

The Ripple Effect of Kindness

(Year 1 - Ages 6-7):

Lesson 1 of 9

Lesson Summary

This introductory lesson for Year 1 explores how a single act of kindness can spread and create a positive impact on many people. Using the visual metaphor of a ripple in a pond, students will learn that their kind choices can start a chain reaction of good deeds. Through a story and a hands-on craft, they will connect this "ripple effect" to the good feelings that come from helping, and be gently introduced to organ and tissue donation as the biggest possible "ripple of kindness."

Learning Intentions

Students will

- Understand that one kind act can spread and lead to another.
- Describe the positive feelings that come from helping others.
- Identify how our choices can affect others in a good way.

Success Criteria

Students can

- Give an example of a "kindness ripple."
- Use a word to describe how helping feels (e.g., "happy," "warm," "proud").
- Create a "Kindness Ripple" drawing that shows a kind act spreading outwards.

Lesson Details

Time:	30 minutes
Year Level:	Year 1 (Ages 6-7)
Unit:	This is Lesson 1 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by DonateLife

General Capabilities

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

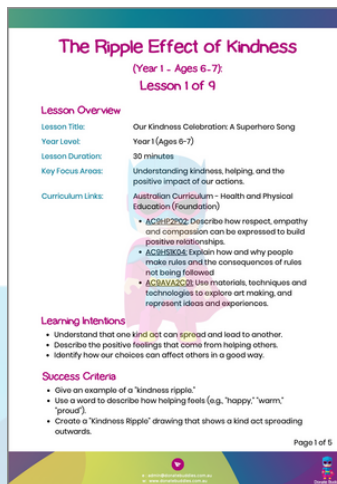
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Lesson Guides and Printables

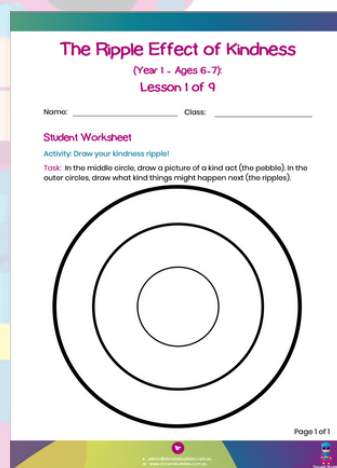
Lesson Plan

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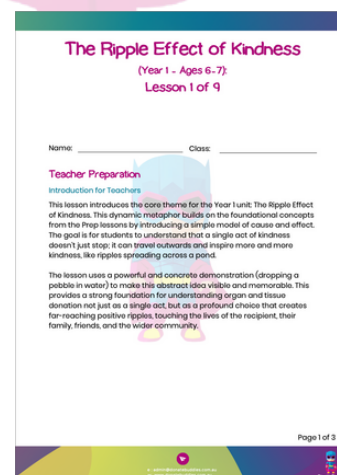
Student Worksheet

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Teacher Content Info

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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	AC9HP2P02 : Describe how respect, empathy and compassion can be expressed to build positive relationships.
Humanities and Social Sciences	Civics and Citizenship	AC9HS1K04 : Explain how and why people make rules and the consequences of rules not being followed (focus on positive consequences of kind actions)
The Arts (Visual Arts)	Creating	AC9AVA2C01 : Use materials, techniques and technologies to explore art making, and represent ideas and experiences.

Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 1	Describe how respectful and empathetic behaviours build positive relationships.
HASS	Year 1	Explain why rules are important in communities.
The Arts (Visual Arts)	Year 1	Use materials, techniques and technologies to make artworks that represent ideas.



Resources Required

- A large, clear bowl of water.
- A small pebble or stone.
- A picture book about a chain reaction of kindness (e.g., Ordinary Mary's Extraordinary Deed by Emily Pearson or Be Kind by Pat Zietlow Miller).
- A worksheet with large concentric circles printed on it, representing a ripple.
- Blue, green, and silver craft supplies (crayons, glitter, small paper squares) to decorate the ripple.

Skills

- Empathy
- Cause and Effect
- Communication
- Critical Thinking
- Visual representation

Teacher Preparation

- Have the bowl of water and pebble ready for the demonstration.
- Prepare the "Kindness Ripple" worksheets and craft materials.
- This lesson introduces a more dynamic metaphor than the Prep lessons. The pebble is the first kind act. The ripples that spread out are the other kind acts that happen because of the first one. This helps students understand the wider impact of their choices and provides a powerful visual link to how one person's choice to donate can ripple outwards to help many people.

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.

