

The Promise Tree

(Year 2 - Ages 7-8):

Lesson 6 of 9

Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson adapts the complex theme of "consent" and "family discussion" into a tangible and positive concept for Year 2 students: "The Promise Tree." The goal is to help children understand that making a promise is a special, personal choice, and that sharing that promise with family is what gives it strength. The lesson uses a physical "Promise Tree" as a central prop to make this idea concrete and meaningful.

The core objective is to build an understanding that when we make a very important promise to help someone, our family are the most important people to share it with. This creates a powerful and positive context for framing the decision to be a donor as a "promise of kindness," where telling your family is the most important step of all.



Key Concepts & Language for Teachers

- **The "Promise Tree" Metaphor:** This is the central theme. Treat the tree as a special, living representation of the class's good intentions.
 - **Say:** "Today we are going to learn about something very strong: a promise. A promise is a special choice we make in our hearts. We're going to grow our own Promise Tree, and every kind promise we make will become a leaf that helps it grow strong and beautiful."
- **Defining a "Promise":** Help students understand that a promise is a commitment to do something.
 - **Say:** "A promise is when you decide you will definitely do something kind. It could be a promise to help with the washing up, a promise to be a good friend, or a promise to always try your best."
- **Connecting Promises and Family:** Clearly link the importance of sharing big promises with family.
 - **Say:** "Small promises are easy to keep by ourselves. But for a really big, important promise, we need help to make it strong. The most important people to share a big promise with are our family. When they know about our promise, they can help us keep it, and it makes the promise even more powerful."
- **Connecting to the Bigger Idea:** Frame the decision to donate as a special promise that must be shared.
 - **Say with a caring and empathetic tone:** "The promise to help someone by being an organ donor is one of the biggest and kindest promises a person can ever make. It's a promise to give the gift of health to someone who is very unwell. Because it is such a special promise, the most important part is sharing it with your family. When your family knows that this is your kind promise, they can make sure your wish comes true. Telling your family is what turns the promise into a beautiful, life-saving gift."

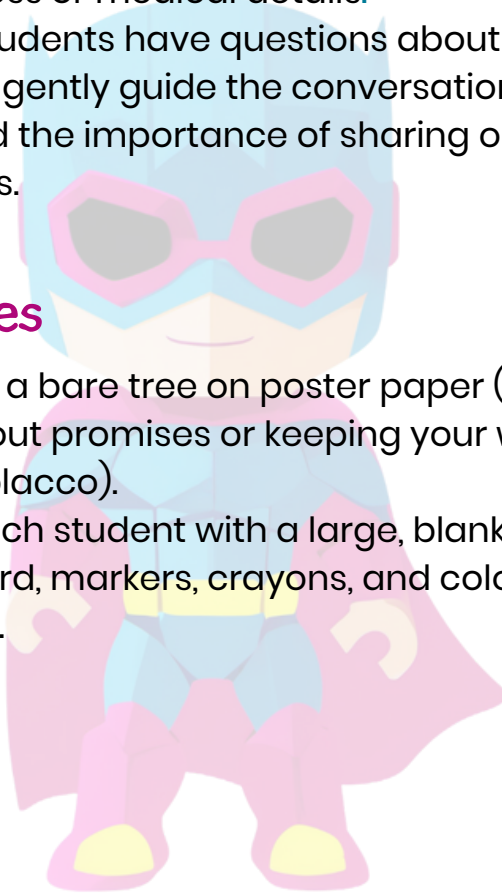


Safety and Sensitivity Considerations

- **Acknowledge All Promises:** When students create their "Promise Leaves," some promises might be personal or tinged with sadness (e.g., "I promise to always remember my pet."). Acknowledge these with empathy. Say: "That is a beautiful and very important promise to keep in your heart."
- **Focus on the Act of Promising:** The lesson is about the social-emotional concept of making and sharing a commitment. Keep the focus on the positive action of promising and the trust involved in sharing it, not on loss or medical details.
- **Keep it Gentle:** If students have questions about what happens if a promise is broken, gently guide the conversation back to the idea of trying our best and the importance of sharing our intentions with people who love us.

Teacher Resources

- A large drawing of a bare tree on poster paper (the "Promise Tree").
- A picture book about promises or keeping your word (e.g., *The Keeping Quilt* by Patricia Polacco).
- A worksheet for each student with a large, blank "Promise Leaf" outline.
- Green paper or card, markers, crayons, and coloured pencils.
- Glue sticks or tape.



Magical Body Facts for Year 2 (Ages 7-8)

- Your amazing heart beats over 100,000 times every single day! ❤️
- If you could spread your lungs out flat, they would be big enough to cover a tennis court! 🎾
- Your brain is more powerful and has more connections than all the computers and phones in the world put together! 🤖
- Your small intestine is so long that if you stretched it out, it would be longer than your family's car! 🚗
- It takes more muscles to frown than it does to smile – so smiling is easier! 😊
- A sneeze can travel faster than a car on the highway – over 160 km/h! Achoo! 🤧
- Your body is always making new skin. You get a whole new outer layer about every month!
- You get new taste buds every couple of weeks, which is why you might suddenly love a food you used to dislike! 🥬🍕
- Ounce for ounce, your bones are stronger than steel. 💪
- Every cell in your body contains a super-long secret code called DNA that has all the instructions to make you, YOU! 🧬

