Planting a Seed of Kindness

(Prep - Ages 5-6):

Lesson 8 of 9

Lesson Overview

Lesson Title:	Planting a Seed of Kindness
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)

- AC9HPFP06: Identify actions that promote health, safety and wellbeing.
- AC9SFU01: Observe the external features of plants and animals, and describe ways they can be looked after.
- ACAVAM107: Use and experiment with different materials, techniques, technologies and processes to make artworks.

Learning Intentions

- Understand that sharing a kind story is like planting a seed.
- Recognise that our kind words and stories can help more kindness grow.
- Create our own "Kindness Seed" as a reminder of the story we can share.

Success Criteria

- Explain that a "Kindness Seed" is a story about helping.
- Decorate a "Kindness Seed" with a picture about the "magical gift."
- Place my "Kindness Seed" in its packet, ready to be "planted" (shared).

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Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. From a Tiny Seed	Introduction, Story Time & The Kindness Metaphor
10 minutes	Part B. Our Kindness Stories	Brainstorming & Introducing the Creative Activity
10 minutes	Part C. Creating Our Kindness Seeds	Creative Activity & Connecting to the Big Idea
5 minutes	Part D. Ready to Grow	Reflection and Celebration

Part A. From a Tiny Seed (5 minutes)

Step 1. Review and Introduction

- Gather students on the floor. Show them the small seed and the real plant/flower.
- Ask: "What do I have in this hand?" (A seed). "And what is this?" (A flower/plant). "How do you think this tiny, little seed became this big, beautiful plant?" (Listen for ideas about planting it, watering it, sunshine).
- Say: "That's right! A tiny seed can grow into something amazing. Today, we're going to learn that sharing a kind story is just like planting a seed. It can grow into more and more kindness in the world!"

Step 2. Story Time

- Introduce a picture book about seeds and growth, like The Tiny Seed by Eric Carle.
- Say: "This story is about the long journey of a tiny seed. Let's see what it needs to grow and what it becomes."

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- Read the story aloud, emphasizing the concepts of growth and change.

Part B. Our Kindness Stories (10 minutes)

Step 1. Brainstorming

- Say: "Just like that tiny seed, the stories we've learned about helping are like special 'Kindness Seeds.' When we share them with someone, we are 'planting' the story in their heart, and it can grow into more kindness!"
- Ask: "What is one of the kindness stories we could plant?"
- Quickly recap the main "headlines" from previous lessons to remind them of the stories they know:
  - The story of being a Kindness Superhero.
  - The story of our strong Helping Teams.
  - The story of the Magical Helpers and their tools.
  - The story of the greatest gift: more time to play.
  - The story of a family making the kind choice to say 'yes.'

Step 2. Introducing the "Kindness Seed" Activity

- Show the students the blank "seed packet" (envelope) and the "seed" (bean or paper circle).
- Say: "Today, you are all going to create your very own Kindness Seed to take home. First, you will decorate the special packet that will keep your seed safe. Then, you will decorate the seed itself with a tiny picture of your favourite kindness story."

Part C. Creating Our Kindness Seeds (10 minutes)

Step 1. Creative Activity

- Students move to tables with the worksheets, crayons, and craft supplies.
- Instruct: "First, make your seed packet beautiful. Then, on the little circle, draw a tiny picture of the kindness story you want to share. When you're done, we will glue your seed onto the packet."
- As they work, circulate and talk about their choices.
  - "What kindness story did you choose for your seed?"
  - "Who are you going to 'plant' your seed with by telling them the story?"

Step 2. Assembling the Craft

- Help students glue their decorated "seed" onto the front of their decorated "seed packet." (Note: If using real seeds, they can glue it on and draw around it, or place it inside the envelope).

Step 3. Connecting to the Bigger Idea

- Say with a warm, encouraging tone: "Your Kindness Seeds are so special. They hold the whole magical story of helping. When you tell someone this story, you are planting a seed of kindness. You are helping them understand how important the 'magical gift' is. And the more seeds we plant, the more kindness will grow in the world. You are helping to make the world a kinder place, one story at a time."

Part D. Ready to Grow (5 minutes)

Step 1. Sharing Our Seeds

- Gather the students back to the floor with their finished seed packets.
- Invite a few students to hold up their creation and share which kindness story their seed represents.

Step 2. Reflection

- Ask: "What happens when we plant a real seed?" (It grows). "And what happens when we 'plant' a kindness seed by telling our story?" (Kindness grows!).
- Say: "You are all amazing Kindness Gardeners! You have your seeds ready to plant. When you go home, you can find a special moment to plant your seed by sharing your story with your family. Thank you for helping kindness grow!"

Differentiated Learning

- Extension:
  - Encourage students to draw a picture of a flower on the back of their seed packet, representing the kindness that will grow.
  - Ask them to use one word to describe their kindness story (e.g., "help," "team," "love").
- Learning Support:
  - Provide pre-drawn simple icons of the different "kindness stories" that students can choose from to colour and glue onto their seed.
  - Focus on the simple act of decorating the packet and seed, even if the metaphor is challenging for some.

Teacher Reflection

- Did the students understand the metaphor of the "Kindness Seed"?
- Was the physical craft activity effective in making this abstract idea concrete?
- Do the students feel empowered to share their "kindness story" at home?
- How has this metaphor helped to consolidate all the previous lessons into one simple, actionable idea?

Assessment

- Observation of participation in the discussion about the "Kindness Seed" metaphor.
- Ability to verbally explain that sharing a story is like "planting a seed" for kindness to grow.
- Engagement and creative expression in the "Kindness Seed" craft activity.
- Ability to choose a "kindness story" from previous lessons to represent on their seed.

Additional Notes:

Ensure the lesson continually reinforces the central metaphor: the story is the seed, sharing is planting, and the result is more kindness growing in the world. The physical craft makes this abstract concept tangible and memorable for young learners.

This lesson transforms the idea of "raising awareness" into a magical and empowering activity. It shows students that their words and the positive stories they share have the power to create real change, helping kindness to blossom in their community.

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