frames "choice" as an empowering and positive act. The focus should be on celebrating the kindness of saying "yes" to helping, without creating any sense of pressure or obligation for the children.

This lesson provides the foundational understanding of consent in a safe, age-appropriate way. It powerfully reframes the family's decision to donate as a heroic and loving choice, which is the ultimate expression of a "Kindness Superhero's" power.

