

Planting a Seed of Kindness

(Prep - Ages 5-6):

Lesson 8 of 9

Lesson Summary

This lesson uses the metaphor of planting a seed to help students understand the impact of sharing positive stories. Students will learn that sharing the story of the "magical gift" is like planting a "Kindness Seed" that can grow into more kindness and understanding in the world. They will decorate their own "Kindness Seed" and a special packet to keep it in, reinforcing the idea that they hold the power to help kindness grow by sharing what they know.

Learning Intentions

Students will

- 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

Students can

- 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).

Lesson Details

Time:	30 minutes
Year Level:	Foundation / Prep (Ages 5-6)
Unit:	This is Lesson 8 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonatLife

General Capabilities

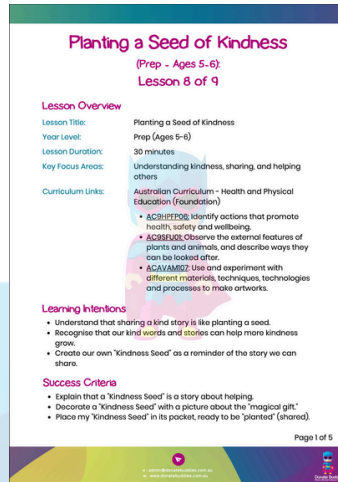
Personal and Social Capability, Critical and Creative Thinking, Ethical Understanding.



Lesson Guides and Printables

Lesson Plan

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(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)

- **ACHPEHP01:** Identify actions that promote health, safety and wellbeing.
- **AC9SEU02:** Observe the external features of plants and animals, and describe ways they can be looked after.
- **ACVAMG02:** 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.

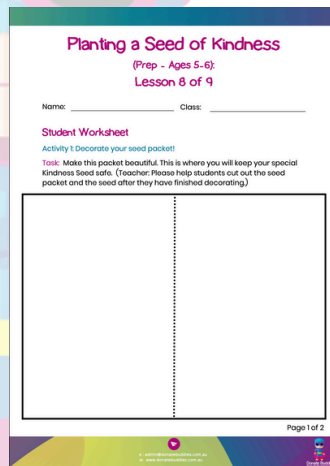
Success Criteria

- Explain that a 'Kindness Seed' is a story about helping.
- Decorate a 'Kindness Seed' with a picture about the 'magical gift'.
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Student Worksheet

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Name: _____ Class: _____

Student Worksheet

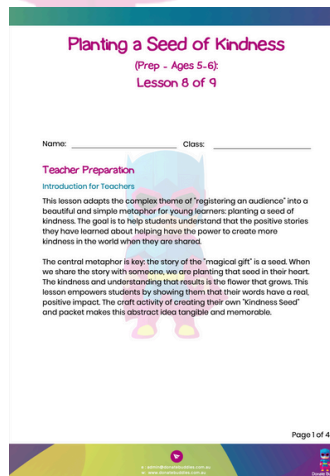
Activity 1: Decorate your seed packet!

Task: Make this packet beautiful. This is where you will keep your special Kindness Seed safe. (Teacher: Please help students cut out the seed packet and the seed after they have finished decorating.)

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Teacher Content Info

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Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson adapts the complex theme of "registering an audience" into a beautiful and simple metaphor for young learners: planting a seed of kindness. The goal is to help students understand that the positive stories they have learned about helping have the power to create more kindness in the world when they are shared.

The central metaphor is key: the story of the "magical gift" is a seed. When we share the story with someone, we are planting that seed in their heart. The kindness and understanding that results is the flower that grows. This lesson empowers students by showing them that their words have a real, positive impact. The craft activity of creating their own "Kindness Seed" and packet makes this abstract idea tangible and memorable.

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Curriculum Mapping and Links

Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	<u>AC9HPFP06</u> : Identify actions that promote health, safety and wellbeing.
Science	Biological sciences	<u>AC9SFU01</u> : Observe the external features of plants and animals, and describe ways they can be looked after.
The Arts (Visual Arts)	Creating	<u>ACAVAM107</u> : Use and experiment with different materials, techniques, technologies and processes to make artworks.

Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Foundation	Identify actions that help them be healthy, safe and active.
Science	Foundation	Explore the needs of living things, and how people care for living things.
The Arts (Visual Arts)	Foundation	Experiment with and use art elements, principles, materials, technologies and processes.



Resources Required

- A real plant or flower, and a separate small seed to show the connection.
- A picture book about planting seeds or growth (e.g., *The Tiny Seed* by Eric Carle).
- Small, pre-made paper envelopes to be the "seed packets" (one per student).
- Small, flat seeds (like a bean) or small paper circles (one per student).
- Glue sticks.
- Crayons, markers, and stickers.

Skills

- Metaphorical thinking (simple)
- Communication
- Fine motor skills
- Understanding cause and effect (planting a seed leads to growth).

Teacher Preparation

- Prepare the "seed packets" and have the "seeds" (beans or paper circles) ready.
- The core of this lesson is the metaphor: The seed is the story of kindness and the "magical gift." Planting the seed means telling that story to someone. The flower that grows is the kindness and understanding that blooms in the other person's heart. This abstract idea is made concrete through the physical craft activity.

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.

