

The Blueprint of Kindness

(Year 3 - Ages 8-9):

Lesson 1 of 9

Lesson Overview

Lesson Title:	The Blueprint of Kindness
Year Level:	Year 3 (Ages 8-9)
Lesson Duration:	30 minutes
Key Focus Areas:	Understanding empathy, self-reflection, and the innate desire to help.
Curriculum Links:	<p>Australian Curriculum – Health and Physical Education (Foundation)</p> <ul style="list-style-type: none">• <u>AC9HP4P04</u>: Describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations. (Links to empathy).• <u>AC9S3U01</u>: Identify the basic needs of living things, and describe how adaptations help them to survive in their environment. (Links to pro-social behaviour as an adaptation).• <u>AC9AVA4C01</u>: Use art-making skills and techniques to explore and represent ideas and experiences.

Learning Intentions

- Understand that the desire to be kind is a natural part of being human.
- Identify feelings and actions that are part of their "Kindness Blueprint."
- Recognise that organ donation is a powerful expression of our built-in desire to help.

Success Criteria

- Give an example of how their body or brain helps them be kind.
- Explain that kindness is something we are all born with.
- Design a "Kindness Blueprint" that includes kind thoughts, feelings, and actions.

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Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. The Kindness Detective Mission	Introduction, "Top Secret" Hook & The Blueprint Metaphor
10 minutes	Part B. Finding the Clues	Story Time & Brainstorming Evidence of Kindness
10 minutes	Part C. Designing Our Blueprints	Creative Activity & Connecting to the Big Idea
5 minutes	Part D. The Detective Debrief	Reflection and Sharing

Part A. The Kindness Detective Mission (5 minutes)

Step 1. Review and Introduction

- Gather students on the floor. Hold up a large "Top Secret" envelope.
- Say: "Hello everyone! Today, we are all going to become Kindness Detectives. We have a top-secret mission, and the first clue is inside this envelope."

Step 2. The Mission Briefing

- Open the envelope dramatically to reveal a blank blueprint.
- Say: "This is a blueprint. A blueprint is a plan that shows how something is built. Our mission is to prove that every single one of us is built with a secret Blueprint of Kindness inside us. We are designed to be kind!"
- Hold up a prop magnifying glass. Say: "As Kindness Detectives, our job is to search for clues that show this blueprint is real. We need to look for evidence in our feelings, our thoughts, and our actions."



Part B. Finding the Clues (10 minutes)

Step 1. Story Time

- Introduce a picture book about empathy, like *I Am Human: A Book of Empathy* by Susan Verde.
- Say: "This book is full of clues for our mission. As I read, be a detective and listen for all the ways our bodies and minds are designed to be kind and to understand others."
- Read the story aloud, pausing to point out clues (e.g., "feeling a connection," "choosing to act with compassion").

Step 2. Brainstorming Evidence

- After the story, lead a brainstorming session. Say: "Okay, detectives, what clues did we find? What is the evidence that we have a Kindness Blueprint?"
- Create a list of "clues" on the board. Prompt them with questions:
 - "What feeling do you get in your tummy or chest when you see a friend is sad?" (Empathy)
 - "What does your brain automatically think when you see someone drop their books?" (I should help!)
 - "What do your hands want to do when you see a little sibling fall over?" (Help them up)

Part C. Designing Our Blueprints (10 minutes)

Step 1. Creative Activity

- Students move to tables. Distribute the "My Kindness Blueprint" worksheet.
- Instruct: "It's time to draw up your findings, detectives! You are going to design your own personal Kindness Blueprint. Map out the different parts of you that are designed for kindness. You need a section for your Kind Heart (for feelings), your Kind Brain (for thoughts), and your Kind Hands (for actions)."
- As they work, circulate and talk about their blueprints.
- "Tell me about the 'Kind Heart' section of your blueprint. What feelings did you include?"
- "That's a great clue! How does your 'Kind Brain' help you be a good friend?"

Step 2. Connecting to the Bigger Idea

- As they are finishing, gently introduce the connection.



- Say with a caring tone: "Detectives, your blueprints prove that we are all designed to be helpful. The most powerful and amazing part of our blueprint is the part that allows us to give the ultimate gift of help."
- Continue with a sense of wonder: "When a kind person's family follows this blueprint and makes the choice to share the gift of a healthy organ, they are using the most powerful part of their design to save someone's life. It's the ultimate proof that we are truly built to help one another in the most incredible ways."

Part D. The Detective Debrief (5 minutes)

Step 1. Sharing Our Findings

- Say: "Okay, Kindness Detectives, it's time for our debrief. Turn to a partner and share your blueprint. Point out one clue that you think is the most important part of your design for kindness."
- Allow a few minutes for students to share their findings with each other.

Step 2. Reflection

- Gather the class's attention.
- Ask: "Mission accomplished! We've found the evidence. How does it feel to know that kindness isn't just something you do, it's part of who you are?"
- Say: "It's a wonderful discovery. Our Kindness Blueprint is our secret superpower. It guides us to be good friends, helpful family members, and caring people. And it reminds us that the desire to help others is the most natural thing in the world."

Differentiated Learning

- Extension:
 - Challenge students to add another section to their blueprint, such as "Kind Words" or "Kind Eyes," and list examples.
 - Ask them to write a "Detective's Report" on the back of their worksheet, summarising their most important finding.
- Learning Support:
 - Provide a word bank on the board with simple pictures for each section (e.g., for "Kind Heart": a heart, a smiley face; for "Kind Hands": a picture of sharing, a picture of a high-five).
 - Work with a small group to verbally identify clues for their blueprints before they begin drawing.



Teacher Reflection

- Did the "Kindness Detective" and "Blueprint" metaphors effectively engage the students and make the concept of innate altruism accessible?
- Were students able to identify clues (feelings, thoughts, actions) from the story and their own experiences?
- Did the connection between the "blueprint" and the gift of donation feel like a natural and positive extension of the lesson?
- How can I use the "Kindness Blueprint" language to reinforce positive behaviour and self-awareness in the classroom?

Assessment

- Observation of participation in brainstorming and discussions.
- Ability to identify and articulate "clues" of innate kindness.
- Creative expression in the "Kindness Blueprint" worksheet, showing an understanding of the different components (heart, brain, hands).
- Verbal understanding that kindness is a natural part of being human.

Additional Notes:

The success of this lesson relies on maintaining the fun, investigative tone. Framing the exploration of empathy and altruism as a "top-secret mission" empowers students and makes self-reflection feel like an exciting adventure. This lesson provides a strong, positive foundation for the Year 3 unit by establishing that kindness is not just a choice, but a core part of our human design.

