

When a Superhero Needs a Hero

(Year 3 - Ages 8-9):

Lesson 7 of 9

Lesson Summary

This lesson explores the concept that even superheroes can get tired and need help. Students will learn that when an organ superhero is unwell, another hero can sometimes be shared to help them. Through a gentle, fictional story about one Donate Buddy helping another, and a creative "Hero Story" comic strip activity, students are introduced to the concept of transplantation in a safe and positive narrative. The lesson frames organ donation as the ultimate act of heroism, where one person's superhero team gives a helping hand to another.

Learning Intentions

Students will

- Understand that sometimes our organ superheroes can get tired or unwell.
- Explore the concept of one person's hero helping another person's hero.
- Recognise that organ donation is a story of heroes helping heroes.

Success Criteria

Students can

- Explain in their own words that even heroes sometimes need help.
- Describe how one organ superhero can help another.
- Create a "Hero Story" comic strip showing an act of organ donation.

Lesson Details

| | |
|----------------------|---|
| Time: | 30 minutes |
| Year Level: | Year 3 (Ages 8-9) |
| Unit: | This is Lesson 7 of 9 in the series. |
| Educational Partner: | This lesson is adapted from resources provided by DonatLife |

General Capabilities

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

Page 1 of 4



Lesson Guides and Printables

Lesson Plan

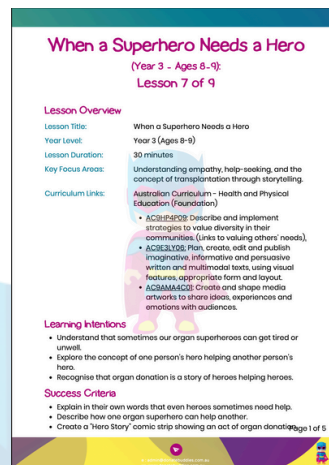
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Student Worksheet

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Teacher Content Info

[Download PDF](#)



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(Year 3 - Ages 8-9)
Lesson 7 of 9

Lesson Overview

Lesson Title: When a Superhero Needs a Hero
Year Level: Year 3 (Ages 8-9)
Lesson Duration: 30 minutes
Key Focus Areas: Understanding empathy, help-seeking, and the concept of transplantation through storytelling.
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)

- AC91E5F09 Describe and implement strategies to value diversity in their communities. (links to valuing others' needs).
- AC91J3156 Plan, create, edit and publish imaginative, informative and persuasive written and multimodal texts, using visual features, appropriate form and layout.
- AC91M4522 Create and shape media artworks to share ideas, experiences and emotions with audiences.

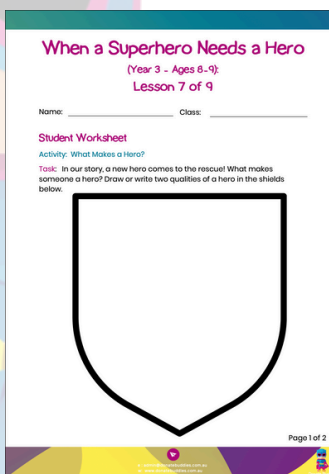
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Page 1 of 5



When a Superhero Needs a Hero
(Year 3 - Ages 8-9)
Lesson 7 of 9

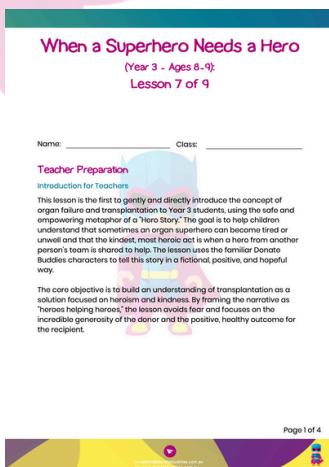
Name: _____ Class: _____

Student Worksheet

Activity: What Makes a Hero?

Task: In our story a new hero comes to the rescue! What makes someone a hero? Draw or write two qualities of a hero in the shields below.

Page 1 of 2



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Lesson 7 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson is the first to gently and directly introduce the concept of organ failure and transplantation to Year 3 students, using the safe and empowering metaphor of a 'Hero Story'. The goal is to help children understand that sometimes an organ superhero can become tired or unwell and that the kindest, most heroic act is when a hero from another person's team is shared to help. The lesson uses the familiar Donate Buddies characters to tell this story in a fictional, positive, and hopeful way.

The core objective is to build an understanding of transplantation as a solution focused on heroism and kindness. By framing the narrative as 'heroes helping heroes', the lesson avoids fear and focuses on the incredible generosity of the donor and the positive, healthy outcome for the recipient.

Page 1 of 4



Curriculum Mapping and Links

Australian Curriculum (v9.0)

| Subject | Strand | Content Descriptor |
|-------------------------------|---------------------------------------|--|
| Health and Physical Education | Personal, Social and Community Health | AC9HP4P09 : Describe and implement strategies to value diversity in their communities. (Links to valuing others' needs). |
| English | Creating texts | AC9E3LY06 : Plan, create, edit and publish imaginative, informative and persuasive written and multimodal texts, using visual features, appropriate form and layout. |
| The Arts (Media Arts) | Creating | AC9AMA4C01 : Create and shape media artworks to share ideas, experiences and emotions with audiences. |

Queensland Curriculum (QCAA)

| Subject | Syllabus | Content Description |
|-------------------------------|----------|--|
| Health and Physical Education | Year 3 | Describe and apply strategies that promote their own and others' health, safety and wellbeing. |
| English | Year 3 | Create a variety of written and multimodal texts for different purposes and audiences. |
| The Arts (Media Arts) | Year 3 | Create media artworks for a variety of purposes and audiences. |



Resources Required

- The official Donate Buddies character cards.
- A simple, teacher-created storybook titled "When Harriet the Heart Needed a Hero."
- A "Hero Story" comic strip worksheet for each student.
- Markers, crayons, and coloured pencils.
- "Helping Hero" award certificates (optional).

Skills

- Storytelling
- Empathy
- Problem-solving
- Creative expression
- Sequencing

Teacher Preparation

- Prepare the simple storybook about one Donate Buddy needing help and another being shared to save the day.
- The core of this lesson is the "Hero Story" metaphor. It is the first direct, yet gentle, introduction to the concept of organ failure and transplantation for this age group. By framing it as a heroic narrative with familiar characters, the topic remains safe, positive, and empowering, focusing on the solution rather than the problem.

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.

