

The Kind Choice Club

(Year 1 - Ages 6-7):

Lesson 6 of 9

Name: _____ Class: _____

Teacher Preparation



Introduction for Teachers

This lesson adapts the highly complex theme of "Debating Consent Systems" into an empowering and age-appropriate concept for Year 1 students: making a kind choice. The lesson's goal is to introduce the foundational ethical idea that helping is a decision. We achieve this by creating a fun and inclusive metaphor of "The Kind Choice Club"—a club that everyone can join by choosing to be helpful and considerate.

Through storytelling and a physical, interactive activity where students move to different sides of the room to "vote" on scenarios, the lesson explores the consequences of different choices in a non-judgmental way. This provides a crucial foundation for understanding that the gift of donation is not automatic; it is a special, brave, and loving choice that a family makes together.



Key Concepts & Language for Teachers

- **The "Kind Choice Club" Metaphor:** This is the central theme. Frame it as a positive and aspirational group that everyone is welcome to join.
 - **Say:** "Today, we are all going to join a very special club. It's called 'The Kind Choice Club.' To be a member, you don't need a secret password. You just have to try your best to make kind choices that help others."
- **Physical Voting/Movement Activity:** This makes the abstract idea of choice a physical action.
 - Set up a "Kind Choice  sign on one side of the room and a "Think Again  sign on the other. "Think Again" is a gentle, non-judgmental alternative to "wrong choice."
 - **Say:** "I'm going to tell you a short story about a choice someone has to make. If you think they made a kind choice, you will walk over to the 'Kind Choice' sign. If you think they could have made a better choice, you can walk to the 'Think Again' sign."
- **The Power of a Kind "Yes":** Reinforce that choosing to help is a powerful action.
 - **Say:** "Every time you choose to help someone, you are being a fantastic member of our club. When a family member or a friend asks for help, and you think about it and make the kind choice to say 'yes,' you are making a big ripple of kindness."
- **Connecting to the Bigger Idea:** This is the most direct lesson on the concept of consent. The language must be clear, gentle, and focused on the positive act of agreement.
 - **Say with a caring tone:** "The gift of life is the biggest and kindest choice of all. It can only happen when a family joins the 'Kind Choice Club' in a very special way. The doctors, who are our 'super-mechanics,' will ask the family if they would like to help another family by sharing the gift of donation. The family talks together, and then they make the most brave and loving choice. They choose to say 'yes.' That 'yes' is the most powerful kind choice, and it gives another family the gift of more tomorrows."



Safety and Sensitivity Considerations

- **No "Wrong" Answers:** During the movement activity, it's vital to create a safe space for all opinions. If a child goes to the "Think Again" sign, praise their thinking. Ask: "That's interesting that you're over here. What other kind choice could the person in the story make?" This encourages critical thinking, not judgment.
- **Empowerment, Not Obligation:** The message is not that children must always say yes or help in every situation. The focus is on the positive power of choosing to be kind when it is safe and possible to do so. This respects their growing sense of autonomy.
- **Focus on the Positive Act of Consent:** When discussing donation, the focus must remain entirely on the heroic and loving nature of the family's choice to say "yes." Avoid discussing the alternative. The lesson celebrates the act of choosing to help.

Teacher Resources

- A picture book about making choices (e.g., What If Everybody Did That? by Ellen Javernick).
- Two large signs: "Kind Choice ✅" and "Think Again 🤔".
- A worksheet with a large shield or badge outline.
- Crayons, markers, and stickers.
- A special "Kind Choice Club Member" sticker for each student.

Magical Body Facts for Year 1 (Ages 6–7)

(Simple, wow-worthy, and friendly for little learners!)

- Your heart is the size of your fist – and it never stops working!
- Your lungs fill up with air every time you breathe in – like two balloons! 🎈
- You have 206 bones in your body – that's a lot of strong support!
- Your kidneys clean your blood like magic water filters. 💧
- Your brain sends messages to your body faster than a race car! 🏎️🧠
- Your eyes blink about 20 times a minute to keep them clean and wet. 👁️
- Your skin is your biggest organ – it's like your superhero suit! 🦱
- Blood zooms around your body in tubes called blood vessels – they go everywhere!
- Your liver has over 500 jobs – it's like the busiest helper in your body.
- When you smile, your body feels happy too! 😊

