

# The Ripple Effect of Kindness

(Year 1 - Ages 6-7):

## Lesson 1 of 9

### Lesson Overview

Lesson Title:	Our Kindness Celebration: A Superhero Song
Year Level:	Year 1 (Ages 6-7)
Lesson Duration:	30 minutes
Key Focus Areas:	Understanding kindness, helping, and the positive impact of our actions.
Curriculum Links:	<p>Australian Curriculum – Health and Physical Education (Foundation)</p> <ul style="list-style-type: none"><li>• <u>AC9HP2P02</u>: Describe how respect, empathy and compassion can be expressed to build positive relationships.</li><li>• <u>AC9HS1K04</u>: Explain how and why people make rules and the consequences of rules not being followed</li><li>• <u>AC9AVA2C01</u>: Use materials, techniques and technologies to explore art making, and represent ideas and experiences.</li></ul>

### Learning Intentions

- 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

- 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.



## Teaching Sequence

Work through this lesson in the following sequence:

Duration	Part	Focus
5 minutes	Part A. The First Drop of Kindness	Introduction and Water Demonstration
10 minutes	Part B. A Story of Spreading Kindness	Story Time and Brainstorming
10 minutes	Part C. Creating Our Kindness Ripples	Creative Activity & Connecting to the Big Idea
5 minutes	Part D. Watching Kindness Grow	Reflection and Sharing

### Part A. The First Drop of Kindness (5 minutes)

#### Step 1. Introduction and Demonstration

- Gather students in a circle on the floor around the clear bowl of water.
- Say: "Hello everyone! Today we are going to learn about a special kind of magic. It's called the ripple effect of kindness."
- Hold up the small pebble. Say: "This little pebble is like one small, kind thing that someone does. Let's pretend this pebble is the act of sharing a toy with a friend. Watch what happens when I drop it into our quiet pond."
- Gently drop the pebble into the center of the bowl.
- Ask: "What do you see happening in the water? Did the water stop moving right where the pebble landed?" (Guide them to notice the ripples spreading outwards).
- Say: "Look at that! That one little drop started all of those ripples that are spreading out and getting bigger and bigger. A kind act works just like that. One small choice to be kind can spread and create more and more kindness."



## Part B. A Story of Spreading Kindness (10 minutes)

### Step 1. Story Time

- Introduce a picture book about a chain reaction of kindness, like Ordinary Mary's Extraordinary Deed.
- Say: "I have a story that shows us exactly how a kindness ripple works. Let's listen for the 'pebble'—the very first kind act—and see how many 'ripples' it creates."
- Read the story aloud. Afterwards, trace the ripple effect with the students.
  - Ask: "What was the very first kind thing that happened in our story?" (That was the pebble!).
  - Ask: "And what happened next because of that? And after that?" (Those were the ripples!).

### Step 2. Brainstorming Kindness Ripples

- Say: "We can start kindness ripples right here in our classroom. If I smile at someone, what might they do next?" (Smile at someone else). "That's a ripple!"
- Ask: "If you help a friend tidy up the blocks, how might that make them feel?" (Happy). "What kind thing might a happy person do next?" (Help another friend, say something nice). "See? Your one choice started a whole chain of kindness!"

## Part C. Creating Our Kindness Ripples (10 minutes)

### Step 1. Introducing the Creative Activity

- Distribute the "My Kindness Ripple" worksheet.
- Instruct: "On this sheet, you have your very own pond. In the very middle circle, I want you to draw the 'pebble'—your first kind act. It could be sharing, helping, or saying something nice. In the circles spreading outwards, you can draw or colour what might happen next. How will your kindness spread?"

### Step 2. Creative Time

- Students move to tables with crayons and other craft supplies.
- As they work, circulate and discuss their ideas.
  - "What is the first kind act you've drawn in the middle?"
  - "That's a wonderful idea! What's the first ripple that will happen because of that?"



### Step 3. Connecting to the Bigger Idea

- As students are finishing, introduce the connection in a gentle, thoughtful way.
- Say: "Your kindness ripples are so beautiful. Now, can you imagine the biggest, most powerful kindness ripple of all? It starts when a family makes the very brave and kind choice to share the gift of life. That is the pebble. The first ripple is the person who was sick getting better and being able to play again. The next ripple is their family feeling so happy and thankful. The next ripple is their friends getting to see them at school again. That one kind choice creates ripples of happiness that spread to so many people. It's the most powerful ripple of kindness in the world."

### Part D. Watching Kindness Grow (5 minutes)

#### Step 1. Sharing Our Ripples

- Invite a few students to share their "Kindness Ripple" drawing with the class.
- Ask: "Can you show us your 'pebble' and tell us about one of the 'ripples' it created?"

#### Step 2. Reflection

- Ask: "What did we learn today about our kind choices? Do they stop with us?" (No, they spread!).
- Say: "That's right! Every time you choose to be kind, you are dropping a pebble in the pond and starting a ripple. You all have the power to make our world a kinder place."

### Differentiated Learning

- Extension:
  - Challenge students to write a word in each circle to describe the kind act (e.g., "share," "help," "smile").
  - Ask them to think of a kindness ripple that could spread outside the classroom and into their homes.
- Learning Support:
  - Work with a small group to brainstorm a simple kindness ripple together before they begin drawing.
  - Provide pre-cut pictures of kind acts that they can glue into the circles.



## Teacher Reflection

- Did the water and pebble demonstration effectively convey the "ripple effect" concept?
- Were students able to trace a simple chain of kind events in the story and their own examples?
- Did the connection between the "ripple effect" and the impact of organ donation make sense to the students?
- How can I use the "ripple effect" language in the classroom to encourage positive behaviour in the future?

## Assessment

- Observation of participation in the celebratory review and song.
- Willingness to sing and perform the actions for the "Kindness Superhero Song."
- Creative expression and pride shown in the "Kindness Superhero Medal" craft.
- Verbal expression of understanding what it means to be a "Kindness Superhero."

## Additional Notes:

Ensure the "ripple effect" metaphor is kept simple and is continually reinforced through the story and the craft activity. The visual demonstration is the key anchor for this lesson and helps make the abstract concept of spreading kindness concrete and memorable.

This lesson introduces a more dynamic concept of kindness than in the Prep unit. It moves from a single act to the powerful idea that one person's positive choice can have a far-reaching impact, providing a strong foundation for understanding the wide-reaching, positive consequences of the gift of donation.

